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AN ANALYSIS OF POST TRAUMATIC STRESS DISORDER (PTSD) OF VIOLET IN “ALL THE BRIGHT PLACES” (2020)

ABSTRACT

Keywords: Post Traumatic Stress Disorder, main character, movie “All the Bright Places”.

This study analyzed Post Traumatic Stress Disorder (PTSD) in the movie All the Bright Places Experienced by Violet, the purpose of this study is to identify the causes and effects.

Trauma is an anxiety disorder that appeared because of traumatic events that has happened in human’s life. Humans who suffered traumatic event in a long-term memory is called Post Traumatic Stress Disorder (PTSD). PTSD develops in humans who have experienced shocking, scary, or dangerous events.

This research discussed about *the causes and effect experienced by Violet in movie “All the Bright Places” (2020)*, which aimed to find the causes and effect of PTSD experienced by Violet in movie “All the Bright Places”. The data of this research are in the form of utterances that contains the causes of PTSD, and behaviour that contains the effect undergone by Violet in movie “All the Bright Places”. This research uses a descriptive qualitative as research method, the researcher uses taking notes and screen shooting to collect the data. In technique of data analysis, the researcher uses the theory of Spradley (1980) “Participant Observation”, those are: domain analysis, taxonomic analysis, componential analysis, and cultural theme analysis to analyze. The researcher uses the theory of Gerald C Davison (2012) to analyze the causes and effect of PTSD in movie “All the Bright Places”.

The result of this research describes the causes and effect experienced by Violet in movie “All the Bright Places”. Gerald C Davison stated that there are four kinds of PTSD’s causes those are: genetic cause, brain structure causes, environmental causes, and

psychological cause. Also, there are three effects of PTSD, those are: changes of mind, changes of feeling, and changes of behaviour.

ABSTRAK

Kata Kunci: Post Traumatic Stress Disorder, tokoh utama, film “All the Bright Places”.

Penelitian ini menganalisis Post Traumatic Stress Disorder (PTSD) dalam film All the Bright Places yang dialami oleh Violet. Tujuan dari penelitian ini adalah untuk mengidentifikasi penyebab dan akibatnya. Trauma adalah gangguan kecemasan yang muncul karena peristiwa traumatis yang terjadi dalam kehidupan manusia. Manusia yang mengalami kejadian traumatis dalam ingatan jangka panjang disebut Post Traumatic Stress Disorder (PTSD). PTSD berkembang pada manusia yang pernah mengalami peristiwa mengejutkan, menakutkan, atau berbahaya.

Penelitian ini membahas tentang sebab akibat yang dialami Violet dalam film “All the Bright Places” (2020), yang bertujuan untuk mengetahui sebab akibat PTSD yang dialami Violet dalam film “All the Bright Places”. Data penelitian ini berupa tuturan yang mengandung penyebab PTSD, dan perilaku yang mengandung akibat yang dialami Violet dalam film “All the Bright Places”. Penelitian ini menggunakan deskriptif kualitatif sebagai metode penelitian, peneliti menggunakan mencatat dan screen shooting untuk mengumpulkan data. Dalam teknik analisis data, peneliti menggunakan teori Spradley (1980) “Participant Observation”, yaitu: analisis domain, analisis taksonomi, analisis komponensial, dan analisis tema budaya untuk menganalisis. Peneliti menggunakan teori Gerald C Davison (2012) untuk menganalisis sebab dan akibat PTSD dalam film “All the Bright Places”.

Hasil penelitian ini mendeskripsikan sebab akibat yang dialami Violet dalam film “All the Bright Places”. Gerald C Davison menyatakan bahwa ada empat macam penyebab PTSD

yaitu: penyebab genetik, penyebab struktur otak, penyebab lingkungan, dan penyebab psikologis. Selain itu, ada tiga dampak PTSD, yaitu: perubahan pikiran, perubahan perasaan, dan perubahan perilaku.

1. INTRODUCTION

There is a close relationship between psychology and literature. Hilgard (1983) in Yasin (2016) says that “psychology may be defined as the science that studies behavior of man”. Actually, there are many definitions which say about psychology. All of them refer to the definition that says psychology is a psychic study about human being’s behaviors. It happens because behavior is a real thing that can be seen directly, while psyche is an abstract. It is believed that by observing someone’s behavior, it brings to understanding about the psyche condition. Psychology is also concerned to the study about psychological phenomenon of human, its symptoms even its causes (Ahmadi, 2009). Psychology seems very attach to the human psyche, reaction of the psyche through behaviors and its causes will be analyzed deeply in this science, human’s problems also can be solved by the appearance of this study.

While literature is believed as the representation of real life which expressed through the language as a medium. There are many kinds of literature which can be seen clearly through the beautiful language, the aspect of entertainment, and also the value. Literary work such as poetry, drama, and novel are believed as reflection of real life through a language as a medium, they have kind of communication between the author and the readers. The reflection of real life also can be seen from psychological aspect inside. Literary work especially novel is assumed has some characters that show their psychological condition as what truly happens in human being’s psychological condition in real life.

1 In doing psychological criticism, there are three ways that include in analysis. First, a researcher can analyze about the writer's psychological condition when he creates literary work. Second, a researcher can analyze to the character's psychological condition in the literary work. And the last the researcher can analyze about the reader's psychological condition while reading literary work (Endaswara, 2011:96).

1 Through the characterization, the aspect of psyche can be expressed clearly. How the way the author expresses and also how the way the character's play actually cannot be separated from the role of psychology. Therefore, problem which appear in literary work have similarities with the condition in real life. Both of the mirror that in the real life and a mirror in real life which has combined with the author imagination (Siswantoro, 2005: 19). Although there is a clear difference between psychology and literature, yet, they have similarity that are both of them start from human and life as the object of the analysis. When talking about human, psychology is very closely related because psychology learns about human's attitude then human's attitude cannot be separated from aspects of life.

1 A frightening situation happens to everyone who has a bad experience at one particular moment. Someone who has a psychiatric disorder can react in many ways, a person may feel insecure, have trouble sleeping, or imagine a frightening experience that has occurred in their minds in detail. PTSD is a maladaptive reaction that continues to someone who had traumatic experienced. Most people's is understanding of traumatic events only a condition of anxiety that can form a horrible event or experience, unpleasant and painful moments where there is physical abuse or a feeling of being threatened (American Psychological Association, 2004) in Satriawan. (2020).

1 According to Davison et al. (2012) in Nugraha (2020), Post-Traumatic Stress Disorder (PTSD) is a mental disorder that causes because a person experiences, witnesses, or confronted

with an event or event that involves an actual or threatened death, serious injury, or threat to the physical integrity of self or others so that the person shows a response of fear, extreme horror, and helplessness (Davison et al., 2012, p.44).

If someone has had a traumatic experience and is having trouble going back to a normal life as well as difficulties in relating to other people, he or she may suffer ⁵ Post-traumatic stress disorder (PTSD). When a person experiences PTSD, it seems that he or she will never escape what is happening to him and her even return to normal life as usual. However, sufferer has to find support from others and also to find the right treatment so that he or she can afford it overcome the PTSD.

¹ 1. Post Traumatic Stress Disorder Causes

Post traumatic stress disorder can be caused by several risk factors that can be interconnected and causes post traumatic stress disorder after a traumatic event. According to Davison (2006) in Satriawan (2020), ¹ the causes of post traumatic stress disorder four factors are consisting of:

¹ a. Genetic Cause

Anxiety disorders tend to run in families. People who have first degree relatives who struggle with anxiety disorders are at a greater risk for developing the disorder themselves. While not a definitive cause for post traumatic stress disorder, it does make a person more vulnerable to developing the disorder after a traumatic event. ¹ The existence of genetic factors also occurs because of a family history of suffering from mental disorder such as anxiety and depression.

b. Brain structure Causes

1 Davison believed that certain areas of the brain that regulate emotions and fear are different from people who do not experience post traumatic stress disorder after a traumatic event.

c. Environmental Causes

1 People who have a history of trauma and stress may be more likely to develop post traumatic stress disorder than people who have no history of trauma and stress. A child born from a family who likes to do violence can also be one factor, causing post traumatic stress disorder. Another example, a child who grows up in a area of conflict or war has a high risk of experiencing post traumatic stress disorder.

d. Psychological Causes

For the people who struggle with certain types of mental illness, especially anxiety and depression, have a higher risk of experiencing post traumatic stress disorder. For example, a child who lost the parents or lost someone they loved. It can make her experience stress and can develop into post traumatic stress disorder.

1 2. Post Traumatic Stress Disorder Effect

There are several effect people have with PTSD. According to Davison et al. (2012) in Nugraha (2020) , Post Traumatic Stress Disorder (PTSD) 1 changes of people mind, feeling, and behavior changes such as:

a. Changes of Mind

Someone who has post traumatic stress disorder has to effect changes in people's minds. Changes of mind have five effects: (a) Feeling unable to accept reality. (b) Having

nightmare about traumatic events, and difficult to sleep. (c) Always remembering the event.

1 (d) Have a trouble in concentration. (e) Absent minded.

b. Changes of feeling

1 Someone who has post traumatic stress disorder has a change in feeling. Changes in feelings have four effects: (a) Having great fear and feeling sad. (b) Having excessive anxiety. (c) Having mood swings and irritability. (d) Feels like she or he cannot life again.

1 c. Changes of Behavior

Someone who has post traumatic stress disorder has to effect changes in behavior. Changes in behavior have seven effects: (a) Have a trouble in breathing. (b) Loss of appetite. (c) Have a trouble in sleeping (insomnia). (d) Irregular heartbeat. (e) Easy to get shock. (f) Become not interactive in communication. (g) Feeling dizzy and losing consciousness.

II. RESEARCH METHODS

The data were collected through taking a note and screen capturing any scene showing the causes and effect Violet did as a PTSD sufferer. 21 The data are in the form of utterances and behaviors Violet shows indicating the causes and effects of PTSD. The theory of PTSD causes by Davison (2006) and PTSD effects by Davison et al. (2012) was used to 4 analyze the data collected. Then, the researcher used Spradley's (1980) theory as the technique of data analysis. He 4 introduced a model to analyze the content of qualitative study in his book "Participant Observation". There are 4 steps according to his theory, those are 13 domain analysis, taxonomic analysis, componential analysis, and cultural analysis.

III. FINDINGS

This section describes the findings of the research on kinds of Post Traumatic Stress Disorder causes and effect. All the Bright Places is a movie that tells story about the main characters that have post traumatic stress disorder. The characters show the causes of post-traumatic stress disorder and the effect of it. The researcher provided some data of each kind of causes and effect by Violet.

A. Findings

Datum 1 (C4, 12.09)



Figure, 4.1 Violet is standing on the bridge

Datum 1 shows that Violet had a mental illness especially depression for the loss of her sister. She stood on the bridge because that place where she and her sister had an accident. This accident made her sister died. The second reason she visited the bridge because that day her sister turned 19. This datum was indicated as **Psychological Causes** of PTSD since Violet re-experiencing the accident that made her sister died. This psychological causes also showed by the depression suffered by Violet.

In this scene, Violet experienced her psychological causes when she got depression because she lost her sister that made her trauma. Violet underwent her causes by the first effect

that is **Changes of Mind**: Always remembering the event. She always remembered what had happened with her sister.

Datum 2 (C4, 02.47)

Finch : “Hi, hi look at me.”
Violet : “Stop, Stop!”

The underlined words is also an expression of Violet when she experienced a mental illness especially anxiety. Violet worried about Finch behavior try to step his foot forward which will cause him to fall on that bridge. Having anxiety indicates **Psychological Causes**, because anxiety is re-experiencing the trauma event.

This scene shows an expression of Violet’s anxiety about Finch who tries to calm her down with his ridiculous behavior that can make him fall off the bridge. It made Violet re-experience her trauma event in the past. Violet underwent this Psychological Causes by the first effect that is **Changes of Feeling**: Having great fear. Because she is afraid of losing someone for the second time. And also included **Changes of Feeling**: Having excessive anxiety because apart from being fear she also felt anxiety about what Finch was doing.

Datum 3 (C4, 08.29)

Violet’s Mother : “I’ll have dessert.”
(to all)
Violet’s Father : “Your mother and I know today is not easy. Not even for us if
(to violet) you need to talk about it.”
Violet’s Mother : “I thought this would be delicious I’ve been making it for 19
(to all) years.”

The expression of Violet when she heard her mother wanted to take dessert which was a cake and made her sad until she left the dining room. 1 People who struggle with certain types

of mental illness especially depression have a higher risk of experiencing PTSD indicates **Psychological Causes**.

This scene shows Violet expression in dining room who feels sad because there is no presence of her sister with her family. Violet underwent this Psychological Causes by using the first effect that is **Changes of Mind**: Feeling unable to accept reality. She and her family still have not received the statement of the loss one of their family.

Datum 4 (C4, 19.01)

Finch : “I just thought we should be partners for the road trip project, I think you should go out.”

Violet : “Maybe I don't want to travel I'm sick of people.”

Finch : “Yeah, they are stupid but maybe some of them mean well.”

In this scene Violet doesn't want to travel because she doesn't want to meet a lot of people and is fed up with it, Finch tries to partner with her on their road trip project. Having depression indicates **Psychological Causes**, because depression is re-experiencing the trauma event.

This scene shows where Violet doesn't want to associate with many people and doesn't want to go out from the house except to school. She underwent her causes with the first effect that is **Changes of Behavior**: Become not interactive in communication. Since having the trauma of losing her sister she turned into someone who is alone and doesn't want to communicate with people around her.

Datum 5 (C4, 22.29)

Violet : “Okay but don't use the car.”

Finch : “What?”

Violet : "If you want to partner with me, find another way because I don't want to get in a car."

The underlined word is also an expression of Violet when she experienced a mental illness especially depression since that accident with her sister, she doesn't want to use car because she is still trauma and worried it will happen to her again. People have a higher risk of experiencing PTSD **indicates Psychological Causes.**

In this scene, Violet showed her psychological cause where she still feels depression about what happened to her so, she doesn't want to use a car. Violet underwent her causes by the first effect that is **Changes of Feeling:** Having great fear. Because she still has a high fear of not getting into a car while traveling. In the other side it also included **Changes of Feeling:** having excessive anxiety. Because she feels afraid and anxiety that accident with her sister happened again.

Datum 6 (C4, 25.17)

Violet's (to Finch) : "It's my sister's birthday she should be 19 years old, that's why I'm on that bridge."

In this scene, on that night Violet was on the bridge where the accident happened to her and her sister, she went there because it was her sister's 19th birthday, she just wanted to remember that day was her sister's special day. She tells Finch because Finch asked why violet was on the bridge because he thought violet was going to kill herself. Therefore, in this scene, it was seen that Violet still has a cause of PTSD that is psychological causes, because a mental illness related to the trauma event indicates **Psychological Causes.**

In this scene, Violet showed her psychological causes where she went to the bridge because she still depression. It is caused by her trauma event where Finch tries to calm down, Violet underwent this Psychological Causes by using the first effect that is **Changes of Feeling:**

Feeling sad. Violet showed her sad expression when she tells Finch why she was stay on the bridge.

Datum 7 (C4, 27.29)



Figure, 4.2 Violet is seeing her sister room's

Datum 7 shows that Violet had a mental illness for the loss of her sister, She visit her sister's room because she just wants to remember the memories that have been passed with her sister. A mental illness indicates **Psychological Causes** of PTSD. Psychological causes is re-experiencing the trauma event and one of the characteristics is mental illness.

In this scene, Violet experienced her psychological causes when she got a mental illness because she lost her sister that made her depression. Violet underwent her causes by the first effect that is **Changes of Mind**: Always remembering the event. She always remembered about her sister.

Datum 8 (C4, 33.55)

- Finch : "Tell me about Eleanor."
Violet : "She likes to reign like you."
Finch : "I like it."
Violet : "She hates reading she just likes this Italian poet Cesave Pavese. she said, "we remember the day, we remember the moment"

whenever I have a bad day, she always says that as if it could fix something.”

Finch : “That fixes your day?”

Violet : “Yeah, that fixes my day.”

In this scene, Violet tells Finch a lot about her sister when Finch ordered her to talk about Eleanor. Violet expression was very sad and from that can make Violet remember the sister again. A mental illness related to the trauma event indicates **Psychological Causes**.

This scene, Violet was feeling sad because she talks about her sister that related to her trauma event in the past. That event made her flashback of the traumatic event. When Violet shows her psychological causes, she underwent it with the first effect that is **Changes of Feeling**: feeling sad. Changes of feeling becomes the most effect that was used by Violet because when she shows her causes, she always use changes of feeling. In this situation, Violet feels sad because she had to remember about her sister again.

Datum 9 (C4, 34.44)

Violet : “She used to be my best friend.”

Finch : “Eleanor Markey” sister best friend a good call.”

The underlined word is an expression of Violet she said that Eleanor was not only her sister but also a best friend for Violet, she experienced a mental illness especially depression. Her talking night with Finch, it just made her remember her sister. Depression related to the trauma event indicates **Psychological Causes**.

This scene shows where Violet shows her psychological causes because she still depression. Violet underwent it with the first effect that is **Changes of Feeling**: feeling sad. She feels sad because she had to talk about her sister and Eleanor would never get back together with her.

Datum 10 (C4, 36.44)

- Finch : “So, I thought we'd go for a shoe tree or a derelict car theater depending on what you want.”
- Violet : “What is this?”
- Finch : “That's a reminder that sooner or later you have to get back into the world on your own, but I'm happy to help you out now.”
- Violet : “I said I only want two places.”

The underlined word is an expression the anxiety shown by Violet, Finch asked her to go out because he wanted to try to make Violet not just stay at home. Since losing her sister she did not want to leave the house except to school, people who struggle with mental illness have a higher risk of experiencing PTSD. Having anxiety indicates **Psychological Causes**.

This scene shows where Violet thinks that she would never go out from the house she thought that she only wants visit two places. And the school project had been done so, she did not want to visit other places except project from her school. She underwent the causes with the first effect that is **Changes of Feeling**: having great fear. Because she has a trauma that makes her unwilling to travel and always feels afraid. It also included apart of **Changes of Feeling**: having excessive anxiety. Because Violet worried if she goes out to everywhere she thinks she had better stay in house than visit other places except the project from the school.

The total data from the causes that Violet experienced results is nineteen data. It can be concluded that the dominant causes that Violet experienced is in causes 4 that is psychological

causes. Causes 4 that is psychological causes has nineteen data with four data in effect 1, fourteen data in effect 2 and one data in effect 3.

PTSD		Effects			
Causes	Frequency	E1	E2	E3	Total
C1	-	4	14	1	19
C2	-	-	-	-	-
C3	-	-	-	-	-
C4	19	-	-	-	-
Total :	19				19

Notes: C = Causes

E = Effect

C1 = Genetic Cause

C2 = Brain Structure Causes

C3 = Environmental Causes

C4 = Psychological Causes

E1 = Changes of Mind

E2 = Changes of Feeling

E3 = Changes of Behavior

Discussion

From the total amount of nineteen data, the researcher found one cause and three effects. The causes found in this research is psychological cause. This causes revealed in nineteen data. Whereas the effects found in this research are changes of mind in four data, changes of feeling in fourteen data, changes of behavior in one data. Violet showed her psychological causes and underwent it by changes of feeling effect. Psychological cause showed when Violet re-experiencing her PTSD like having a mental illness especially depression. Violet underwent her psychological cause mostly by changes of feeling such as having great fear and having excessive anxiety or even did not do anything or just felt it like nothing happened. Thus, the most dominant cause in this research is psychological cause and the most dominant effect is changes of feeling.

Finally, the researcher compared her finding with previous researches. The cause found in this research is psychological cause. It is similar as research conducted by Yasin (2016). In addition, Nugraha (2020) found two causes namely psychological and environmental cause. From this, we can conclude that psychological cause found in every research. It also can be assumed that most of PTSD appears because of the sufferers themselves. In addition, this research found three effects of PTSD that is changes in feeling, changes of mind, changes of behavior. It is similar as research conducted by Nugraha (2020). These three effects usually appear in someone who suffered PTSD. Unfortunately, the third previous study is differences with the researcher where Sulaeman research question analyzed the portrayal and heal of PTSD. While the researcher analyzed the causes and the effect of PTSD.

From the previous paragraph, the researcher concluded that there is a thin line between the previous study's finding and the researcher's finding is that post-traumatic stress disorder is a disorder that develops in some people who have experienced a shocking, scary, or dangerous

event, include in abnormal psychology. Post traumatic stress disorder PTSD is a condition created by exposure to a psychologically distressing event outside the range of usual human experience, one which would be markedly distressing to almost anyone, and which cause intense fear, terror, and helplessness. The trauma is an assault to the person's biology and psyche according to Gerald C Davison (2006).

2 IV. CONCLUSION

Based on the findings and discussion, some conclusions can be formulated as follows. The researcher found the causes with total nineteen data and the effect experienced by Violet with total nineteen data. The researcher found that there are gaps in the finding result among the previous studies those are: the dominant causes and effect data is similar where the previous studies dominant causes and effect data is psychological cause and change of feeling, while the researcher's dominant causes and effect data is psychological cause and changes of feeling.

The researcher also concluded that 1 Post Traumatic Stress Disorder suffered a feel change which can make her feel anxiety and sadness. Besides that, her behavior change makes her become someone who isolates herself from society and also experienced trouble in breathing. In Yasin (2016).

However, people with PTSD should know how to cope with the causes. Coping with the causes can be done by dare to start a new life, seeking support, and developing new coping skills. This should be done in order to be able to manage the causes to reduce painful memories, and to move on with life.

V. SUGGESTION

20 The researcher suggests for the future researchers who want to analyzing in the same field should learn deeply about 18 Post Traumatic Stress Disorder (PTSD) and the whole of it.

PTSD is not an easy disorder that can be underestimated, it has big impact when the sufferer shows some various causes and it must be learned deeply with some theories by the future researcher in order to avoid misunderstanding. It can appear in movies, novels, short stories, or even surrounding.

The researcher also suggests for the future researcher who will analyze the similar topic with this research that are causes and effect of PTSD suggested to analyzed more in the psychological cause and the effect especially in changes of feeling, because it has many result finding in the research. In addition, causes and effect are easy to be found in some cases. The researcher hopes this research can be references through future researcher and having correction from the reader. Critics and suggestion are opened to make better this research.

Many psychological cases happened and spread out in social media such as sexual harassment, sexual abuse, raping, and many others. Those events can lead the victim to have trauma or even develop into Post Traumatic Stress Disorder. In this case, the researcher suggests the next researcher to do research about that phenomena.

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