



# **THE PSYCHOLOGICAL NEEDS OF LIZ IN ELIZABETH GILBERT'S EAT, PRAY, LOVE**

## **SKRIPSI**

Presented as a Partial Fulfillment of the Requirement to Obtain  
the Sarjana Degree of Education of English Department  
Faculty of Teacher Training and Education  
University of Nusantara PGRI Kediri



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**ENGLISH DEPARTMENT  
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UNIVERSITY OF NUSANTARA PGRI KEDIRI  
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Approved by the Advisors to be proposed to  
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Kediri, October 2014

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**APPROVAL SHEET**

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## THE PSYCHOLOGICAL NEEDS OF LIZ IN ELIZABETH GILBERT'S EAT, PRAY, LOVE

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### ABSTRACT

Eat, Pray, Love is one of the novel written by Elizabeth Gilbert explored any feelings and experiences having been around by the main character as in her personal diary. The author is much impressed by the story of novel telling about woman's journey of finding herself. Hence, the writer thinks that it will be challenging to analyze if it is seen from the main character's point of view instead of others.

To accomplish this research, the writer applies psychological approach. Then to support the analysis the writer needs some theories and criticism which uses the concept of Hierarchy Need by Abraham Maslow which are divided into five parts. There are: Physiological Needs, Safety and Security Needs, Love Needs/ Belongingness, Esteem Needs, Self Actualization. Moreover, the data of this research are collected from Elizabeth Gilbert's Eat, Pray, Love. The writer herself becomes the research instrument in this process of data collection and data analysis.

Based on the writer's analysis, the Psychological Needs, Safety and Security Needs, Love Needs/ Belongingness, Esteem Needs, and Self Actualization take place in every decision she made. There are many data that supported this statement. Moreover, the drive of the hierarchy need influent her (the main character) to take one action consciously of their needs building her personality over the whole story in the novel. In addition, the problem of her hierarchy needs also happened in her psyche. Psychological needs is the needs that are usually taken as the starting point for motivation theory are the so called physiological drives , safety and security needs is needs revolve around the needs to keep ourselves safe from physical, love needs is the need to feel connected to others in our social world , esteem needs is have a need to be respected both from themselves in the form of feeling of self-worth, and from other, in the form of status, recognition, social success, and fame, self actualization needs is , needs to be something that people were able to make it happen using (the maximum) all talent - potential capabilities.

**Keywords:** The Psychological approach, and Eat, Pray, Love's novel

## I. INTRODUCTION

Literature is one of the most creative and universal means to communicate the emotion, spiritual and intellectual concern of mankind. It cannot be separated with society as the author is the member of society. It is a reflection of human life which describes what and how they live and reflects the social condition when the work is made. Through literary work, a human can transcribe beautifully, artistically, and imaginatively what in his mind and heart is. In literary work we may find various kinds of problem taking place in our daily life and the emotional sense on individual; we may also say that literature is identical with life (Wellek and Warren, 1963:94). In addition, literature represents life which deals with internal and external factors of human life: it will be interested to criticize it, because we will get a lot of knowledge by doing so. To criticize literary works, we need some understanding. Peck and Coyle (1986:150) define that “literary criticism is the analysis, interpretation and evaluation of literary works”. It does not mean literary criticism is to find the fault in the literary works. Analyzing literature means analyzing human life as experiences, ideas, motivations, emotions, or expectations which are expressed in the words. Besides that, to understand and cover literature Endraswara

said “Literary Criticism in that way becomes an important point of view that will reveal to the whole content and purpose of the work of literature” (67; 2003). Literary criticism explains about what a work of literature means. The purpose in analyzing a literary work is to understand what it tries to communicate.

A literary work which is chosen by the researcher is novel. The novel, however, arises from the strong desire to reveal and define human character and it deals with a human character in some situation, man as a social being. The reader of a novel is both entertained and helped in a deeper perception of life's problems. The novel places more emphasis on character, especially one well rounded character, than on plot. Another initial major characteristic of the novel is realism a full and real report of human life. John Peck (1985:104) states that a novel is a kind of literary work that has relation to the author and it cannot be separated from the place where the author comes from. The author produces the novel suitable with her journey life. *Eat, Pray and Love* Elizabeth Gilbert is the example of a modern literature. *Eat, Pray and Love* published in New York, in 2006.

*Eat, Pray and Love* is a magnificent novel written by Elizabeth Gilbert. She is an



American novelist, she is the sister of the novelist and historian Catherine Gilbert Murdock, Gilbert and her sister entertained themselves by writing little books and plays.

In this study, the writer chooses *Eat, Pray and Love* as the object of the study due to several reasons. First, it is very important to know the character *Eat Pray Love* (EPL) transfeeres any feelings and experiences having been around by the main character as in her personal diary. Another reason is the author is much impressed by the story of novel telling about woman's journey of finding herself. Hence, the writer thinks that it will be challenging to analyze if it is seen from the main character's point of view instead of others.

*Eat, Pray and Love*, is divided into 108 chapters and consists of 352 pages long. It is about the search for everything Across Italy, India and Indonesia. It is casual, yet beautifully written account of a woman's journey in finding herself from the chaos of her broken past. It is written candidly; exposing her vulnerabilities and amusing internal conflicts. While most authors preach and impose their views (especially on the subject of awareness and enlightenment), Elizabeth Gilbert's account makes readers empathize and be one with her.

In this novel Elizabeth Gilbert is the main character. Around the time Elizabeth

Gilbert turned thirty, she went through an early-onslaught midlife crisis. She had everything, educated, American modern woman, educated, ambitious—husband, house, good career. But she feels unhappy and satisfied. In fact, she becomes panic, sad, and worried. She feels that divorce, depression, broken hearted, missing her life.

To recover from all this, Gilbert took a radical step. In order to give herself the time and space to find out who she really was and what she really wanted, she got rid of her belongings, quit her job, and undertook a yearlong journey around the world all alone. *Eat, Pray, Love* is the absorbing chronicle of that year. Her aim was to visit three places where she could examine one aspect of her own nature set against the backdrop of a culture that has traditionally done that one thing very well. In Rome, she studied the art of pleasure, learning to speak Italian and gaining the twenty three happiest pounds of her life. India was for the art of devotion, and with the help of a native guru and a surprisingly wise man from Texas, she embarked on four uninterrupted months of spiritual exploration. In Bali, she studied the art of balance between worldly enjoyment and divine transcendence. She became the pupil of an elderly medicine man and also fell in love the best way unexpectedly.



In accordance with those prior depictions, the writer is attracted to analyze the novel by applying psychological perspective of literary criticism. The basic assumption about psychological analysis is that literary work is the product of a psychological and author's idea that is in the situation on subconscious and after clear it is decanted in the form of conscious. So, it also analyzes the characterization psychologically and the author's feeling of make that literary works. A literary work is viewed as psychological phenomenon. It will bring forward psychological aspect through the characters if it is in the form drama or prose ( Endraswara, 2008: 96). The major centre to concern in this criticism is achievement to recognize one woman's experiences in dealing with trauma and upheaval in the author's life.

The theory that is used in this research is Abraham Maslow's psychological theory. Maslow's hierarchy of needs is often portrayed in the shape of a pyramid, with the largest and lowest levels of needs at the bottom, and the need for self-actualization at the top. Alwisol (2008) referred to Maslow who sees the psychology emphasizes the important of hierarchy needs to make the perfect personality. He divided it into two parts of needs level. First, Meta need or self actualization needs. It means

that people needs become the truth according to their potential. Second, Basic need it consist of four parts there are a) Esteem need means need of power, competition, self confident etc. b) love needs/ belongingness means need of love, family children, society etc. c) safety needs means protection, laws, free from worry and scare etc. d) psychological needs means of eat, drink, protein, etc.

Maslow's hierarchy has also been criticized as being individualistic because of the position and value of sex on the pyramid. He puts sex on the bottom rung of psychological needs along with breathing and fo.

Before conducting this research, the researcher tried to find many ideas from many researches that have similar topics. The researcher found several researches which had similarity in approaching that is psychological approach. The first is Ardi Widiansyah (2011), the student of English Department of Higher School of Foreign Language Teknokrat, Bandar Lampung, who conducted her study entitled "Seeking Harmony: The Life of Elizabeth Gilbert as Reflected in Her Novel Eat, Pray, Love". He explained about The aim of this research is to scrutinize seeking harmony and the acts of Gilbert in achieving harmony in life as depicted in Elizabeth Gilbert's Eat, Pray,





Love. The writer provided discourse regarding to one of the aspects in human life called as harmony in life. To accomplish this research, the writer applied sociological approach. Then, to support the analysis the writer needed some theories and concepts such as concept of harmony, harmony between people and a society, harmony between people and the environment and harmony between People and the Supreme God.

The Main Character's Need in Elizabeth Dunkle's Every Woman Loves Russian Poet (Based on Abraham Maslow's Theory) written by Mohammad Hanif MZ (2009) a student of UIN Maulana Malik Ibrahim Malang. He applied psychological analysis as the approach of the analysis on novel "Every Woman Loves Russian Poet". This research will describe psychological condition of the main character.

The similarity between the previous studies and the present study is the use of Abraham Maslow theory and the different object and the main discussion. The second is the same novel but in different analysis. Both of the previous studies discuss the identity crisis of the main character. Hence, this study is not to find the shortcomings from the previous ones. But this study, the writer only tries to make some learning

literature and complete each other to come in the future.

## **II. METHOD**

This research uses descriptive qualitative research. This study is to describe the main character's personality and the psychological conflict in "Eat, Pray, Love". To able to do so, the researcher needs to conduct some steps, they are collecting the source, reading, and understanding the novel, then analyzing and making conclusion.

In this research design the researcher use the descriptive method because it tries to get conclusion about the problem that is being learned based on the various information that related with the problems and to give completed information about the topic in Eat, Pray, Love story.

Descriptive research is used in the literal sense of describing situation or events. It is accumulation of data base that is solely descriptive qualitative research in approaches used to systematically gather data, but the data rae purely descriptive and therefore not numerical. In analyzing the topic discussed the researcher can be directed toward an individual, an idea, a movement, or an illustration.





### III. FINDINGS AND DISCUSSION

Based on the analysis, the first, we can formulate that human's life is consist of some multilevel needs, from the lowest up to the highest. The lower needs included some physical or material needs that related to foods, drinks, sex, etc, while the higher needs included the psychological needs such as the need of happiness, peace, satisfaction, etc. Most people have known how to fulfill the lower needs, but many people have no idea about the way how to fulfill the higher. Some of them assume that by acquiring all of the physical needs they will automatically acquire their psychological needs. They do not know that spirituality is the key to make them enjoy both of them wherever they are and however their condition was.

The second is the awareness of spirituality appears in various ways. In Elizabeth Gilbert's *Eat Pray Love*, Liz's spiritual awareness is appeared when Liz has totally given up and need someone or something that can help her to know what she should do in solving her problem. This spiritual awareness then guides Liz to come to Italy for the first time. But unfortunately, she cannot find her spiritual need there because the spirituality will be difficult to find when people still coddling their selves with the worldly life. The happiness which is resulted by the worldly life will be very

different from the happiness of spiritual satisfaction, and Liz knows that she still does not feel the second happiness.

While in Ashram, Liz begins the real struggle in finding her spiritual needs. She tries hard to master some kinds of Yoga that will be used by her as the mediator to get it. The climax of Liz's adventure in fulfilling her spiritual need is when finally she arrives in *kundalini shakti* (the feeling of the unity between human and the God). From the time Liz feels it, she finally feels that something has fulfilled an empty room in her soul. The spirituality has come to her and makes her life better than before.

In Bali, Liz has complete all of things she needs in her life. It is because in that small town, she can get the balance between the worldly and the spirituality. This balance is the result of her efforts in making the equal portion between her daily activities as the common people who of course needs some entertainments, friends, beauties, etc, and her ritual of yoga as her spiritual activities. The balance has made Liz feels that she has found her self. She can discover her life by having this balance because the balance is the highest need of human being that every people have done several efforts for finding it by their own ways. As the spirituality is the climax of



human's need, the balance is the most ideal turning point of human life.

#### **IV. CONCLUSION AND**

#### **SUGGESTIONS**

Considering the analysis that had been accomplished by using the approach in the method of research, the writer can deduces the result of analysis that deals that Liz, the main character in Elizabeth Gilbert's *Eat Pray Love* is the representation of the how people undergo the process of need evolution as Abraham Maslow's theory tells. This novel also describes how people are always motivated to get the higher need after fulfilling others. So, by using the psychological approach especially the humanistic theory of Abraham Maslow, it is known that work of literature is not only has entertaining values. Works of literature are the miniature of human life that can be learnt by all people who read them.

Finally, suggestion is given to the teacher, and next researchers. For the teacher can increase their English knowledge and also can take some moral massage, psychological conflict, culture, society, and the other information. So that the next researcher not only to know the story for fun but also the researcher will be able to analyze the good and important information about knowledge, culture,

science , more comprehensively and complete analysis by using different point of view in analysis and criticism.

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