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## The Anxiety of Theodore Finch as Seen in *All The Bright Places* The Movie

<sup>1</sup>Niken Cantika Asmara Puspitaningrum  
<sup>2</sup>Robert Edi Pramono\*

<sup>1, 2</sup>. English Department Literature, University of Technology Yogyakarta, Indonesia  
\*Corresponding author, Email: [edipramono@uty.ac.id](mailto:edipramono@uty.ac.id)

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ARTICLE INFO	ABSTRACT
Received: 30-11-2023 Accepted: 27-12-2023 Published: 02-01-2024 Volume: 2 Issue: 1 DOI: <a href="https://doi.org/10.61276/loquela.v1i2.28">https://doi.org/10.61276/loquela.v1i2.28</a>	Anxiety is still a frequent occurrence in the lives of many people that interferes with mental health to this day. This is what allows anxiety to occur. The purpose of this study is to analyze the types of anxiety that Finch suffers from and the impact of anxiety on Finch's life in the film <i>All The Bright Places</i> . The data collected in this thesis comes from cinema, research articles and journals. The theory used is the Anxiety Nevid theory in Abnormal Psychology, which can analyze the overall anxiety disorder of the main character. The results of the analysis of this study are: the types of anxiety that Finch suffers from are Phobia Disorder, Obsessive Compulsive Disorder, General Anxiety Disorder and Panic Disorder. This anxiety affects all of Finch's life activities and mental health. The impact of anxiety causes Finch to experience depression and end his life by committing suicide.
<b>KEYWORDS</b>  <i>Abnormal psychology, Effects of Anxiety, Types of Anxiety</i>	

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### Introduction

According to Minderop (2010, p.1), fictional characters display various characters and behaviors related to psychological experiences. Minderop (2010, p. 28) also states that any situation threatening the comfort of an organism and any conflicts forming frustration are sources of anxiety. In psychology, anxiety is a general term for several disorders that cause nervousness, fear, and worry (Hilgard et al., 1975, p. 440).



*All The Bright Places* is a Netflix movie adaption of the novel the same name. This movie is directed by Brett Harley, telling a bitter story of two young people in the struggle to overcome loss and love in a 21<sup>st</sup> century setting. The story is an the relationship between a troubled young man, Theodore Finch and a cheerful girl Violet Markey. Both are high school students. Due to a school assignment, Finch and Violet explore the city of Indiana to find beauty in the city. As Violet and Finch go on an emotional and physical journey to discover the Indiana's greatest wonder, they both fall in love.

The friendship and love feeling grow as the two's life situation becomes more and more complicated. *All The Bright Places* so eloquently covers the theme of mental health. It includes the realities and emotions that come with all the loss and trauma. The movie presents a realistic picture of life and what it means to be teenagers today, and what it is like to experience mental illness.

Finch is depicted as a cheerful teenager, full of initiative, and open. He gives implicit clues about his emotional problems. However, Finch is facing psychology problems that can be said as symptoms for anxiety. Furthermore, despite his own psychological problem, Finch help Violet dealing with her trauma of losing her sister.

The researcher is interested in researching the movie *All The Bright Places* because this movie has a storyline like real life. In this movie the researcher sees Finch always looks cheerful, kind, and friendly character. Somehow, at the end of the story Finch ends himself by committing suicide. It can be said that there is something wrong with Finch's mental illness. This drives researcher to analyze mental illness, considered as anxiety experienced by finch and the effects of it.

There are several previous studies related to film and psychological approach as the object of the study that can help researcher to develop an analysis and can explain the differences in the object being analyze. The researcher found many theses which analyze the novel version of *All The Bright Places* from various points of view, especially towards the main character in the story. From the various studies found, the researcher only takes four studies to review studies.

The first study is entitled *Dimensi personal dan dimensi kolektif dalam budaya populer: kajian psikologi analitis dalam film fate: the winx*



saga by Afifulloh (2022). This study seen film from the perspective of Jungian's psychoanalysis. While *The Portrayal of Bipolar Disorder as seen in All The Bright Places Novel by Jennifer Niven* (2021) by Kholis Nadzhiro from Indonesian Technocrat University. This study discusses the mental health of Finch. The purpose of his study is to measure how people with bipolar disorder are depicted in the novel *All The Bright Places*. In addition, his study wants to make people aware of the symptoms shown by the sufferer and then understand how to treat it better.

The third study is entitled *Anxiety and Bipolar Disorder Caused by Childhood Trauma in the Main Character of Jennifer Niven's Novel All The Bright Places* (2021) by Mochammad Doechan Naufal from Darma Persada University. He is interested in analyzing the background of the main character because of the dark stories and events experienced by the main character in his past. Unexpected mind scars are created by the same mental illness problems. His research focuses on bipolar disorder and Finch's depression due to childhood trauma. For reasons of knowing Finch's bipolar and depression, he analyzed the plot and setting first. Then he analyzes the theme using psychological concepts of anxiety and bipolar disorder. The fourth study is entitled *Social Conflict of Theodore Finch in the Novel All The Bright Places* (2021) by Tiara Arti Isar Nur Cahya from Sunan Ampel State Islamic University of Surabaya. She focuses social conflict of Finch in the novel *All The Bright Places*. According to Tiara, by presenting Theodore Finch as a character in the story, it can be related to the social context. The social conflicts experienced by the main character in a story reflect human attitudes and behavior in society. This study is to describe Theodore Finch's social upheaval in Jennifer Niven's novel *All the Bright Places*. The last study is entitled *The Conflicts Experienced by The Main Character in Jennifer Niven's* (2021) by Fatimah Zahra Winra Saputri from Maulana Malik Ibrahim State Islamic University of Malang. She focuses to find out the type of conflict experienced by Theodore Finch and Violet Markey in *All The Bright Places*. In addition, her research includes the causes of conflict experienced by Theodore Finch and Violet Markey. She applies Freud's analysis which focuses on the internal and external conflicts experienced by the main character. Compared to the four studies above, this study has a different



idea. This study focuses on analyzing the anxiety experienced by Finch and the effects of that anxiety.

## **Method of Research**

The researcher uses qualitative method to analyze *All The Bright Places* movie. The method to collect the data for this research is using library research. In this research, the researcher uses two types of data sources: primary and secondary data source. The primary source is watch *All The Bright Places* movie and the secondary source are books, journal, and other sources from internet about mental health related to the subject of this research.

There are several steps in order to collect data for this research. First the author watching the movie. Second, after that the researcher identifies and classifies anxiety in the characters through their interactions in the movie. The last the researcher selects and cites important things from the movie related to anxiety.

The next step is finding some references of theories of literature that can help the researcher get a deeper understanding about types of anxiety and the effects. Then the researcher uses those data to analyze Finch the main character of the movie. After that, the researcher analyzes the behavior of Finch of the movie.

## **Result and Discussion**

### **Types of Anxiety Experienced by Theodore Finch**

Anxiety is an individual psychological condition in the form of tension and worry related to feelings of threat and fear. This psychological condition arises because of uncertainty in the future that something bad will happen. Based on the types classified by Nevid such as Phobia Disorder, Obsessive Compulsive Disorder, General Anxiety Disorder, and Panic Disorder describe fears that can trigger individual anxiety.

Theodore Finch, the main character in *All The Bright Places* is a seventeen years-old sophomore student who develops anxiety experienced. Finch is described as an emotionally unstable teenager, has a rapid mood shift, anti-social, and sometimes acts unfriendly. During Finch's life he only has two friends and their friendship lasted a long time.



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The first anxiety experienced of Finch is Social Phobia Disorder. According to Nevid (2005, p. 196), someone who has Social Phobia Disorder is always afraid to do or say something to other people. Social Phobia Disorder has an extremely intense fear of social situations that a person could avoid, even though it may be a great deal of stress. The beginning of the movie shows that Finch has more frequent meeting with the school counselor. During the counseling session, Mr. Embry asks him about Finch's condition.

- Mr. Embry** : You know you're on probation and you are in danger and not to graduating? You've been boarding for two weeks this year.
- Finch** : Yeah... hem my granma...
- Mr. Embry** : So...so stop (*he interrupts Finch*). I wanna to clarify, is this grandma who died four times in the past three years?
- Finch** : Five times actually. This is the fifth. She is my miracle...
- Mr. Embry** : I really want to help you but you've got to take this seriously. You great with this disturbs, this weekly counseling session, make tending B average, extracurricular especially.

This scene shows how worried Mr. Embry to Finch's current state. From Mr. Embry's words "*You've been boarding for two weeks this year*" people can see that Finch is often absent from school. This shows that Finch does not want to be in the school environment. This is due to the occurrence of Social Phobia Disorder that Finch feels.

In the next scene, when Finch goes into counseling the next day he tries to tell Mr. Embry how he feels.

- Mr. Embry** : (*Mr. Embry sighs, slaps things*)  
How are things?
- Finch** : Just your average teen-age melodrama.
- Mr. Embry** : Come on. You gotta give me more than that.
- Finch** : People always talk me who am, freak. I get it.



Based on what Finch said *"People always talk me who am, freak."* Finch's scared face describes how he felt at that time. He is afraid to socialize because of what his schoolmates say and their mean treatment of him.

Generalized Anxiety Disorder is excessive and persistent anxiety about many things, included worry to any one object, situation, or activity (Nevid, 2005, p. 209).

*(door opens)*

*(footsteps approaching)*

**Violet** : You scared me. What is all of this?

**Finch** : I'm trying to focus.

**Violet** : Focus on what?

**Finch** : On staying awake.

**Violet** : I don't understand what that means.

**Finch** : Sometimes I...

Go blank.

I... get into these dark moods. I think too fast. To keep track of anything.

And then it's like...

All my thoughts are gone at once.

Sometimes, if I put'em up thee, I can...

Focus and slow down, but...

I can't right now I can't.

**Violet** : OK.

From this scene people can see Finch tried to calm himself. Finch said *"I'm trying to focus"* these words indicate that he is trying to calm himself from the General Anxiety Disorder. *"Sometimes I...Go blank. I... get into these dark moods. I think too fast. To keep track of anything"* from beside Finch say this is as the characteristics mentioned by Nevid, people with General Anxiety Disorder tend to be restless, feel tense, tense, tired easily, have difficulty concentrating, have difficulty sleeping, and restless.

**Finch** : *(footsteps approaching)*

And this usually works. Maybe there's too much clutter.



I can fix it. I just...  
I just need time to figure this out.  
**Violet** : I'm trying to help you.  
**Finch** : I don't need your help!  
This is on me! This isn't about you!  
**Violet** : You need to tell me what's wrong.  
**Finch** : You don't get it.  
**Violet** : (sobbing)  
You're right.  
I don't get it.  
**Finch** : Don't you know, Violet?  
I'm "The Freak"  
I'm fucked up!  
I need you to leave.  
Go!  
(*footsteps receding*)  
(*door opens*)

In Finch's words "*And this usually works. Maybe there's too much clutter. I can fix it. I just... I just need time to figure this out*" Finch's face looks confused and worried. His anxiety became so overwhelming that he wanted to avoid something bad from happening. In the next dialogue, Finch says "*Don't you know, Violet? I'm "The Freak" I'm fucked up! I need you to leave*" in an irritated voice, confirming that Finch's feelings are still messy. He offended with Violet's said but he does not want to hurt Violet, so the only way is to expel her. Finch's anxiety is uncontrollable at that moment. He is afraid of destroying anything that is beyond his reasoning and everyone.

In the two scenes above, it can be seen that Finch has General Anxiety Disorder. As in the characteristics of General Anxiety Disorder by Nevid (2005, p. 211) that people with anxiety experience restlessness, poor sleep, irritability, blank minds, difficulty concentrating, fatigue easily, and muscle tension.

The last anxiety is Panic Disorder. Panic Disorder caused by a response to the danger that threatens to come from within itself which is



an impulse that does not relieve (Nevid, 2005, p. 185). It can be seen in the scene below.

**Violet** : (*gasps*) Finch.  
Finch, wake up... we gotta go.

**Finch** : Oh, shit!

**Violet** : I'm sorry, I'm sorry.  
My phone died.

**Her Father** : Violet, inside!  
Finch!, just... you should go home.

**Finch** : Don't blame her.  
If I could explain. Please...

**Violet** : It's not his fault!

**Her father** : Just get in the house.  
We'll talk about it later.  
Finch!

**Finch** : If I could...  
I'm so...  
I'm so sorry.  
It was my fault.  
I fucked up.  
Please, just don't blame her. Please!  
I'm sorry...

**Her Father** : Just... go home

In this scene, they are come late to home after exploring Indiana. This made Violet's parents worry about their daughter. In the morning, Violet wakes Finch in a hurry, they head to Violet's house. When Finch said "*I'm so... I'm so sorry. It was my fault. I fucked up. Please, just don't blame her. Please! I'm sorry*" facial expressions and trembling voice describe his panic. His panic also seen when Violet's father resolutely chased his away. He just does not want Violet scolded by her parents because of Finch's mistake. This feeling of panic become increasingly uncondusive, his heart beating faster, He also decided to leave the house in a panic.

### The Effects of Anxiety Experienced by Finch





In this sub-chapter, the researcher explains the effects of anxiety experienced by Finch in the movie. According to Nevid, there are two effects of anxiety, that is depression and suicide. This has a devastating effect on Finch's life.

Finch's first impact experienced depression. Nevid said depression is characterized by full tears or crying as well as increased irritability anxiety and loss of consciousness.

**Roamer** : You have no idea  
who he really is, do you? He's a freak!

**Finch** : Call me a freak one more time

**Roamer** : You're a fuckin' freak  
(*students gasping, exclaiming*)

**Violet** : Finch! Finch! Stop! Finch!  
Finch!, just... you should go home.

From that incident, it can be seen that Finch very angry with Roamer's words, so he beat him. After Violet stopped the fight, Finch left the scene in a fast car. Until he arrived at the garage of the house in a state of chaos, anger, guilt, until he finally decided to go to the lake he liked. In another scene, when Violet asks Finch.

**Violet** : Where would you go  
if you could go anywhere?

**Finch** : I'd go to a place  
no one's ever been before.  
Undiscovered...  
Untouched!

What Finch says, he wanted to be invisible to anyone. His fear of the judgment of the people around her and the world makes her feel alone. He wants to live alone without anyone around.

Finch's last effect that is suicide. People who are depressed repeatedly have a strong determination to commit suicide. For people with depression, suicide is the only way to end life's problems (Nevid, 2005, p. 319)

**Violet** : I just wish I knew where he was

**Her Father** : Well...



**Violet** : You two have been a lot of places.  
Is there any place else he might go?  
*[buckles seat belt]*  
*[exhales slowly]*  
*[engine starts]*  
*[adjusts gear]*  
*[breathing shakily]*  
*[panicked breathing]*  
Finch!  
*[panicked breathing]*  
Finch!  
Finch.  
*[panicked breathing]*  
*[Violet sobbing]*  
Marco!

In this scene, Violet is very worried about Finch's condition after the incident. Violet tries to find Finch in the places they usually go to, until finally Violet comes to the lake. Violet finds Finch's clothes, car, personal effects, and Finch's body surfacing. Finch ended his life by sinking himself to the bottom of the cold lake.

## Conclusion

Starting from the results of the analysis of the movie *All The Bright Places* which has been described in the previous chapter, the writer concludes that there are four classifications of types of anxiety and the effects of anxiety experienced by Finch as follows. There are four types of anxiety experienced by Finch, that is Phobia Disorder, Generalized Anxiety Disorder, Obsessive Compulsive Disorder, and panic disorder. This anxiety can affect Finch's mental state to socialize and do activities with the surrounding environment. Then Finch takes the impact of the anxiety he experienced. The impact of anxiety received by Finch is depression and suicide. This is indicated by changes in mental state shown by Finch and can be concluded as signs of depression. Finch is also desperate to kill himself. His trust in the environment around him is decreasing so that



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Finch tries to leave the people around him and find a place to kill himself.  
Finch thinks the last place to end his life is the safest.

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