

**POST-TRAUMATIC STRESS DISORDER AND
POST-TRAUMATIC GROWTH EXPERIENCED BY VIOLET
MARKEY IN *ALL THE BRIGHT PLACES* NOVEL**

A FINAL PROJECT

**Presented as Partial of Fulfillment of the Requirements
to Obtain the Sarjana Sastra Degree in English Literature**



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PAGE OF APPROVAL

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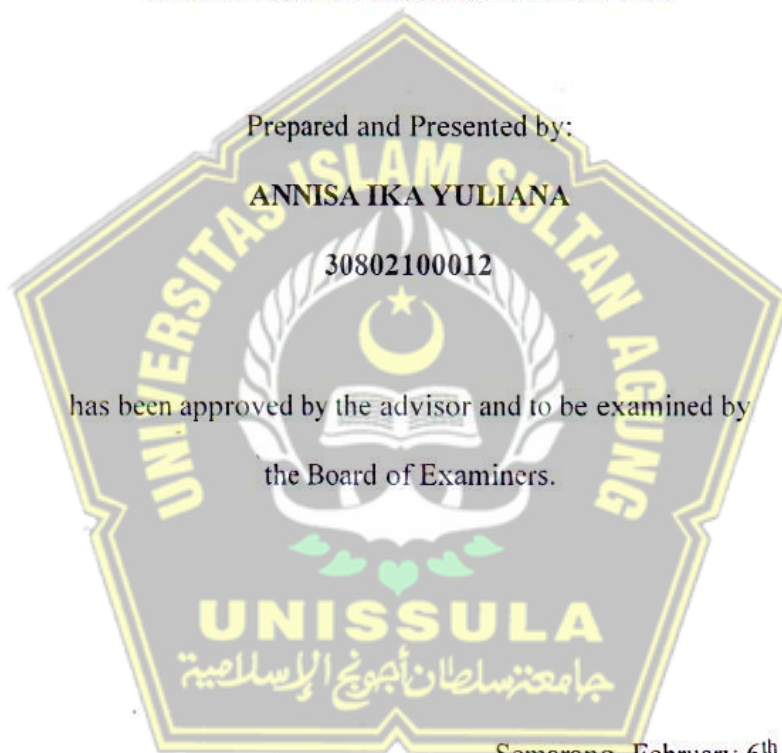
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the Board of Examiners.



Semarang, February 6th 2025

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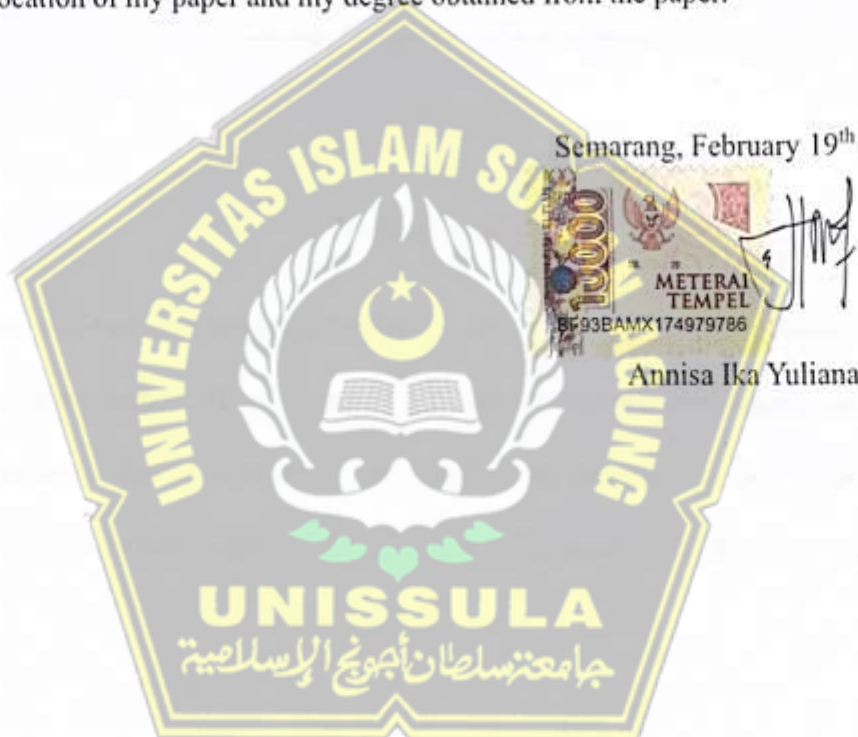
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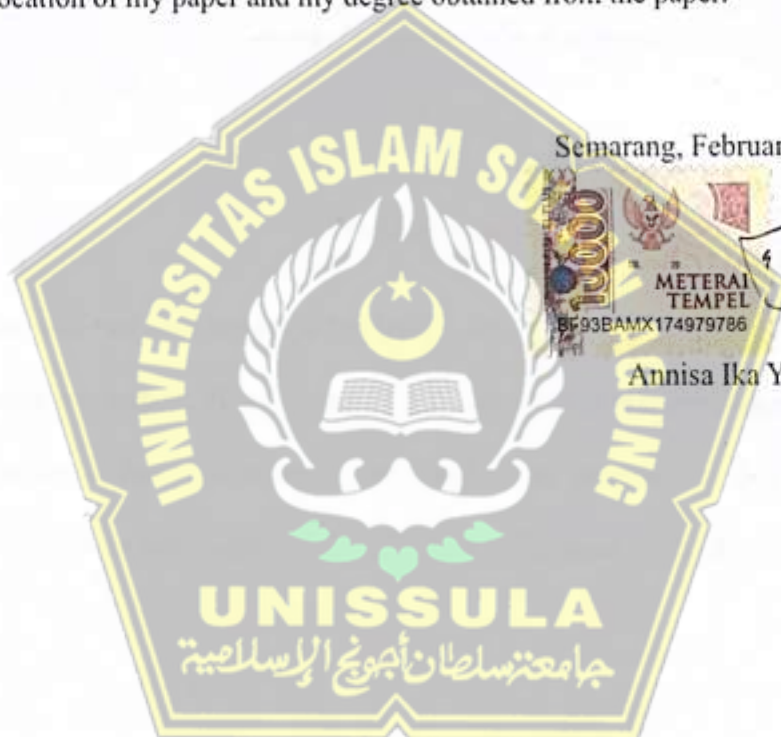
STATEMENT OF WORK'S ORIGINALITY

Hereby, I honestly declare that the undergraduate thesis I wrote does not contain the work or part of the works of other people, except those which were cited in the quotations and the references, as a scientific paper should. If my statement is not valid in the future, I absolutely agree to accept an academic sanction in the form of revocation of my paper and my degree obtained from the paper.

Semarang, February 19th 2025



Annisa Ika Yuliana



MOTTO

“Great things are not done by impulse, but by a series of small things brought together”

- Vincent Van Gogh

— ★ ☆ ☆ — — ★ ☆ ☆ —

DEDICATION

I dedicate this final project to my family, my friends, and everyone who always gives me support, direction, assistance, and prayers in every process until the writing of this final project is completed. I also dedicate this final project to myself, who can overcome all challenges while working on this final project.



ABSTRACT

Yuliana, Annisa Ika. 30802100012. Post-Traumatic Stress Disorder and Post-Traumatic Growth Experienced by Violet Markey in *All the Bright Places* Novel. Final Project of English Literature Study Program. Faculty of Languages, Literature, and Culture. Sultan Agung Islamic University Semarang. Advisor: Destary Praptawati, S.S., M. Hum.

PTSD can occur when someone experienced an unpleasant event such as war, rape, accident, or abuse, which causes trauma to the victim. This study aims to identify and analyze the symptoms of post-traumatic stress disorder experienced by Violet Markey in Jennifer Niven's novel *All the Bright Places*. This study discussed the symptoms of post-traumatic stress disorder and the domains that influence her post-traumatic growth experienced by Violet Markey in *All the Bright Places* novel.

This study used qualitative research methods to analyze the data. The data used in this study were in the form of sentences, phrases, and dialogue quotations in the novel. Several steps were taken in collecting the data, such as reading the novel carefully, identifying the data, classifying the data, and reducing the data. This study used a literary psychology approach to Glenn R. Schiraldi's theory of post-traumatic stress disorder (PTSD) and post-traumatic growth (PTG) theory by Richard Tedeschi and Lawrence Calhoun.

The results of this study were that Violet Markey experienced the symptoms post-traumatic stress disorder after the death of her sister in a car accident. She experienced symptoms of PTSD, namely re-experiencing of events, arousal, and avoidance. After passing through these symptoms, Violet achieved post-traumatic growth. This novel showed the domain that can support the achievement of post-traumatic growth that Violet experienced after going through this traumatic event. This novel also showed that she experienced positive changes as a result of PTG such as having personal strength, relating to others, new possibilities, appreciation of life, and spiritual and existential change.

Keywords: Symptoms of PTSD, PTG, Psychological Approach, *All The Bright Places*.

INTISARI

Yuliana, Annisa Ika. 30802100012. *Post-Traumatic Stress Disorder and Post-Traumatic Growth Experienced by Violet Markey in All the Bright Places* Novel. Tugas Akhir Program Studi Sastra Inggris. Fakultas Bahasa, Sastra, dan Budaya. Universitas Islam Sultan Agung Semarang. Pembimbing: Destary Praptawati, S.S., M.Hum.

PTSD dapat terjadi ketika seseorang mengalami suatu kejadian yang tidak diinginkan seperti perang, pemerkosaan, kecelakaan, atau kekerasan, yang menyebabkan trauma pada korbannya. Penelitian ini bertujuan untuk mengidentifikasi dan menganalisis gejala *post-traumatic stress disorder* yang dialami oleh Violet Markey dalam novel *All the Bright Places* karya Jennifer Niven. Penelitian ini membahas tentang gejala *post-traumatic stress disorder* dan domain yang memengaruhi *post-traumatic growth* yang dialami oleh Violet dalam *All the Bright Places* novel.

Penelitian ini menggunakan metode penelitian kualitatif untuk menganalisis data. Data yang digunakan dalam penelitian ini berbentuk kalimat, frasa, dan kutipan dialog dalam novel. Beberapa langkah yang dilakukan dalam pengumpulan data, seperti membaca novel dengan teliti, mengidentifikasi data, mengklasifikasikan data, dan mereduksi data. Penelitian ini menggunakan pendekatan psikologi sastra terhadap teori *post-traumatic stress disorder (PTSD)* milik Glenn R. Schiraldi dan teori *post-traumatic growth (PTG)* milik Richard Tedeschi dan Lawrence Calhoun.

Hasil penelitian ini adalah Violet Markey mengalami *post-traumatic disorder* pasca kematian saudara perempuannya dalam kecelakaan mobil. Dia mengalami gejala *PTSD*, yaitu mengalami kembali kejadian, arousal, dan penghindaran. Setelah melewati gejala-gejala tersebut, Violet berhasil mencapai *post-traumatic growth*. Novel ini menunjukkan domain yang dapat mendukung tercapainya *post-traumatic growth* yang dialami Violet setelah melalui kejadian traumatis tersebut. Novel ini juga menunjukkan bahwa dia mengalami perubahan positif sebagai akibat dari *PTG* seperti memiliki kekuatan pribadi, berhubungan dengan orang lain, kemungkinan-kemungkinan baru, apresiasi terhadap hidup, serta perubahan spiritual dan eksistensial.

Kata Kunci: Gejala *PTSD*, *PTG*, Pendekatan Psikologi, *All the Bright Places*

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To begin with, I would like to express my highest gratitude to Allah *Subhanahu Wa Ta'ala*, who has given me outstanding grace, blessings, faithfulness, and patience so that I can finish this final project. *Shalawat* and *salam* are always given to our prophet *Muhammad Shallallahu 'Alaihi wa Salam*, who saved us from the darkness and led us to the right path of Islam. I realize that I can complete this final project with help, guidance, and support. Therefore, through this opportunity, I would like to convey gratitude and appreciation to the following people who are always there in every process that I go through:

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Finally, this final project still has many shortcomings. I hope this final project can be useful and provide enlightenment for everyone who reads it. Moreover, any suggestions and criticism will be very meaningful for this final project.

Semarang, February 6th 2025



Annisa Ika Yuliana

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CHAPTER I

INTRODUCTION

A. Background of the Study

Literature is a work written using beautiful language to express the emotions and feelings felt by the author. Literature is the kind of writing which most persistently and most provocatively engages with the uncanny aspects of experience, thought and feeling (Bennett and Royle 35). Literature can attract the attention of readers through the choice of language used by the author. According to Terry Eagleton, literature transforms and intensifies ordinary language, deviates systematically from everyday speech (2). The choice of words that are different from everyday language can arouse the imagination and provide new experiences for readers.

According to Klarer, the term genre usually refers to one of the three classical literary forms of epic, drama, or poetry (3). Literature can be found in the form of novel, drama, poetry, short stories, and prose. One type of literary work that is often discussed today is the novel. Novel is categorized as fictional literary works that tell stories about imaginative things. Klarer says,

An author represents life according to his or her objectives, perceptions, ideologies, and value judgments and opens the doors of the unknown and invisible worlds to readers not only by arousing feelings and emotions but also by helping them to discover the meaning of life and existence (3).

Some novel writers are inspired to write stories based on events in everyday life and then develop them according to the writer's imagination. Therefore, novels are in great demand because there is a moral message conveyed by the author to readers.

Literature is connected to human life because the process of making it is based on human experience. Literature can describe various kinds of problems in human life, one of which is psychology. According to Aras,

There is a very strong correlation between literature and psychology for the fact that both of them deal with human beings and their reactions, perceptions of the world, miseries, wishes, desires, fears, conflicts and reconciliations; individual and social concerns, by means of varied concepts, methods, and approaches (251).

The presence of psychology in literary works can influence how someone views the characters of the story created by the author. Therefore, authors use humans as objects in their literary work because each individual has a different character and personality.

Some people who have faced unwanted events in their lives have the possibility of experiencing trauma. Psychological trauma can occur due to accidents, natural disasters, sexual harassment, bullying, and physical violence. This traumatic experience is very disruptive to a person's survival process. These events can cause someone to feel stressed and choose not to interact with anyone. Traumatic events cause negative and positive effects for sufferer. However, some people who experience negative effects due to

traumatic events may be diagnosed with post-traumatic stress disorder.

According to Schiraldi,

Post-traumatic stress disorder (PTSD) results from exposure to an overwhelmingly stressful event or series of events, such as war, rape, or abuse. The traumatic events that lead to PTSD are typically so extraordinary or severe that they would distress almost anyone (3).

From the statement, post-traumatic stress disorder really affects a person's mental health because it can cause sufferers to feel anxious and hopeless about living their lives. Post-traumatic stress disorder sufferers will try to avoid places or activities related to the traumatic events they have experienced. Apart from that, sufferers of post-traumatic stress disorder also tend to like to spend their time alone and find it difficult to adapt with new environments after the traumatic event occurs.

Traumatic events can change a person's personality. Changes in attitude, thinking, or personality are very likely to occur after facing a traumatic event. Someone who is able to overcome the symptoms of post-traumatic stress disorder will achieve post-traumatic growth. As stated by Richard Tedeschi and Lawrence Calhoun,

Post-traumatic growth is positive psychological changes experienced as a result of the struggle with traumatic or highly challenging life circumstances. These changes occur in response to the challenge to what people assumed to be true about the lives they lived (3).

From the statement above, someone who has a strong determination to recover from their trauma, they will show positive changes. These positive changes can occur because they try to be open and accept help from others, develop new interests and habits, increase their self-confidence, and accept what has happened in the past. This positive change can be seen in one of the characters in *All the Bright Places* novel.

All the Bright Places novel is used as the object of the study because this novel talks about the post-traumatic stress disorder (PTSD) experienced by Violet after the death of her sister. This novel also describes the symptoms of PTSD she is experiencing, as well as the factors can help the characters in the novel recover from PTSD. Based on the explanations above, this study analyzes the symptoms of post-traumatic stress disorder (PTSD) experienced by Violet Markey in the novel *All the Bright Place*. Apart from that, this study also analyzes how past events experienced by Violet Markey can influence her post-traumatic growth.

B. Problem Formulation

Based on the background of the study above, this study formulates two problems as follows:

1. What are the symptoms of post-traumatic stress disorder (PTSD) experienced by Violet Markey in *All the Bright Places* novel?
2. What post-traumatic growth (PTG) does Violet Markey experienced in the novel *All the Bright Places*?

C. Limitation of the Study

This study focused on the post-traumatic stress disorder experienced by Violet Markey as the main character and how she resolved her PTSD symptoms to reach the post-traumatic growth stage that occurs in the novel *All the Bright Places*. Furthermore, this study highlighted that post-traumatic growth due to PTSD has not only negative impacts but also positive impacts. This study used the post-traumatic stress disorder theory by Gleen Schiraldi and the post-traumatic growth theory by Richard Tedeschi and Lawrence Calhoun.

D. Objectives of the Study

Based on the problem formulation above, the objectives of this study are:

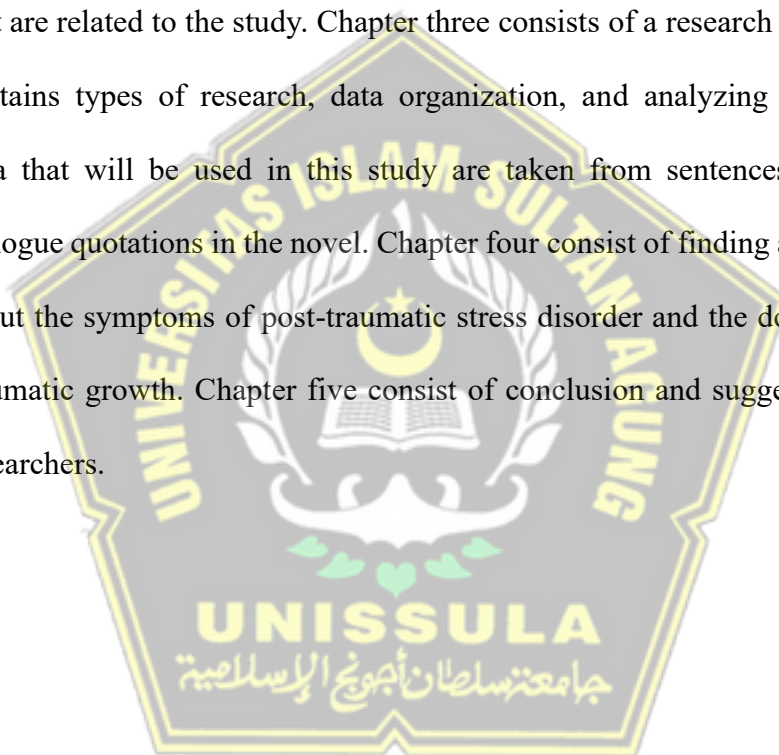
1. To identify the symptoms of post-traumatic stress disorder (PTSD) experienced by Violet Markey in *All the Bright Places* novel.
2. To analyze the post-traumatic growth (PTG) Violet Markey experienced in the novel *All the Bright Places*.

E. Significance of the Study

This study provided an insight into understanding the symptoms related to post-traumatic stress disorder in the *All the Bright Places* novel. It is also expected that it will be useful to provide a new view that post-traumatic growth can occur if there is an effort made by a person to recover from the trauma he or she has faced in the past. This study can also be used by English Literature students of Language, Literature, and Culture Faculty to apply the theory of post-traumatic stress disorder and post-traumatic growth to literary works.

F. Organization of the Study

This final project consists of five chapters. Chapter one consists of an introduction; it contains the Background of the Study, Problem Formulation, Limitation of the Study, Objectives of the Study, Significance of the Study, and Organization of the Study. Meanwhile, chapter two consists of a review of related literature, which contains the synopsis of the novel and the theories used that are related to the study. Chapter three consists of a research method which contains types of research, data organization, and analyzing the data. The data that will be used in this study are taken from sentences, phares, and dialogue quotations in the novel. Chapter four consist of finding and discussion about the symptoms of post-traumatic stress disorder and the domain of post-traumatic growth. Chapter five consist of conclusion and suggestion for next researchers.



CHAPTER II

REVIEW OF RELATED LITERATURE

This chapter explains review of related literature consists of two sub-chapters. The first sub-chapter is the synopsis of *All the Bright Places* novel, which will be the object of this study. The second sub-chapter is a review of related literature consist of post-traumatic stress disorder and post-traumatic growth theories that will be used in this study.

A. Synopsis of *All the Bright Places* Novel

All the Bright Places is a novel written by Jenifer Niven in 2015. This novel tells the story of two teenagers named Violet Markey and Theodore Finch. Both of them experienced mental health disorders. Finch had borderline personality disorder. Finch is known as a strange guy because of his attitudes and behavior which can be said to be unusual. While Violet experienced post-traumatic stress disorder. Violet Markey has an older sister named Eleanor. Their age difference is not that great. Violet is 16 years old, while Eleanor is 18 years old.

Violet and Eleanor went to the same school, namely Bartlett High School. They spent time together at school and at home. Violet was known as a student who had a lot of achievements. She participated in various extracurricular activities such as cheerleading, student council, orchestra, and many more. Eleanor and Violet also had a blog called EleanorandViolet.com. This blog was created specifically for uploading the results of their writing, such as about beauty, music, boys, books, and life.

One day, something bad happened to Eleanor. On the way home with Violet, the car they were driving had a serious accident. This accident occurred in the middle of the night because the car they were driving slipped while passing through a slippery road with snow. This caused Eleanor to be unable to be saved, while Violet suffered a minor injury. Violet felt guilty about her sister's death. At that time, she was the one who asked her sister to take that road when she was going home. After this incident, Violet did not dare to drive the car again. She feared the accident would happen again. Violet turns into a gloomy student, closes herself, and loses her enthusiasm for life because she considers herself responsible for her older sister's death.

During break time, Finch visited the bell tower of the high school and intends to jump from up there. However, when he arrived at the bell tower, he actually met Violet standing there with a blank stare. Finch tried to ask Violet what made her stand in the bell tower, but Violet refused to answer the question. Finch tried to persuade Violet to get her down from the school tower. While persuading Violet, one of the students in the field saw Violet and Finch in the bell tower. All the Bartlett High School students think that Violet was trying to save Finch, who wanted to commit suicide.

After a brief meeting with Violet at the bell tower, Finch begins to be curious about her. Finch decided to find out about Violet. He received information that Violet was a survivor of the fatal accident that killed her older sister, Eleanor

Markey. When they met at school, Finch tried to talk with Violet several times, but Violet refused to talk to him.

One day, Violet and Finch got a geography assignment to visit beautiful places in Indiana. Violet tried to ask Mr. Black if he had any other assignments besides visiting places in Indiana. Violet did not want to travel far after her sister's death because she was afraid the accident would happen again. Hearing that statement, Finch offered Violet the opportunity to join the group with him. Initially, Violet refused the offer because she must drive a car when visiting beautiful places in Indiana. Theodore Finch did not give up trying to persuade Violet to do her geography assignment with him. Finch promises to do whatever Violet wants.

However, after receiving support from Violet's parents, Violet decided to fight her fear of riding in a car. They get closer and get to know each other. In the end, they fall in love. Finch succeeded in persuading Violet to start writing again. Finch also made Violet dare to open up about discussing the death of her older sister. Violet felt that Finch was the only person she could trust to share her feelings with. Since then, Violet Markey has begun to show changes in her personality for the better.

B. Related Literature

B.1 Post-Traumatic Stress Disorder

Post-traumatic stress disorder can occur in someone who has experienced something unwanted in the past. The traumatic event had to

involve actual or threatened death, serious injury, and a threat to the physical integrity of oneself or others (Vieweg et al. 384). PTSD causes sufferers to feel afraid and anxious when trying to recall traumatic events they have experienced. PTSD result an extreme response to a severe stressor, including increased anxiety, avoidance of stimuli associated with the trauma, and symptoms of increased arousal (Davison et al. 216).

Individuals with PTSD may have persistent erroneous cognitions about the causes of the traumatic event that lead them to blame themselves or others (American Psychiatric Association, *DSM-5* 275). Each person experiences different symptoms when they exposed to post-traumatic stress disorder. PTSD symptoms resulting from such stressors are usually more complex, are of longer duration, and are more difficult to treat for a number of reasons (Schiraldi 7). The duration of symptoms experienced by sufferers can last for weeks or even years depending on how severe the trauma they experienced. According to Schiraldi, the symptoms of post-traumatic stress disorder are as follows:

B.1.1 Re-experiencing of event

Re-experiencing symptoms is the fear of the unpleasant memories of a traumatic event that repeatedly intrude into one's awareness, which causes feelings of fear, sadness, or guilt, often appearing through thoughts, images, or perceptions (Schiraldi 7). There are two general forms that are part of re-experiencing

symptoms, namely experiencing nightmares and flashbacks of traumatic events.

According to Schiraldi, nightmares will be accurate replays of the traumatic events and depict the trauma with themes of treats, rescuing self or others, and being trapped by the bad memories (8). The depiction of nightmares can include being threatened by someone, being trapped or attacked by a monster, and dying. When someone experiences trauma, they feel excessive fear which disturbs their thoughts. These thoughts are indirectly reflected through nightmares.

Then, flashback means someone feels like they have gone back to the past and relived the trauma (Schiraldi 8). Flashbacks can cause a person to experience physical sensations and experience emotions related to the trauma. Places, people, sounds, or situations can trigger flashbacks. Flashbacks can occur within minutes, hours, or even days. They are usually believed to be real and then forgotten, but sometimes the sufferer will realize that the flashback was not reality (Schiraldi 8). Flashbacks can occur when a person feels tired, stressed, has insomnia, or is under the influence of drugs.

B.1.2 Arousal

Post-traumatic stress disorder is characterized by extreme general physical arousal or arousal following exposure to internal

or external triggers. The nervous system has become sensitized by an overwhelming trauma (Schiraldi 8). There are several signs that indicate the presence of arousal symptoms, including troubled sleep caused by nightmares, irritability or outbursts of anger that occur due to certain reasons, difficulty remembering or concentrating when someone tries to control their intrusive memories, hypervigilance so that bad events do not happen again, and an exaggerated startle when dealing with things that trigger trauma. A sensitized nervous system will overreact to frightening or even unusual stressors (Schiraldi 9). Sufferers experience light headaches, sweating, chest or stomach tightness and increased heart rate when experiencing arousal symptoms.

B.1.3 Avoidance and numbing

As stated by Schiraldi, the intrusive thoughts and accompanying arousal are so unpleasant, people with PTSD desperately try to avoid all reminders of the trauma. They might refuse to talk about it (10). Sufferers may refuse to talk about images of activities, people, places, or memories that might evoke memories of the traumatic event. Some people choose to escape the trauma they experience through drugs and overwork. However, some of them choose to avoid the pain they experience by closing themselves off.

When the memories they have are too painful, people with PTSD often avoid even pleasant activities, including those that were pleasurable before the trauma (Schiraldi 10). Therefore, PTSD sufferers feel that they are distant from other people because they feel that other people know what happened in the past, which will result in the sufferer being judged and ostracized by the people around them.

B.2 Post-Traumatic Growth

Traumatic experiences can result in negative effects known as post-traumatic stress disorder. However, some individuals may also experience positive changes following trauma exposure. These changes are known as post-traumatic growth. A person can be said to have succeeded in achieving post-traumatic growth if he or she is able to overcome the symptoms of PTSD.

Post-traumatic growth is defined as the subjective experience of positive psychological change reported by an individual as a result of the struggle with trauma (Zoellner and Maercker 628). Someone who has achieved post-traumatic growth will show personality development in a better direction than before experiencing trauma. It can be said PTG is the outcome when the person can deal with the symptoms of PTSD.

The transformation a person experiences after a traumatic event varies depending on the type of trauma they experienced. Post-traumatic

growth takes a long time, ranging from days to years. Someone who reaches PTG will experience the development of new ways of thinking, feeling, and behavior (Tedeschi et al. 5). In 1996 Richard Tedeschi and Lawrence Calhoun developed the post-traumatic growth inventory (PTGI) after they found that even though trauma causes suffering and distress, some individuals report positive growth or development following the traumatic event.

According to Richard Tedeschi and Lawrence Calhoun, the Posttraumatic Growth Inventory (PTGI) measures the extent to which survivors of traumatic events perceive personal benefits, including changes in perceptions of self, relationships with others, and philosophy of life, accruing from their attempts to cope with trauma and its aftermath (Tedeschi and Calhoun, *PTGI* 458). By using the PTGI, researchers can understand how individuals manage trauma and identify the growth they experience. The PTGI consists of 21 question items that address five major domains of post-traumatic growth.

With the development of the PTGI, we can gain a greater understanding of the natural processes that people utilize to obtain meaning, feel wiser, and face uncertain futures with confidence after experiencing traumatic events. According to Richard Tedeschi and Lawrence Calhoun, there are five domains that can support the achievement of post-traumatic growth:

B.2.1 Personal strength

According to Richard Tedeschi and Lawrence Calhoun, PTG can be experienced by an increased sense of self-reliance, a sense of strength and confidence, and a perception of self as survivor or victor rather than victim (27). Someone who has made peace with their trauma will experience an increase in self-confidence which will lead to changes in behavior such as having the courage to overcome challenges and try new things. Life after trauma provides a great deal of information about self-reliance, affecting not only self-evaluations in difficult situations but also a person's way of overcoming the difficulties they experience (Tedeschi and Calhoun, *PTGI* 456). People who have faced traumatic events will feel stronger than before.

B.2.2 Relating to others

Building closer relationships with other people can help us get through trauma. This domain reflects the experience of positive changes in relationships such as being more compassionate, feeling a greater connection with others, willing to express emotions, and willing to accept help from others (Tedeschi et al. 27). Relating to others can be done by spending time with family and friends. By spending time with the people closest to you, it is hoped can provide support and make trauma sufferers not feel alone in facing their problems. Closer, more

intimate, and more meaningful relationships with other people increased a sense of compassion for others who now share the same difficult fate. This is another way in which a greater connection to others occurs (Tedeschi and Calhoun 6).

B.2.3 New Possibilities

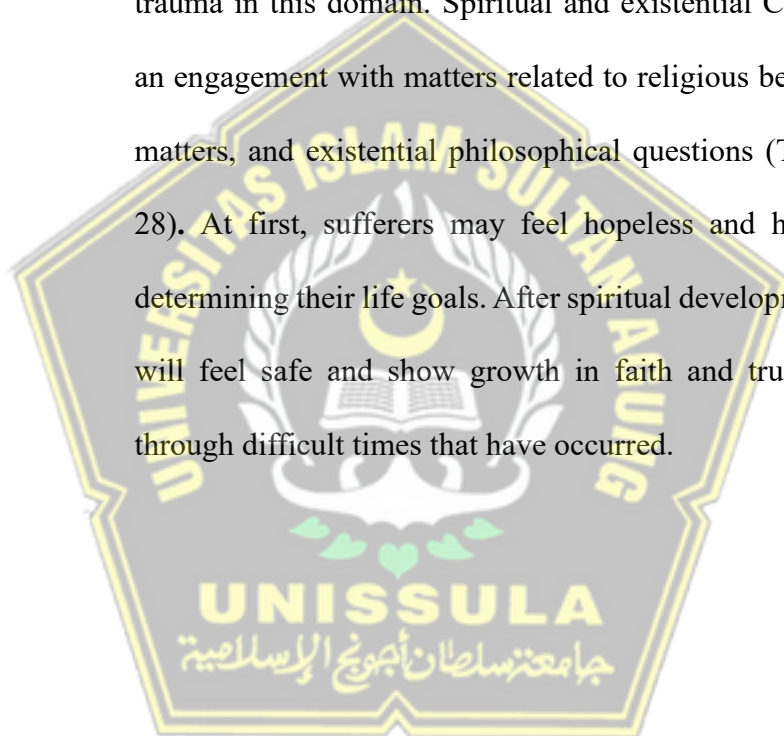
Post-traumatic growth can also be seen in the individual's identification of new possibilities for one's life or of the possibility of taking a new and different path in life (Tedeschi and Calhoun 6). New possibilities can be experienced through developing new activities, habits and building a new career. By trying new opportunities, a person can discover the new potential that exists after going through a traumatic event.

B.2.4 Appreciation of Life

Appreciation of life includes a greater appreciation for all the things that life has to offer, whether small things previously taken for granted or a greater appreciation for things that people still have in their lives (Tedeschi et al. 28). In the trauma recovery process, there is a change in how a person appreciates what they have in their life. Sufferers who have achieved Post-traumatic growth tend to appreciate small joys that were often overlooked before, take life easier, and simply be more aware and appreciative of their environment (Tedeschi et al. 28).

B.2.5 Spiritual and Existential Change

Growth in the domain of spiritual and existential matters is another way in which some persons experience positive change in their struggles with stress and loss (Tedeschi and Calhoun 6). This domain does not only apply to people who are religious, but people who are not religious or atheists can also feel growth after trauma in this domain. Spiritual and existential Change reflects an engagement with matters related to religious beliefs, spiritual matters, and existential philosophical questions (Tedeschi et al. 28). At first, sufferers may feel hopeless and have difficulty determining their life goals. After spiritual development, a person will feel safe and show growth in faith and trust after going through difficult times that have occurred.



CHAPTER III

RESEARCH METHOD

A. Types of Research

The research method used in this study is qualitative research. Qualitative research focuses on the meaning, content, and structure contained in a text. Qualitative research is used to gain an in-depth understanding of human behavior, experience, attitudes, intentions, and motivations on the basis of observation and interpretation to find out the way people think and feel (Ahmad et al. 2829). Based on this understanding, the use of the qualitative research aims to gain a deeper understanding of the research object. Qualitative research focused more on data conveyed in the form of words, phrases, sentences, monologues, dialogues, and quotations on the objects used. Relying exclusively on text as the main data source, this study uses the novel *All the Bright Places* by Jennifer Niven (2015) as object of the study.

B. Data Organizing

B.1 Data collecting method

In organizing the data, there were steps used in this study, they are:

B.1.1 Reading the novel

Reading novel was the main step in the data collecting method. Reading *All the Bright Places* novel carefully was done to gain general knowledge, such as identifying the characters, theme, plot, and conflict. In addition, in the process of reading the novel, it

was also carried out several times to feel the emotions described by the author and understand the issues or interesting aspects of the novel.

B.1.2 Identifying the data

The purpose of this step was found out some parts of the object that would be analyzed. After reading the novel, the data could be identified. Data in the form of monologues, dialogues, and narratives related to the problem formulation were identified by underlining several parts of the object related to the topic.

B.1.3 Classifying the data

The next step after identifying the data was classified the data. Classification was done by grouping the data based on the problem formulation. All the identified data would be classified into a table called an appendix. The data of appendix contain several columns consisting of numbers, data, form of the data, pages, type or answering problem formulation, references, and comments.

B.1.4 Reducing the data

The final step in data collection was the data-reducing process. The data would be reduced into the smaller number. This process was carried out by eliminating data that was inappropriate or had no effect on the problem formulation.

B.2 Types of the Data

The data of this study were divided into two types of data:

1. The primary data in this study were dialogues, sentences, and phrases (of setting, characters, conflict, etc.) in the novel *All the Bright Places*. The novel was first published on January 6, 2015 by Knopf Publishing Group. The novel written by Jennifer Niven contains 356 pages.
2. The secondary data in this paper include a range of scholarly writing related to post-traumatic stress disorder and post-traumatic growth from articles, journals, books, previous studies, and textbooks related to the study. These sources were carefully selected to support explanations and clarification of primary data used in the analysis process.

C. Analyzing Data and Reporting Findings

The last stage of this study was to analyze the finalized data and report the analysis data. Qualitative data in this study analyzed using a psychological approach. This study used a primary data by collecting dialogues, monologues, and narratives from the novel and the secondary data were gained from articles, journals, books or e-books, website, and previous studies. This study used the Jennifer Niven's novel entitled *All the Bright Places* (2015) as the object of the study. This study analyzed the symptoms of post-traumatic stress disorder and post-traumatic growth experienced by Violet Markey. The analysis and findings were reported in Chapter IV.

CHAPTER IV

FINDING AND DISCUSSION

This chapter is divided into two sub-chapters that focus on explaining the symptoms of post-traumatic stress disorder and the process of the post-traumatic growth experienced by Violet Markey to recover from the trauma in *All the Bright Places* novel.

A. The Symptoms of Post-Traumatic Stress Disorder Experienced by Violet Markey in *All the Bright Places* Novel

According to Schiraldi, PTSD is resulted from exposure to an overwhelmingly stressful event or series of events, such as war, rape, or abuse. The traumatic events that lead to PTSD are typically extraordinary or severe that they would distress almost anyone (3). The essential feature of post-traumatic stress disorder (PTSD) is the development of characteristic symptoms following exposure to one or more traumatic events (American Psychiatric Association, *DSM-5 TR* 305). Each person experienced different symptoms when they exposed to post-traumatic stress disorder.

Post-traumatic stress disorder has three symptoms, including re-experiencing of events, arousal, avoidance and numbing. Traumatic feelings permeate the subjective interpretations, behavioral patterns, and cognitive patterns of survivors who are unable to digest them on their own as time pass (Chen 4). In the *All the Bright Places* Novel, Violet experienced a trauma that occurred when she was in high school. She experienced trauma after losing her

older sister, who died in a car accident that befell them both. After the incident, Violet began to show changes in behavior and personality. Based on the trauma that Violet has experienced, she may be diagnosed with post-traumatic stress disorder according to the explanation in Glenn R. Schiraldi's book about three symptoms of PTSD.

A.1 Re-Experiencing of Event

According to Schiraldi, re-experiencing of event is fear of the unpleasant memories of a traumatic event that repeatedly intrude into one's awareness, which causes feelings of fear, sadness, or guilt, often appearing through thoughts, images, or perceptions (7). In the novel, Violet Markey experienced re-experiencing of event after she had a car accident while it was snowing with her sister and when she lost Theodore Finch. It can be seen in the quote from the novel below:

It is not the face of a carefree teenage girl who has been accepted at four colleges and has good parents and good friends and her whole life ahead of her. **It is the face of a sad, lonely girl something bad has happened to.** I wonder if my face will ever look the same again, or if I'll always see it in my reflection—Finch, Eleanor, loss, heartache, guilt, death (Niven 312).

In the quote above, since Finch reported dissipating, Violet has been looking for Theodore Finch every day, until one day he was found drowning in the lake. This quote shows that Violet felt sad and guilty after

Finch and Eleanor's deaths. This proves that she is experiencing symptoms of post-traumatic stress disorder, namely re-experiencing of event.

There are two general forms of re-experiencing of event symptoms, namely nightmares and flashbacks. As stated by Gleen R. Schiraldi, nightmares are a common form of re-experiencing the trauma. The nightmares might be fairly accurate replays of the traumatic event, or they might symbolically depict the trauma with themes of threats, rescuing self or others, being trapped or chased by monsters, or dying (8). This is reflected in Violet Markey as quoted below:

Friday morning. Office of Mrs. Kresney, school counsellor.

How are you sleeping?"

The nightmares started a month after the accident. She asks about them every time I see her, because I made the mistake of mentioning them to my mom, who mentioned them to her.

"I'm sleeping fine."

"Any bad dreams?"

"No."

I used to write them down, but I don't anymore. I can remember every detail. Like this one I had four weeks ago where I was literally melting away. In the dream, my dad said, "You've come to the end, Violet. You've reached your limit. We all have them, and yours is now." But I

don't want it to be. I watched as my feet turned into puddles and disappeared. Next were my hands. It didn't hurt, and I remember thinking: I shouldn't mind this because there isn't any pain. It's just a slipping away. But I did mind as, limb by limb, the rest of me went invisible before I woke up (Niven 26).

As described in the dialogue above, during counselling time, Mrs. Kresney asked several questions, including how Violet slept and whether she had nightmares. The reason Mrs. Kresney asked this question because she started having nightmares after the car accident occurred. Violet refused to talk about her nightmares, but she wrote down the nightmares she experienced. In her dream, Violet received threats from her father and felt that, one by one, her limbs were turning invisible. Based on the explanation above, Violet shows that she is having nightmares, which is one of the symptoms of PTSD.

The quote below is another proof that Violet experienced nightmares, which are one of the symptoms of post-traumatic stress disorder:

“That night, I have the same nightmare I’ve been having for months—the one where someone comes at me from behind and tries to strangle me. I feel the hands on my throat, pressing tighter and tighter, but I can’t see who’s doing it. Sometimes the person doesn’t get as far as touching

me, but I know he's there. Other times, I can feel the breath going out of me. My head goes light, my body floats away, and I start to fall (Niven 109).

In the quote above, Violet experienced one of the symptoms of PTSD, namely re-experiencing of events, which are characterized by having nightmares. Violet described the nightmares she had in the months following her sister's death. This shows that Violet's mental condition was affected by the bad events that occurred.

In another quote, Violet experienced one of the forms of re-experiencing of events, namely flashbacks. The accident on the A Street Bridge that killed Eleanor occurred during the snow season. After experiencing this accident, Violet hates snow because every time it snows, she remembers her sister. Moreover, another dialogue below proves the flashback experienced by Violet Markey:

The night air is freezing, and a few flakes start to fall again.
But I feel warm. She says, "You're shivering."

"Am I?" I don't notice because I can't feel anything.

"How long have you been out here?"

"I don't know." And suddenly I can't remember.

"It snowed today. It's snowing again."

Her eyes are red. She looks like she's been crying, and this might be because she really hates winter or, more

likely, because we're coming up on the anniversary of the accident (Niven 244).

From the quote above, it shows that Violet has a flashback when it snows. This is in accordance with Schiraldi's definition that flashbacks are a particularly upsetting form of reexperiencing the traumatic event. In flashbacks, we feel that we are going back in time and reliving the trauma. Typically, flashbacks are visual reexperiences. However, they can also involve sensations, behavior, or emotions (8).

A.2 Arousal

As described by Schiraldi, PTSD is characterized by extreme general physical arousal following exposure to internal or external triggers. The nervous system has become sensitized by an overwhelming trauma. Signs of arousal include difficulty concentrating or remembering can occur when one is still battling for control of intrusive memories (9).

As show in the monologue below:

I reach for my laptop. In the days Before, I would have written something—a short story or a blog post or just random thoughts. I would have written till it was out of me and on the page. **But now I open a new document and stare at the screen. I write a couple words, erase them. Write, erase. I was the writer not Eleanor, but there is something about the act of writing that makes me feel as if I'm cheating on her** (Niven 110).

In that quote, Violet experienced one of the symptoms of PTSD, namely arousal, which can be seen when she has difficulty writing short stories or blog articles. Her condition after being in a car accident with her sister made Violet feel like she had lost her ability to write. She had difficulty concentrating on writing because when she tried to write, she always thought about Eleanor.

The other proof of difficulty remembering can be seen in the dialogue below:

To distract myself and her, I talk to her like we're on the bell tower ledge.

"Okay, tell me about the accident." I don't expect her to, but she gazes out the window, then starts talking.

"I don't remember much of it. I remember getting in the car as we were leaving the party. She and Eli had a fight—"

"They'd been going out for most of last year. She was upset, but she wouldn't let me drive. I was the one who told her to take the A Street Bridge."

She goes very, very quiet. "I remember the sign that said 'Bridge ices before road.' I remember sliding and Eleanor saying, 'I can't hold on.' I remember the air as we went through it, and Eleanor screaming. After that, everything went black. I woke up three hours later in the hospital." (Niven 123).

Based on the conversation above, Violet experiences one of the symptoms of PTSD, namely difficulty remembering things related to her trauma. Finch asks Violet to tell him what happened during the car accident with her sister. But Violet doesn't really remember what happened at that time because she still feels traumatized when she remembers that incident.

In *All the Bright Places* Novel, Violet experienced difficulty concentrating, which can be seen during the U.S. Geography class. Violet cannot concentrate on listening to Mr. Black's explanation. She was thinking too much about Finch, whose whereabouts had been unknown for several days. The news of Finch's disappearance makes Violet feel afraid of being abandoned by the people she loves. This indirectly revived Violet's feelings of trauma. It can be proven by the quote below:

When I get to U.S. Geography, Finch isn't there, of course, because he's been expelled, and I can't concentrate on anything Mr. Black is saying. Charlie and Brenda haven't heard from Finch in a couple of days, but

they don't seem worried because this is how he is, this is what he does, this is the way he's always been (Niven 284).

Another sign of arousal includes hypervigilance. People who have endured a trauma will be on guard against intrusive memories. They are also likely to be unusually cautious to ensure that further injury does not occur

(Schiraldi 9). Based on the definition above, Violet's hypervigilance can be seen in the quote:

"I didn't bring my bike." Before she can say anything, I hold up my hand like I'm taking an oath. "I, Theodore Finch, being of unsound mind, hereby swear not to drive faster than thirty miles per hour through town, fifty on the interstate. If at any time you want to stop, we stop. I just ask that you give it a chance."

"It's snowing." She's exaggerating. It's barely even coming down.

"Not the kind that sticks. Look, we've wandered all we can wander within a reachable-by-bike radius.

She is frozen to the sidewalk. "You can't keep pushing people to do things they don't want to do. You just barge in and help yourself and say we're doing this, we're doing that, but you don't listen. You don't think about anyone else other than yourself." (Niven 121).

This quote proves that Violet is experiencing PTSD symptoms in the form of arousal symptoms that occur when she felt hypervigilance when Finch took Violet to drive the car when it was snowing. She tried to avoid getting in the car when it was snowing because she did not want an accident to happen again.

Furthermore, signs of arousal including irritability or outbursts of anger might be displayed as smashing things, heated arguing, flying off the handle, screaming, intense criticizing, or impatience. Unresolved anger is fatiguing. It might be mixed with shame, frustration, betrayal, or other uncomfortable emotions that lead to moodiness and explosions of pent-up anger. One might then feel embarrassed or guilty (Schiraldi 9). This is reflected in Violet as quoted below:

She pushes me hard and then again. I stand there as she slaps at me, and then she starts to cry, and she is shaking.

“Better. Keep going. Don’t stop now. Don’t be a waiting person. You lived. You survived a really horrible accident. She shoves me again and again. “Stop acting like you know how I feel.”

She’s pounding at me with her fists, but I just stand, feet planted, and take it.

“I know there’s more in there, probably years of shit you’ve been smiling away and keeping down.”

She pounds and pounds and then suddenly covers her face.

“You don’t know how it is. It’s like I’ve got this angry little person inside me, and I can feel him trying to get out. He’s running out of room because he’s growing bigger, and so he starts rising up, into my lungs, chest, throat, and I just push

him right back down. I don't want him to come out. I can't let him out.” (Niven 210).

As described in the dialogue above, one of their geography projects was visiting Blue Hole Lake. Finch invites Violet to swim in the lake. They had fun playing in the water and challenging who could hold their breath the longest. When Violet appeared on the surface, she did not see Finch. She panicked and tried to look for Finch in the water. But she still did not find Finch. She cried because she was afraid that the Finch couldn't be found. After a while, Finch appeared and approached Violet. She was angry with Finch and pushed and hit him repeatedly. Finch and Violet argue. Finch wants Violet to express all the feelings she has been holding back. Based on the explanation above, Violet experienced PTSD symptoms, which can be seen when she becomes angry when Finch suddenly disappears.

Additionally, PTSD is characterized by extreme general physical arousal or arousal following exposure to internal or external triggers. The nervous system has become sensitized by an overwhelming trauma. In addition to the above symptoms, indications of a sensitized nervous system might include tight chest or stomach, Light-headedness, sweating. These might occur generally or in response to a trigger (Schiraldi 9).

Suddenly I'm having one of those moments that you have after losing someone—when you feel as if you've been

kicked in the stomach and all your breath is gone, and you might never get it back. I want to sit down on the dirty, littered ground right now and cry until I can't cry anymore (Niven 334).

Based on the monologue, it shows that Violet's nervous system has become sensitive due to the trauma she has experienced. An overreacting nervous system causes Violet to feel short of breath. After Eleanor and Finch's deaths caused Violet to experience what would happen to someone who had been left behind, she felt difficulty breathing, and her stomach tightened.

A.3 Avoidance and numbing

People with PTSD desperately try to avoid all reminders of the trauma. They might refuse to talk about it. They might block from their mind thoughts, images, or feelings about the event. They might avoid activities, places, people, or keepsakes that arouse recollections (Schiraldi 10). In this novel, Violet shows that she experienced avoidance symptoms, which can be seen through the dialogue below:

“Let’s talk about the writing. Let’s talk about the website.”

She means EleanorandViolet.com. Eleanor and I started it after we moved to Indiana. We wanted to create an online magazine that offered two different perspectives on fashion, beauty, boys, books, life. **But I haven’t touched the site since Eleanor died, because what would be the point? It**

was a site about sisters. Besides, in that instant we went plowing through the guardrail, my words died too.

“I don’t want to talk about the website.”

“I believe your mother is an author. She must be very helpful in giving advice.” (Niven 27).

Based on this conversation, Violet experienced avoidance symptoms. During counselling time, Mrs. Kresney wanted to talk about the website owned by Violet and her sister. She never opened the website called EleanorandViolet.com again after Eleanor's death. Violet refused to discuss the website with Mrs. Kresney because she felt there was no point in continuing the website.

Furthermore, another proof of the avoidance symptoms experienced by Violet Markey in *All the Bright Places* novel can be seen in the dialogue below:

Friday morning. Office of Mrs. Marion Kresney, school counsellor.

“How are you, Violet?”

“I’m fine, and you?” I sit on my hands.

“I’m fine. Let’s talk about you. I want to know how you’re feeling.”

“I’m good.”

“Have you driven yet?”

“No.”

“Have you allowed yourself to ride in the car with your parents?”

“No.”

“But they want you to.” This isn’t a question. She says this like she’s talked to one or both of them, which she probably has.

“I’m not ready.” These are the three magic words. I’ve discovered they can get you out of almost anything.

(Niven 28).

The dialogue above shows that, Violet is experiencing PTSD symptoms in the form of avoidance and numbing, which can be proven in the conversation between Violet and Mrs. Kresney. Since her sister's death, Violet Markey has felt afraid to drive a car again for fear of the incident happening again.

Since her sister's death, Violet has tried to resist doing anything that might make her remember Eleanor. This is because Violet and Eleanor did a lot of activities together during school. Violet indicated that she was experiencing one of the symptoms of PTSD which can be seen in the dialogue below:

“This isn’t like you.” Mom shakes her head.

Dad says, “You can’t use losing your sister as an excuse to act out.” I wish, just once, they’d send me to my room.

“I wasn’t acting out. That wasn’t what it was. It’s just—I **don’t cheer anymore. I quit student council. I suck at orchestra. I don’t have any friends or a boyfriend, because it’s not like the rest of the world stops, you know?”** My voice is getting louder, and I can’t seem to do **anything about it.** “Everyone goes on with their lives, and maybe I can’t keep up. **Maybe I don’t want to. The one thing I’m good at I can’t do anymore.** I didn’t even want to work on this project, but it’s kind of the only thing I have going on (Niven 176).

Based on the conversation above, it can be seen that Violet Markey decided to leave the student council and cheerleaders so as not to revive her memories with her sister.

Based on the analysis above, it can be seen that Violet experienced three symptoms of post-traumatic stress disorder including re-experiencing of event, arousal, and avoidance. Violet started experiencing these symptoms after she had a car accident. Violet felt sad and guilty when remembering Finch and Eleanor's death. Her nervous system has become sensitized by an overwhelming trauma. Violet also refuses to talk and do activities related to trauma.

B. Post-Traumatic Growth Experienced by Violet Markey in the Novel

All the Bright Places

In psychology, post-traumatic stress disorder and post-traumatic growth are related. According to Richard Tedeschi and Lawrence Calhoun, post-traumatic growth is positive psychological changes experienced as a result of the struggle with traumatic or highly challenging life circumstances (3). A person can be said to have succeeded in achieving post-traumatic growth if he or she is able to fight the trauma in the past. The loss of a loved one, particularly when the death is violent or sudden, tells the survivors that they are indeed vulnerable to losses that are unpredictable, unexpected, and perhaps tragic. The experience of loss, however, can also lead many persons to experience themselves as stronger and more self-confident (Calhoun et al. 127).

As stated by Richard Tedeschi and Lawrence Calhoun, there are five domains that can support the achievement of post-traumatic growth including personal strength, relating to other, new possibilities, appreciation of life, and spiritual and existential change. The thought process which goes in the mind after an ordeal leads to productive processing and this consequently gives rise to growth (Naik and Khan 1).

B.1 Personal Strength

Personal Strength can be experienced by an increased sense of self-reliance, a sense of strength and confidence, and a perception of self as survivor or victor rather than “victim.” This can then lead to behavioral changes, such as a new found engagement in the challenges of learning

something completely new (Tedeschi et al. 27). Violet's personal strength can be seen through the dialogue below:

Finch hunches over the dash and slows down to a crawl. "Do you see any street signs?"

"That one says 'Church.'"

"Good. Brilliant." He turns and, just a block later, pulls over to the curb and parks. "We're here."

Before I die ... it says on what looks like a giant chalkboard. And there below these giant white letters are column after column, line after line, that say *Before I die I want to*_. And the blanks have been filled in with different colors of chalk, smudged and half melted from the rain and snow, in all different handwriting. **For a long time, I just stand there reading, and then I write: Stop being afraid. Stop thinking too much. Fill the holes left behind. Drive again.**

Write. Breathe (Niven 130).

As described in the dialogue above, Violet shows that she is experiencing post-traumatic growth, namely personal strength. Finch and Violet visit a church where the walls contain writings containing someone's hopes. She wrote down her hope that she wanted to stop being afraid, stop thinking too much, can drive again, and write back. Violet believes that one day she can do it all without the shadow of trauma.

Additionally, the monologue below proves another of personal strength experienced by Violet Markey:

I haven't heard anything from Finch since March. I'm not worried anymore. I'm angry. Angry at him for leaving without a word. Besides, I tell myself, Finch would want me to be the one to come. I call my parents to tell them I'll be home in a while, that I've got something to do, and then I hang up on my dad, even as he's asking me a question, and drive. **I drive faster than I normally do, and I remember the way without looking at the map. I am scarily, eerily calm, as if someone else is doing the driving. I keep the music off. This is how focused I am on getting there** (Niven 307).

In the monologue above, Violet felt angry when Finch disappeared without a word, so she decided to look for Finch in a place they had visited before. Based on this quote, Violet has a strong sense of confidence that she can drive the car again. She feels that Finch will come back if she tries to look for him.

B.2 Relating to others

According to Richad Tedeschi and Lawrence Calhoun, post-traumatic growth reflects the experience of positive changes in relationships. This definition is supported by the question items of post-traumatic growth inventory (e.g., PTGI items "being more

compassionate”; “feeling a greater connection with others”). Not only the relationship itself, but one’s attitudes or behaviors in relationships may be changed in positive ways (e.g., PTGI items “more willing to express emotions”; “more willing to accept help from others”) (27). It can be seen in the quote from the novel below:

Mr. Black goes on about how he wants us to feel free to choose the places that strike our fancy, no matter how obscure or far away.

I raise my hand again. “Can we choose our partners?”

“Yes.”

“Violet Markey, I’d like to be your partner on this project.”

Her face turns pink as everyone looks at her. Violet says to Mr. Black, “I thought if there was something else, I could do maybe research and write a short report.” Her voice is low, but she sounds a little pissed. “I’m not ready to ...

Then another message appears: **I got your rules for wandering and I have an addition: We don’t travel in bad weather. We walk, jog, or ride bikes. No driving. We don’t go far from Bartlett.**

She is all business now. I reply: If we’re walking, jogging, or riding bikes, that’s not going to be a problem (Niven 36).

As seen in the quote above, Mr. Black gave group assignments to all students to visit the best places in Indiana. Violet tried to refuse the assignment because she is afraid of traveling far from home. Finch tries to convince Violet that he will help her finish this task, and Finch is willing to do whatever she asks. Based on the explanation above, Violet experienced one of the factors that determines the main domain of post-traumatic growth namely relating to others people because she decided to accept help from Finch to be his partner in the geography assignment.

Furthermore, another proof of relating to others experienced by Violet in *All the Bright Places* novel can be seen in the dialogue below:

After several blocks of this, I say, “Anything you tell me stays between us.

You might not have noticed, but I’m not exactly swimming in friends.”

She takes a breath. “When I went to the tower, I wasn’t really thinking. It was more like my legs were walking up the stairs and I just went where they took me. I’ve never done anything like that before. I mean, that’s not me. But then it was like I woke up and I was on that ledge. I didn’t know what to do, so I started to freak out.”

“Have you told anyone what happened?”

“No.” She stops walking, she pushes it out of the way.

“Not your parents?”

“Especially not my parents.”

“You still didn’t tell me *what* you were doing up there.”

I don’t actually expect her to answer, but she says, “It was my sister’s birthday. She would have been nineteen.”

“Shit. I’m sorry.” (Niven 61-62).

As described in the dialogue above, Finch repeatedly asked Violet why she was standing in the bell tower when they met. But Violet always refused to talk about it. Until then, Violet was willing to tell him why she was there. She also told what she felt at that time. Violet begins to show positive changes as she becomes willing to express her emotions to other people.

In the novel, Violet experienced post-traumatic growth namely relating to other that occurred when she told her parents that she was actually the one who was saved by Finch while standing on the bell tower. Finch couldn't be contacted for several days, which made Violet worried about him. She did not want Finch to experience the despair that Violet felt when standing on the Bell Tower. Therefore, Violet asked her parents to save Finch. This is reflected in Violet as quoted below:

At home, my parents are in the family room watching TV.

“You’re home early,” Mom says. She gets up from the couch to make room for me.

“There’s something you need to know. On the first day of school after Christmas break, I climbed up on the bell tower

ledge. That's where I met Finch. He was up there too, but he was the one who talked me down, because once I realized where I was, I was scared and I couldn't move. I might have fallen off if he wasn't there. But I didn't fall off, and that's thanks to him. **Well, now he's up on that ledge. Not literally," I say to my dad before he can jump for the phone. "And we need to help him."** (Niven 282).

This is in accordance with Richard Tedeschi and Lawrence Calhoun's definition that relating to others means closer, more intimate, and more meaningful relationships with other people can also be part of the individual's experience of post-traumatic growth. The experience of an increased sense of compassion, particularly for others who now share the same difficult fate, is another way in which the greater connection to others occurs (6).

B.3 New Possibilities

New possibilities can be seen in the individual's identification of new possibilities for one's life or of the possibility of taking a new and different path in life (Tedeschi & Calhoun, 2004b). It also can be experienced through developing new interests, activities, or habits, or by building a new career that would not have been a part of one's life if there had been no triggering event in the first place (Tedeschi et al. 27). It can be proven by the quote below:

We eat dinner in almost-silence, and afterward my mother comes up to my bedroom and studies the bulletin board above my desk. She says, “What happened to EleanorandViolet.com?”

“I let it go. There wasn’t any point in keeping it.”

She clears her throat and taps the paper that reads New Nameless Web Magazine. “So talk to me about this.”

“I might create another magazine. Or I might not.”

“You liked working on it.”

“I did, but if I started another one, I’d want it to be different. Not just the silly stuff, but also real thoughts, real writing, real life.”

She taps Lit, Love, Life. “And these?”

“I don’t know. They might be categories.”

For the next two hours we brainstorm and make notes, and at the end of it all, I have a very rough outline of a webzine and a very rough sketch of regular columns falling under the categories of Lit, Love, and Life (Niven 176).

Based on the quote above, Violet experienced new possibilities, which are the result of post-traumatic growth. After choosing not to continue the site she created with her sister, she decided to develop a new web

magazine. After discussing it with her mother, Violet managed to come up with a rough scheme and find categories for her new magazine.

Another proof of Violet's new possibilities when she tried to ride roller coaster is shown in the following quote:

He leads us to the roller coaster he's built in his backyard—actually there are two: the Blue Flash and the Blue Too.

I tell Violet she can go first. “No. That’s okay. You go.”

She backs away from the roller coaster like it might reach out and swallow her, and I suddenly wonder if this whole thing was a bad idea.

I do these five more times because Violet still isn't ready, and whenever I get to the end, she waves her hands and says, “Do it again.”

The next time I come to rest, I climb out, legs shaking, and suddenly Violet is taking a seat and John Ivers is strapping her in, and then she's climbing, up to the top, where she hovers. She turns her head to look in my direction, but suddenly she's off and diving and swooping and yelling her head off.

When she comes to a stop, I can't tell if she's going to throw up or climb out and slap me. Instead, she shouts, “Again!” And she's off once more in a blur of blue metal and long hair and long legs and arms (Niven 186).

From the quote above, Violet shows post-traumatic growth in the form of new possibilities. At first, she refused to ride the roller coaster. After seeing Finch do that over and over again, Violet was interested in trying to ride a roller coaster that she had never tried before.

Apart from trying to ride a roller coaster, new possibilities can occur when Violet has a consultation session with Mrs. Kresney, who is her counselor at school. Mrs. Kresney asked several questions regarding Violet's condition. Based on this quote, Violet experiences one of the factors that describes PTG namely new possibilities which can be seen when she starts writing and driving a car again after experiencing trauma in the past. It can be seen in the quote from the novel below:

Mrs. Kresney folds her hands and smiles her too-broad smile. "How are you, Violet?"

"I'm fine, and you?"

"I'm fine. Let's talk about you. I want to know how you're feeling."

"I'm good actually. Better than I've been in a long time."

"Really?" She's surprised.

"Yes. I've even started writing again. And riding in a car."

"How are you sleeping?"

"Pretty well, I think."

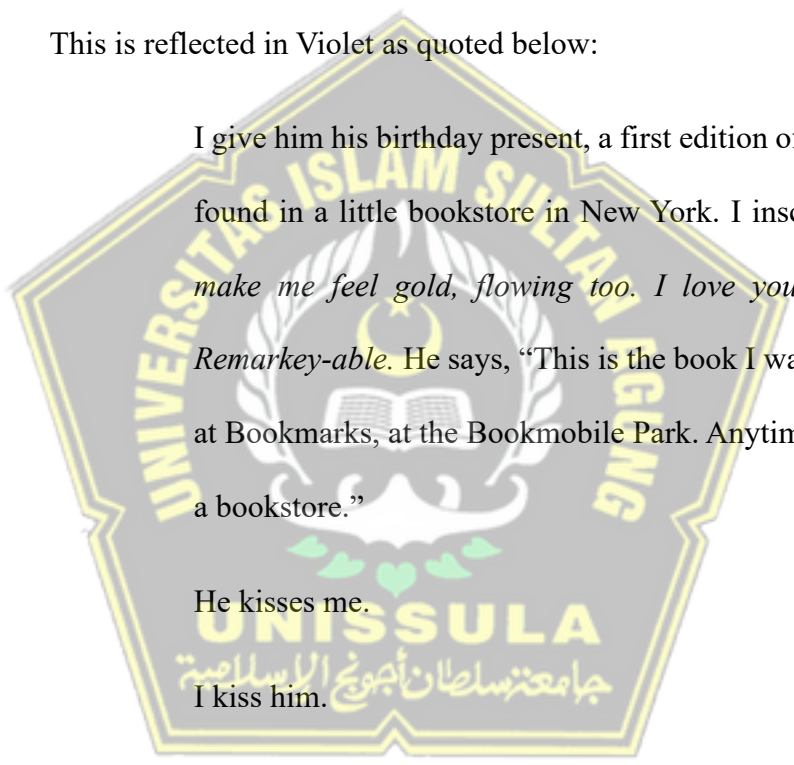
"Any bad dreams?"

“No.” (Niven 196).

B.4 Appreciation of Life

As described by Richard Tedeschi and Lawrence Calhoun, appreciation of life includes a greater appreciation for all the things that life has to offer, whether small things previously taken for granted or a greater appreciation for things that people still have in their lives (28).

This is reflected in Violet as quoted below:



I give him his birthday present, a first edition of *The Waves* I found in a little bookstore in New York. I inscribed it: *You make me feel gold, flowing too. I love you. Ultraviolet Remarkey-able.* He says, “This is the book I was looking for at Bookmarks, at the Bookmobile Park. Anytime I went into a bookstore.”

He kisses me.

I kiss him.

I can feel the worries fading away. I’m relaxed and happy—happier than I’ve been in a while. I am in the moment. I am here (Niven 278).

The quote above show, since Finch's presence, Violet has begun to show post-traumatic growth. When she was with Finch, she felt happier than before and her anxiety began to fade. Violet realized the importance of appreciating each day and its small pleasures.

Violet's appreciation of life is portrayed in the dialogue below:

When they try to interrupt me, I talk louder. "We can't go backward. **We can't change anything that happened. I can't bring her back or bring Finch back. I can't change the fact that I sneaked around to see him when I told you it was over** (Niven 331).

As described in the dialogue above, after Finch's death, Violet tries to accept what has happened, thinking that everything that has happened cannot be changed, so there is no point in being mired in sadness.

B.5 Spiritual and Existential Change

Growth in the domain of spiritual and existential matters is another way in which some persons experience positive change in their struggles with stress and loss (Tedeschi ad Calhoun 6). This domain reflects the experience of people who are religious, but also the experience of people who are not, including agnostics and atheists. Spiritual and existential Change reflects an engagement with matters related to religious beliefs, spiritual matters, and existential philosophical questions (Tedeschi et al 28.). It can be proven by the quote below:

I look for anything lovely. I look for anything having to do with praying, which I assume means a church.

The car crawls back along Private Road the way I came, and that's when I see the bend in the road that I didn't take, a kind

of fork. I follow this now, and there's the lake, and then I see the sign: TAYLOR PRAYER CHAPEL.

--

I turn the knob, and the door opens, just like that. I walk to the altar, and someone has typed up and laminated a history of the church, which is propped against one of the vases of flowers.

Taylor Prayer Chapel was created as a sanctuary for weary travellers to stop and rest along their way. It was built in memoriam to those who have lost their lives in auto accidents, and as a place of healing. We remember those who are no longer here, who were taken from us too soon, and who we will always keep with us in our hearts. The chapel is open to the public day and night, and on holidays. We are always here.

And now I know why Finch chose this place—for Eleanor and for me. And for him too, because he was a weary traveler who just needed rest. Something pokes out of the Bible—a white envelope. I turn to the page, and someone has underlined these words: “*Then you will shine among them like stars in the sky.*”

I pick up the envelope, and there is my name: “Ultraviolet Remarkey-able.” My hands are shaking as I

open the envelope. I pull out three sheets of thick staff paper, one covered in musical notes, the other two covered in words that look like lyrics. I read and reread them until I know the words by heart, and then I fold up the papers and slide them back into the envelope. I don't need to worry that Finch and I never filmed our wanderings. It's okay that we didn't collect souvenirs or that we never had time to pull it all together in a way that made sense to anyone else but us. The thing I realize is that it's not what you take, it's what you leave (Niven 342).

The quote explains that, Violet decided to complete the geography project she had planned with Finch. The final destination of their journey is to go to the church which has a lake. The church is intended for people who remember those who died in car accidents and as a place of recovery. Violet realizes that with this place, she can remember Eleanor and Finch. While reading the Bible, Violet finds a letter that Finch wrote for her. After reading the letter, Violet was no longer worried about Finch. Violet continues her life with enthusiasm.

Based on the analysis above, it can be seen that Violet experienced five domains of post-traumatic growth, including personal strength, relating to others, new possibilities, appreciation of life, and spiritual and existential change. Violet's PTG reflected when she was confident that she

could drive the car again, willing to express her emotion, developing new interests or activities, trying to recognize her feelings, and continuing her life with enthusiasm.



CHAPTER V

CONCLUSION AND SUGGESTION

This chapter concludes the discussion of the analysis results described in chapter four about the symptoms of post-traumatic stress disorder and the process of the post-traumatic growth experienced by Violet Markey in the *All the Bright Places* novel. This chapter also contains suggestions for additional research.

A. Conclusion

In this study, the conclusion of the problem formulation is according to the analysis in the fourth chapter. This study analyzed the symptoms of post-traumatic stress disorder and how Violet Markey as main character in the novel *All the Bright Places* achieved her post-traumatic growth. The problem formulations are analyzed using the post-traumatic stress disorder theory by Gleen R. Schiraldi and the post-traumatic growth is analyzed using Richard Tedeschi and Lawrence Calhoun's theory. According to Schiraldi, PTSD can occur when someone experiences an unpleasant event such as war, rape, accident, or abuse that causes trauma to the victim. The symptoms of PTSD are divided into three categories, including re-experiencing of events, arousal, and avoidance and numbing.

The data obtained from *All the Bright Places* novel indicates that Violet Markey as the main character experienced the symptoms of post-traumatic

stress disorder. After experiencing a car accident that resulted in trauma for her. The first symptom experienced by Violet was re-experiencing of event is shown when Violet feels sad again after losing a loved one for the second time. She is experiencing recurring grief after losing Eleanor and Finch. In re-experiencing of event, there are two general forms that are part of re-experiencing symptoms, namely nightmares and flashbacks of traumatic events. Violet experienced a nightmare after the car accident. In her dream, she received threats from her father. She felt that one by one her limbs were turning invisible and someone was trying to strangle her. Violet also experienced flashback when she saw snow falling, she remembered the accident that killed her sister.

The second PTSD symptom experienced by Violet is arousal. Arousal symptoms in *All the Bright Places* Novel can be seen when Violet has difficulty concentrating on writing short stories because she always thought about Eleanor. Furthermore, Violet was thinking too much about Finch that makes she cannot concentrate on listening Mr. Black explanation. Another sign of arousal including hypervigilance is shown when Violet felt hypervigilance when Finch takes her for a ride in car while it's snowing, because Violet did not want an accident happen again.

Furthermore, irritability or outbursts of anger is reflected when Violet was angry with Finch and pushed and hit him repeatedly because Finch couldn't be found. Violet's nervous system has become sensitive due to the trauma she has experienced. She felt difficulty breathing and her stomach tightened after Eleanor and Finch Death. The final symptom that shows that Violet is

experiencing PTSD is when she refuses to talk about and do activities related to the trauma she has experienced. She refused to discuss the website with Mrs. Kresney because she felt there was no point in continuing the website after Eleanor's death. Moreover, another proof of the avoidance symptoms experienced by Violet when she felt afraid to drive a car again. She also decided to leave the student council and cheerleaders so as not to revive her memories with her sister.

Post-traumatic growth can occur if someone has succeeded in overcoming the symptoms that caused the trauma they experienced. From the discussion, this study found out five domains of post-traumatic growth experienced by Violet when she managed to overcome the symptoms of post-traumatic stress disorder. She began to show changes in a more positive way, which can be seen when she believes that one day she can drive, write, and stop being afraid and thinking too much. Another proof of personal strength experienced by Violet when she has a strong sense of confidence that she can drive the car again.

Violet experienced one of the factors that determines the domain of post-traumatic growth namely relating to others, because she decided to accept help from Finch to be his partner in the geography assignment. After knowing Finch, Violet was willing to tell Finch why she was in the bell tower, and she also told him what she felt at that time. Since then, Violet has become closer to Finch and begins to worry about his condition. When Finch couldn't be contacted for several days, which made Violet worried about him. She did not want Finch to feel what Violet felt when she was scared on the bell tower. Violet shows post-

traumatic growth in the form of new possibilities when she decided to develop new web magazine, start writing, and drive a car again after experiencing trauma in the past. Another proof of Violet's new possibilities when she tried to ride a roller coaster that she had never tried before.

The appreciation of life is portrayed when Violet felt happier than before and her anxiety began to fade since she met Finch. Although in the end Finch also left Violet, she tried to accept what has happened because everything that has happened cannot be changed. The spiritual and existential change occurs after Violet visits the church, which is the final destination of her geography assignment with Finch. Finch leaves a letter for Violet. The letter contains several expressions of Finch's affection for Violet. After reading the letter, she was no longer worried about Finch. Violet continues her life with enthusiasm.

B. Suggestion

Based on the results of the analysis in this study, there are several suggestions for next researchers who are interested in developing this topic. The next researchers can use PTSD theory by Gleen R. Schiraldi to analyze other novels, such as *The Perks of Being a Wallflower* by Stephen Chbosky because the main character in the novel experienced PTSD caused by various traumas he experienced, such as sexual harassment and the death of two people closest to him. Furthermore, next researchers could analyze *All the Bright Places* novel using other characters. In this novel, there are two main characters named Violet Markey and Theodore Finch. This novel can be analyzed through the character of Finch, who suffers from borderline personality disorder. Moreover, *All the*

Bright Places novel can be used as an object of analysis using other theories such as stages of grief, defense mechanisms, and character development.



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