

ABSTRACT

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*The Analysis of Defense mechanism and depressive disorder by the Main Character
in Novel All the Bright Places by Jennifer Niven.* Advisor : Prof. Suryo Tri Saksono.

This study examines Theodore Finch's depressive condition in Jennifer Niven's *All the Bright Places* using a psychoanalytic lens, with a focus on Freud's concept of defensive mechanisms. This study is a qualitative research with descriptive method that focuses on the causes of depressive disorder and how Finch deals with the disorder through self-defense mechanism. The data is obtained from dialog and narration that describe Finch's psychological experience in the novel, as well as other characters' responses to him. The results show that Finch's depression is caused by various factors, including an unsupportive social environment, family problems, childhood trauma, and the experience of being rejected and bullied. Finch exhibits several types of self-defense mechanisms such as rationalization, projection, and sublimation as ways to cope with the psychological distress he experiences. This study contributes to further understanding of the depiction of mental disorders in literature and how psychoanalytic theory can be used to examine the psychological dynamics of characters in novels.

Keywords: *Depressive Disorder, Psychoanalysis, Self-Defense Mechanisms, Theodore Finch, All the Bright Places*

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Studi ini meneliti kondisi depresi Theodore Finch dalam novel *All the Bright Places* karya Jennifer Niven dengan menggunakan lensa psikoanalisis, dengan fokus pada konsep Freud tentang mekanisme pertahanan. Penelitian ini merupakan penelitian kualitatif dengan metode deskriptif yang memfokuskan pada penyebab gangguan depresi serta cara Finch menghadapi gangguan tersebut melalui mekanisme pertahanan diri. Data diperoleh dari dialog dan narasi yang menggambarkan pengalaman psikologis Finch dalam novel, serta tanggapan tokoh lain terhadap dirinya. Hasil penelitian menunjukkan bahwa depresi Finch disebabkan oleh berbagai faktor, termasuk lingkungan sosial yang tidak mendukung, permasalahan keluarga, trauma masa kecil, serta pengalaman ditolak dan dibully. Finch menunjukkan beberapa jenis mekanisme pertahanan diri seperti rasionalisasi, proyeksi, dan sublimasi sebagai cara untuk mengatasi tekanan psikologis yang dialaminya. Penelitian ini memberikan kontribusi terhadap pemahaman lebih lanjut mengenai penggambaran gangguan mental dalam karya sastra dan bagaimana teori psikoanalisis dapat digunakan untuk mengkaji dinamika psikologis tokoh dalam novel.

Kata kunci: *Gangguan Depresi, Psikoanalisis, Mekanisme Pertahanan Diri, Theodore Finch, All the Bright Places*