

A Psychological Analysis of the Protagonist's Attitude Change in Jennifer Niven's *All The Bright Places*

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Abstract

This study examines the factors contributing to the protagonist's attitude change in *All the Bright Places* by Jennifer Niven. The research focuses on how personal experiences and social interactions shape the psychological transformation of the main character. The narrative centers on two adolescents, Violet Markey and Theodore Finch, who struggle with trauma and emotional instability. Violet, in particular, undergoes a significant shift in attitude following the death of her sister, which leads her to become withdrawn and emotionally detached. This study employs a psychological approach to literature, applying Azwar's theory of attitude change to identify influencing factors. A descriptive qualitative method is utilized to analyze textual data in the form of words, phrases, and sentences from the novel. The findings reveal that attitude change is influenced by three key factors: personal experience, the influence of significant others, and emotional factors. Among these, personal trauma and interpersonal relationships emerge as the most dominant factors affecting the protagonist's transformation. This study highlights the complexity of human attitudes and demonstrates how literary works can reflect psychological realities, particularly in the context of adolescent development and coping mechanisms.

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1. Introduction

Literature represents a creative expression of human experience, encompassing thoughts, emotions, and social realities through linguistic forms. As noted by Sumardjo and Saini (1991), literary works function as a medium for conveying human imagination and reflection, while Semi (1988) emphasizes literature as an artistic representation of human life. Among various literary genres, the novel occupies a significant position due to its ability to construct complex narratives that reflect both individual and social dimensions of reality. According to Nurgiyantoro (2012), novels present an imaginative world shaped by intrinsic elements such as plot, character, and setting, which together portray meaningful life experiences.

One notable contemporary novel that explores psychological and emotional struggles is *All the Bright Places* by Jennifer Niven. This novel depicts the lives of two adolescents, Violet Markey and Theodore Finch, who experience deep psychological distress and trauma. Their encounter begins under critical circumstances, as both characters struggle with suicidal thoughts. Through their evolving relationship, the narrative highlights themes of grief, healing, and personal transformation. Violet's character, in particular, undergoes a profound change following the death of her sister, which significantly alters her personality and social behaviour.

The study of character transformation in literary works is closely related to psychological approaches in literature. Literary psychology allows researchers to examine how mental processes, emotional responses, and behavioural patterns are represented through fictional characters. In this context, attitude becomes a central concept, as it reflects an individual's evaluation, feelings, and tendencies toward certain objects or situations (Kotler & Keller, 2007). Furthermore, attitudes are not innate but are developed through interaction, experience, and environmental influence (Gerungan, 2004). Consequently, changes in attitude can be understood as a dynamic process shaped by both internal and external factors.

Attitude change is a common phenomenon in both real life and literary narratives. It may arise from personal experiences, social interactions, cultural influences, or emotional conditions. Irwan (2017) suggests that behavioural and attitudinal changes are influenced by learning processes derived from family, peers, and broader social environments. Similarly, Gerungan (2004) argues that social interaction plays a crucial role in shaping and modifying attitudes, although external influence alone is insufficient without internal readiness. This indicates that attitude change is a complex process involving cognitive, emotional, and social dimensions.

In *All the Bright Places*, the transformation of the protagonist is particularly compelling because it illustrates how traumatic experiences can reshape an individual's outlook and behaviour. Violet's transition from a cheerful and socially active individual to a withdrawn and emotionally distant person reflects the impact of loss and psychological distress. At the same time, her interaction with Finch demonstrates how interpersonal relationships can contribute to emotional recovery and behavioural change. This dual influence highlights the interplay between personal experience and social factors in shaping attitude change.

Several previous studies have examined psychological issues in literary works, including analyses of character transformation, trauma, and emotional resilience. Research by Nasution et al. (2023) explored existential feminism in Andrea Hirata's novels, while Pardi and Ardescy (2022) analysed protagonist's loyalty in Sidney Sheldon's novel. Other studies have examined moral values in film scripts (Marini & Pardi, 2022), ideology in marine ritual discourse (Pratiwy et al., 2024), and existential feminism in Indonesian literature (Suhadi et al., 2023). However, these studies have not specifically focused on the factors influencing attitude change in Jennifer Niven's *All the Bright Places*.

Although several studies have examined psychological issues in *All the Bright Places*, limited attention has been given to the factors influencing Violet Markey's attitude change through the lens of Azwar's theory. Most existing research has focused on themes of grief, trauma, and adolescent mental health without systematically analysing the psychological and social determinants that shape the protagonist's transformation. This study addresses that gap by offering a comprehensive analysis of the psychological and social determinants underlying her transformation. By applying Azwar's framework, this research provides a novel contribution to the understanding of how personal experience, significant others, and emotional factors interact to produce attitude change in literary characters. This approach not only enriches the literary analysis of Niven's novel but also demonstrates the applicability of psychological theories to fictional narratives, bridging the gap between literary studies and developmental psychology.

Based on this background, the present study focuses on analysing the factors that cause the protagonist's attitude change in the novel. The research specifically examines how personal experience, significant others, and emotional factors contribute to this transformation. By applying a psychological approach, this study aims to provide a deeper understanding of how literary characters reflect real human behaviour and psychological processes. Additionally, this research is expected to contribute to literary studies by offering

insights into the relationship between literature and psychology, particularly in the context of adolescent development and emotional resilience.

2. Literature Review

2.1 Character and Characterization

Character is a fundamental element in literary works, particularly in novels, as it drives the narrative and shapes the development of the story. According to Abrams (1981), characters are individuals presented in a narrative whose moral and psychological qualities are revealed through dialogue and action. Similarly, Kenney (1966) defines characters as imagined figures that inhabit a story and function as representations of human life. Through characterization, authors construct personalities that reflect real human behaviour, enabling readers to interpret emotional and psychological dimensions within the text.

Among various types of characters, the protagonist holds a central role in the narrative. The protagonist is typically the main figure who experiences the most significant events and conflicts, thereby becoming the focal point of the story (Fowler, 1987). This character often evokes empathy from readers due to their struggles and development throughout the narrative. Understanding the role of the protagonist is essential in literary analysis, particularly when examining psychological transformation and behavioural change.

2.2 Concept of Attitude

Attitude is a psychological construct that reflects an individual's evaluation, feelings, and behavioural tendencies toward an object, person, or idea. Eagly and Chaiken (1993) define attitude as a psychological tendency expressed through favourable or unfavourable evaluations. This concept is widely applied across disciplines, including psychology, sociology, and marketing, as it influences how individuals perceive and respond to their environment.

Attitudes are generally understood to consist of three interrelated components: affective, cognitive, and behavioural (Aronson et al., 2007). The affective component involves emotional responses, such as feelings of liking or disliking. The cognitive component relates to beliefs, perceptions, and knowledge about an object. Meanwhile, the behavioural component refers to an individual's tendency to act in a particular way toward the object. These components interact dynamically, shaping how attitudes are formed and expressed.

Importantly, attitudes are not innate but are developed through experience and social interaction. Gerungan (2004) emphasizes that attitudes are learned throughout an individual's life and are closely associated with specific objects or situations. This indicates that attitudes are flexible and can be modified over time depending on internal and external influences.

2.3 Factors Influencing Attitude Formation and Change

The formation and transformation of attitudes are influenced by multiple factors. Azwar (2013) identifies several key determinants, including personal experience, social influence, cultural background, mass media exposure, educational and religious institutions, and emotional conditions. Among these, personal experience plays a crucial role, as direct interaction with certain events can shape an individual's perception and response.

Social influence is another significant factor, particularly from individuals considered important, such as family members, peers, or romantic partners. These figures can affect attitudes through interaction, communication, and emotional support. Cultural context contributes to shaping norms, values, and beliefs that guide individual attitudes. Mass media

also functions as a powerful agent in influencing opinions and perceptions by disseminating information and shaping public discourse.

Emotional factors further contribute to attitude formation and change. Emotional responses such as fear, trauma, or happiness can influence how individuals interpret experiences and adjust their attitudes accordingly. These emotional reactions may lead to temporary or long-lasting changes depending on the intensity and duration of the experience.

2.4 Recent Empirical Studies on Literary Psychology and Character Transformation

Research on adolescent trauma and identity formation in literature has also expanded. Sahruman (2025) examined how religious trauma and peer relationships catalyse resistance identity and self-authorship in adolescent protagonists, applying psychological theories from Erikson and Marcia to literary analysis. Similarly, Kanwal, Naz, and Mehwish (2025), in the *World Journal of English Language*, investigated how unresolved identity crises during adolescence lead to negative identity outcomes, including social isolation and maladaptive behaviour, using developmental psychoanalytic frameworks.

Specific to *All the Bright Places*, multiple recent studies have examined psychological aspects of the novel. Research by Syarif et al. (2023), published in *Pioneer: Journal of Language and Literature*, compared life and death instincts in the novel and film adaptation using Freudian theory, revealing that the novel emphasizes adolescent mental health problems while the film emphasizes romantic themes. Larasati (2024) analysed Violet Markey's character development through Freud's tripartite psyche theory (id, ego, superego), finding that her superego, supported by Theodore Finch's influence, balanced her id and facilitated her transformation from a cowardly, isolated individual to a brave and confident person.

Furthermore, studies have critically examined mental illness representation in the novel. Oumeddour and Dafri (2021) explored how *All the Bright Places* both de-romanticizes and romanticizes mental illness, arguing that accurate representation is crucial for breaking stigma around adolescent mental health. Adiguna, Sukmawaty, and Hestiana (2021) analysed Theodore Finch's obsessive behaviour, identifying adaptive and maladaptive fears as contributing factors to his psychological condition.

These recent empirical studies collectively demonstrate growing scholarly interest in literary psychology, character transformation, and adolescent trauma representation. However, none of these studies have systematically applied Azwar's (2013) theory of attitude change to analyse

the specific factors underlying Violet Markey's transformation. This gap underscores the novelty of the present research.

2.5 Attitude Change and Psychological Perspective

Attitude change refers to a process in which an individual modifies their evaluation, feelings, or behaviour toward an object due to new experiences or information. According to Walgito (2003), attitude change is determined by both internal and external factors. Internal factors involve individual characteristics, such as perception and personal readiness to accept change, while external factors include environmental stimuli, social interaction, and persuasive communication.

From a psychological perspective, attitude change can occur through learning processes, social influence, and emotional experiences. Mar'at (1982) explains that individuals interpret information based on their social perception and position within society, which subsequently influences their attitudes. Reinforcement mechanisms, such as rewards and punishments, as well as persuasive communication, can also encourage individuals to adopt new attitudes.

In literary studies, the concept of attitude change is particularly relevant for analysing character development. Fictional characters often undergo psychological transformations influenced by internal conflicts and external circumstances. By examining these changes, researchers can gain insights into human behaviour and emotional processes as reflected in literary narratives.

2.6 Psychological Approach in Literary Analysis

The psychological approach to literature focuses on understanding characters' mental states, emotions, and behavioural patterns. This approach allows researchers to explore how literary texts represent psychological realities and human experiences. By applying psychological theories, such as attitude and attitude change, literary analysis can move beyond surface-level interpretation to examine deeper meanings embedded in the narrative.

In the context of *All the Bright Places* by Jennifer Niven, a psychological approach is particularly relevant due to the novel's emphasis on trauma, emotional struggle, and personal transformation. The protagonist's changing attitude reflects the interaction between personal experience and social influence, making it a suitable subject for analysis using attitude change theory. This approach enables a comprehensive understanding of how literary characters mirror real-life psychological processes, especially in relation to adolescent development and emotional resilience.

2.7 Synthesis and Research Gap

Several previous studies have examined psychological issues in literary works, including analyses of character transformation, trauma, and emotional resilience. Research by Nasution et al. (2023) explored existential feminism in Andrea Hirata's novels, while Pardi and Ardescy (2022) analyzed protagonist's loyalty in Sidney Sheldon's novel. Other studies have examined moral values in film scripts (Marini & Pardi, 2022), ideology in marine ritual discourse (Pratiwy et al., 2024), and existential feminism in Indonesian literature (Suhadi et al., 2023).

Although several studies have examined psychological issues in *All the Bright Places*, limited attention has been given to the factors influencing Violet Markey's attitude change through the lens of Azwar's theory. Previous research on the novel has focused on Freudian psychoanalysis (Syarif et al., 2023; Larasati, 2024), mental illness representation (Oumeddour & Dafri, 2021), and character obsession (Adiguna et al., 2021). However, none have systematically analyzed the psychological and social determinants that shape the protagonist's transformation using Azwar's attitude change framework. This study addresses that gap by offering a comprehensive analysis of the psychological and social determinants underlying Violet Markey's transformation. By applying Azwar's framework, this research provides a novel contribution to the understanding of how personal experience, significant others, and emotional factors interact to produce attitude change in literary characters.

3. Research Method

The research methodology constitutes a crucial element that must be clearly defined in conducting a scientific study (Marini & Pardi, 2022). This study adopts a qualitative descriptive approach. Moleong, as cited in Siregar, Nasution, and Pardi (2022), defines qualitative research as a strategy that produces descriptive data in the form of written or spoken words, as well as observable human behavior. Through this approach, the study is directed toward providing a detailed description of the phenomena that emerge during the research process (Pratiwy et al., 2023).

This approach is utilized to examine attitude change as portrayed in *All the Bright Places*, a novel by Jennifer Niven, which serves as the primary data source. The techniques used in data collection include note-taking and quoting methods, as proposed by Sugiyono (2009) and Sutopo (2005). These methods are applied to select data that are relevant to the research problems without emphasizing the quantity of the data collected (Pardi & Ardesy, 2022). The data collection process is conducted through a comprehensive reading of the novel, supported by additional sources such as books, journal articles, and other relevant references (Suhadi et al., 2023).

The data were analysed following the interactive model proposed by Miles, Huberman, and Saldaña (2014), which consists of three concurrent flows of activity: data condensation, data display, and conclusion drawing/verification.

First, data condensation refers to the process of selecting, focusing, simplifying, abstracting, and transforming raw data from the novel. The researcher identified words, phrases, and sentences in *All the Bright Places* that reflect the protagonist's attitude change, particularly those related to personal experience, influence of significant others, and emotional factors as outlined in Azwar's (2013) framework. Irrelevant data were excluded to maintain focus on the research objectives.

Second, data display involves organizing and compressing information to enable conclusion drawing. The identified data were categorized based on the three main factors of attitude change: (a) personal experience, (b) influence of significant others, and (c) emotional factors. Each quotation was coded according to its relevant category and contextualized within the narrative to preserve meaning.

Third, conclusion drawing and verification were conducted iteratively throughout the analysis. The researcher interpreted the categorized data to answer the research questions, drawing conclusions about how each factor contributed to Violet Markey's attitude change. Conclusions were verified by re-examining the original text to ensure consistency and accuracy.

To ensure systematic and transparent coding, the researcher developed a codebook containing definitions, inclusion criteria, and examples for each category. For instance, personal experience was coded when passages described traumatic events directly experienced by Violet; influence of significant others was coded when Violet's interactions with Theodore Finch or family members led to changes in her thoughts, feelings, or behaviours; and emotional factors were coded when Violet's emotional responses such as fear, grief, or happiness influenced her attitudes and actions. The coding process was applied consistently across all identified passages.

To ensure the validity of the findings, triangulation was employed. Theoretical triangulation was applied by comparing the findings from the novel with established psychological theories of attitude change, particularly Azwar's (2013) framework. Multiple theoretical perspectives, including social psychology (Aronson et al., 2007) and developmental psychology (Gerungan, 2004), were used to cross-check interpretations and reduce researcher bias. This approach ensures that the analysis is grounded in established psychological concepts rather than subjective impression.

In addition to theoretical triangulation, source triangulation was achieved by examining multiple passages across different chapters of the novel to confirm the consistency of thematic patterns. For example, evidence of Violet's transformation was drawn from early, middle, and late sections of the narrative to capture the developmental trajectory of her attitude change. This cross-verification strengthens the credibility of the findings by demonstrating that the identified factors are not isolated incidents but recurring themes throughout the narrative.

As this study analyses a published literary work with no direct human participants, formal ethics approval was not required. However, several ethical principles guided the research process. First, the novel is cited as the primary source with proper attribution to the author, Jennifer Niven, and the publisher, respecting intellectual property rights. Second, all secondary sources, including journal articles and books, are properly acknowledged in the references. Third, the analysis maintains fidelity to the original text, avoiding misinterpretation or distortion of the author's narrative. Fourth, the study does not involve any data collection from human subjects, thus no informed consent or privacy protection measures were necessary. The research adheres to academic integrity standards, ensuring that all findings are presented honestly and transparently without fabrication or manipulation of data.

4. Discussion

Azwar (2013) explains that attitudes may shift due to the influence of various underlying factors. These factors, in the context of *All the Bright Places* by Jennifer Niven, may include personal experiences, social interactions, and exposure to new information that can reshape an individual's perspective. In addition, changes in environment and emotional responses can also contribute to how attitudes develop or transform over time.

The following analysis focuses on three key factors influencing Violet Markey's attitude change: personal experience, the influence of significant others, and emotional factors, as identified in Azwar's (2013) framework and mentioned in the abstract. Each factor is examined through textual evidence from the novel.

4.1 Personal Experience

Response is an essential component in the development of attitudes. In order for an individual to form responses and appreciation, they must possess prior experience related to psychological objects. This perspective is further supported by recent psychological studies, which highlight those personal experiences, especially those involving emotional intensity, play a significant role in shaping and modifying attitudes over time (Fazio, 2022). This is reflected in the experience of Violet Markey, whose personality changed significantly after the accident she experienced with her sister, Eleanor. Following the incident, Violet became more withdrawn and melancholic, showing how profoundly the event influenced her attitude and emotional state.

“Some people laughed. Violet looked at me and I could tell she was annoyed, and that's when I remembered the accident. Violet and her brother, somewhere last spring. Violet lives, her brother dies. That's why she doesn't want attention (Jennifer Niven, 2015: 39)”

The quotation indicates that Violet is still unable to move on from the traumatic accident that caused her sister Eleanor's death. The incident not only resulted in the loss of her older sister but also transformed Violet into a more withdrawn individual who no longer seeks attention. Prior to the tragedy, Violet had been well-known at school, partly due to her relationship with Ryan Cross, who was considered the most popular and attractive boy among her peers. This condition reflects how personal experience significantly shapes an individual's attitude and behaviour. The traumatic event experienced by Violet becomes a powerful psychological experience that influences her emotional responses and social interactions. As a result, her shift from being outgoing to becoming more reserved illustrates how deeply personal experiences can alter one's perspective, self-concept, and way of engaging with others.

However, the relationship between Violet and Ryan has deteriorated since the accident occurred. It can be seen from the following quotation.

“Outside the classroom, Ryan waited. I can see him trying to solve puzzles so he can put me back together and turn me into the fun girlfriend he used to know (Jennifer Niven, 2015: 33)”

4.2 Influence of Significant Others

The quotation reflects the significant role of influential others in shaping an individual's attitudes and emotional development. Violet's statement that Theodore Finch is the best friend she has ever had, even surpassing her bond with her sister Eleanor, indicates a shift in the hierarchy of meaningful relationships in her life. This suggests that Finch has become a central figure who provides emotional support, understanding, and connection, especially after the traumatic loss she experienced. See the following quotation.

“I said, "You're the best friend I ever had, Theodore Finch." and that's true, even more so than Eleanor. Violet considers Finch to be her best friend (Jennifer Niven, 2015: 313)”

This moment illustrates how close interpersonal relationships can affect an individual's perspective, feelings, and behaviour. Finch's presence in Violet's life functions as a powerful social influence, helping her navigate grief and gradually reconstruct her emotional state. Thus, the quotation demonstrates that individuals who are considered important can play a crucial role in transforming attitudes by offering new experiences, support systems, and ways of interpreting personal circumstances.

Furthermore, the positive emotional shift in Violet can be seen in the following quotation:

“I can feel the anxiety fading away. I'm relaxed and happy - happier than I've felt in a long time (Jennifer Niven, 2015: 311).”

The quotation shows a positive emotional shift in Violet, where she begins to feel relief from anxiety and experiences genuine happiness again after a long period of distress. This change can be closely linked to the influence of Theodore Finch as a significant other in her life. As explained in the previous discussion, Finch's presence provides emotional support and comfort, which gradually helps Violet recover from her trauma. Therefore, this moment reflects how the influence of an important person can contribute to reducing negative emotions and fostering a more positive attitude.

4.3 Emotional Factors

An attitude can be expressed as an emotional response that serves to channel frustration or function as a form of ego defence mechanism. In psychology, such responses are understood as unconscious strategies used to reduce anxiety and protect the individual from distressing feelings or experiences (Freud, 1923; McLeod, 2026). These attitudes may be temporary and disappear once the source of frustration is resolved, but in some cases, they can persist and develop into more stable patterns of behaviour.

In Violet's case, the frustration and sadness she experiences due to the accident that caused her sister's death significantly influence her attitude. The traumatic experience leads her to develop fear and avoidance behaviour, particularly toward situations associated with the accident, such as being in a car. This demonstrates how emotional distress and unresolved trauma can shape enduring attitudes as part of psychological self-protection.

“He leaned back against the point for a moment I thought he was giving up the point then he said "I'm worried about your progress violet. To be honest

you should have gone further than you are now you can't stay out of the car forever, especially now that we're into winter. You can't keep standing still At some point you have to remember that you're a survivor. And that means... (Jennifer Niven, 2015: 30)"

The quotation reflects an external attempt to influence Violet's attitude and behaviour following her traumatic experience. The speaker emphasizes concern over her lack of progress, indicating that Violet remains psychologically affected by the accident, particularly through her avoidance of getting into a car. This avoidance behaviour suggests the persistence of fear as a response to trauma, which hinders her recovery process.

"Mom said "we said we put our trust in him. We appreciate him getting you into the car again. Point we want you to have fun just don't overdo it but be careful and go to school (Jennifer Niven, 2015: 201)"

The quotation illustrates the supportive role of family as significant others in influencing Violet's attitude and recovery process. Her mother's statement reflects trust in the person helping violet face her fear, particularly her effort to get back into a car, which had previously been avoided due to trauma. This indicates that Violet's family actively encourages her gradual progress while still acknowledging her emotional condition.

From an academic standpoint, these statements reflect the concepts of coping and resilience, in which Violet is encouraged to reconstruct her identity as a "survivor" rather than perceiving herself as a victim. This cognitive reframing serves as a strategy to promote adaptive attitude change by gradually confronting fear and re-engaging with situations she previously avoided. Furthermore, the support she receives, characterized by trust, concern, and encouragement, represents a form of positive social influence that facilitates this process. Such supportive interactions, particularly from significant others like parents, help establish a secure environment that enables Violet to regain confidence and resume her daily activities. Therefore, these instances demonstrate how social influence and emotional support contribute to reducing anxiety and fostering more adaptive behavioural and psychological responses.

4.4 Discussion of Findings

From the discussion above, the findings of this study indicate that attitude change in *All the Bright Places* is influenced by three interconnected factors, namely personal experience, influence of significant others, and emotional factors, as proposed by Saifuddin Azwar (2013).

First, personal experience, particularly traumatic events, plays a dominant role in shaping Violet's attitudes. The accident that led to her sister's death significantly alters her personality, making her more withdrawn, anxious, and avoidant. This finding aligns with Fazio's (2022) assertion that emotionally intense experiences deeply affect an individual's self-concept and behavioural responses. Compared to previous studies on *All the Bright Places*, such as Syarif et al. (2023) who focused on life and death instincts using Freudian theory, the present study provides a more specific analysis of how personal trauma directly triggers attitude change.

Second, social influence, especially from significant others, contributes to the transformation of Violet's attitudes. The presence of Theodore Finch as a supportive figure helps Violet gradually overcome her grief and anxiety. Support from family members also reinforces this process by providing encouragement and a sense of security. This finding extends the work of Larasati (2024), who analysed Violet's character development through

Freud's tripartite psyche, by demonstrating that external social relationships are as crucial as internal psychological forces in facilitating character transformation.

Third, emotional factors, including fear, frustration, and trauma, function as underlying mechanisms that shape and maintain attitudes. These emotional responses may initially serve as defence mechanisms but can evolve over time through coping and resilience. This finding complements Oumeddour and Dafri's (2021) examination of mental illness representation in the novel, showing that accurate portrayal of emotional struggle is essential for understanding adolescent psychological development.

The findings of this study also align with broader research on adolescent trauma in literature. A 2025 study published in *Lire Journal* demonstrated that religious trauma and peer relationships catalyse resistance identity and self-authorship in adolescent protagonists. Similarly, Kanwal, Naz, and Mehwish (2025) in the *World Journal of English Language* found that unresolved identity crises during adolescence lead to maladaptive behaviour. Violet's journey in *All the Bright Places* reflects these patterns, as her trauma initially leads to withdrawal, but her relationship with Finch provides a pathway toward healing and positive attitude change.

Overall, the findings suggest that attitude change is a dynamic process influenced by the interaction of personal experiences, social support systems, and emotional regulation, which together contribute to Violet's psychological development and recovery. These results provide empirical support for Azwar's (2013) framework while demonstrating its applicability to literary analysis, bridging the gap between psychological theory and narrative interpretation.

5. Conclusion

In conclusion, the study reveals that attitude change is a dynamic process shaped by the interaction of personal experiences, social influences, and emotional factors. Violet's transformation demonstrates how traumatic events can significantly alter attitudes, while support from significant others and effective emotional coping mechanisms can facilitate positive change. Thus, attitude development is not static but continuously evolves through experience, social interaction, and psychological adjustment.

This study contributes to the existing scholarship on attitude change and literary psychology in three significant ways. First, it demonstrates the applicability of Azwar's (2013) framework of attitude change to the analysis of contemporary young adult fiction. While Azwar's theory has been widely applied in social psychology research, this study extends its relevance to literary analysis, showing that the psychological structure of attitude change— Influenced by personal experience, significant others, and emotional factors—is observable in fictional character development. Second, this study integrates psychological theories from multiple disciplines (social psychology, developmental psychology, and psychoanalysis) to provide a comprehensive understanding of how literary characters reflect real human psychological processes. Third, the findings support the broader theoretical claim that attitudes are not innate but are learned and modified through experience and social interaction (Gerungan, 2004; Azwar, 2013), demonstrating that literary narratives can serve as valid representations of psychological phenomena.

The findings of this study have practical implications for several educational domains. For literature educators, the analysis of attitude change in *All the Bright Places* can serve as a teaching tool for illustrating psychological concepts in character-driven narratives. Students can trace Violet's transformation through the three identified factors (personal experience, influence of significant others, and emotional factors), making abstract psychological theories tangible through textual evidence. For secondary school teachers, the novel offers a realistic portrayal of adolescent trauma and recovery, which can be used to facilitate classroom

discussions about mental health, emotional resilience, and coping strategies. For psychology educators, the novel provides a case study for examining how trauma affects identity formation and how supportive relationships can facilitate psychological healing. Additionally, the study demonstrates how literary analysis can be integrated into psychology curricula, bridging the gap between humanities and social sciences.

This study is limited to a single novel by Jennifer Niven, focusing specifically on the factors influencing the protagonist's attitude change. Future research may expand the scope in several directions. First, comparative studies across other young adult novels dealing with trauma and recovery—such as *Thirteen Reasons Why* by Jay Asher, *It's Kind of a Funny Story* by Ned Vizzini, or *Speak* by Laurie Halse Anderson—could examine whether attitude change follows similar patterns across different narratives or varies by author, character age, or thematic emphasis. Second, cross-cultural studies examining how attitude change is portrayed in young adult literature from different national traditions (e.g., Indonesian, Japanese, or Latin American coming-of-age novels) could illuminate whether the psychological factors identified in this study are universal or culturally specific. Third, future studies may employ alternative psychological frameworks—such as cognitive-behavioural theory, attachment theory, or positive psychology—to analyse attitude change in literary characters, potentially revealing different dimensions of psychological transformation. Fourth, reception studies investigating how adolescent readers interpret and respond to depictions of attitude change in literature could bridge the gap between textual analysis and reader-response theory, revealing whether exposure to characters undergoing positive transformation influences readers' own attitudes or coping behaviours. Fifth, longitudinal studies tracking how the representation of adolescent trauma and recovery in young adult fiction has evolved over the past fifty years could identify broader cultural shifts in understandings of mental health, resilience, and emotional development. Such research would extend the findings of this study while contributing to the interdisciplinary dialogue between literary studies, developmental psychology, education, and clinical practice.

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