

**A SPIRITUAL JOURNEY
OF ELIZABETH GILBERT IN “EAT PRAY LOVE”**



SKRIPSI

**Presented to the Faculty of Letters University “45” Makassar in
partial fulfillment of the Requirement for the S1 Degree
at the English Department**

By

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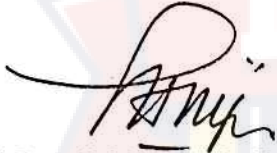
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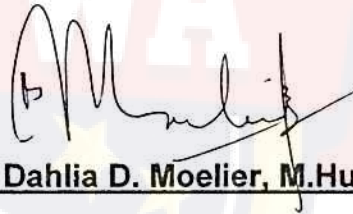
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HALAMAN PENERIMAAN

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Dedication

*I dedicated this graduating paper to :
My beloved aunty (Zha) in the heaven*

Some people say the happiness is the money

Other say it's the health, the other say it's the power

But I say the real one is “ having you “

You are my breath, my soul, my all, my everything ...

Thank's for your unconditional love

Without you i'm nothing.

I Love you with all my heart and soul

ABSTRAK

SITI R. REHALAT. *A Spiritual Journey of Elizabeth Gilbert in "Eat Pray Love"* (dibimbing oleh Dra. Hj Hanyah Haneng, M.Si dan Dra. Dahlia D. Moelier, M.Hum) .

Penulisan skripsi ini bertujuan untuk memaparkan konflik bathin serta perjalanan spiritual seorang Elizabeth Gilbert yang merupakan tokoh utama sekaligus penulis novel tersebut.

Metode yang digunakan dalam analisis data adalah metode deskriptif, yaitu memaparkan apa yang terjadi pada tokoh utama dalam cerita.

Dari hasil analisis, dapat disimpulkan bahwa tokoh utama (Elizabeth Gilbert) adalah seorang penderita psikosomatis (konflik bathin), suatu gangguan psikis yang tampil dalam bentuk gejala-gejala fisik. Dengan kata lain, psikosomatis adalah penyakit fisik yang disebabkan oleh pikiran negatif atau masalah emosi seperti stress, depresi, kecewa, kecemasan, rasa berdosa, dan emosi negatif lainnya. Gilbert kemudian menempuh cara non medik yaitu dengan melakukan suatu perjalanan spiritual di tiga negara: Italia, India, dan Indonesia yang berhasil membuatnya sembuh dari psikosomatik. Di Italia, ia belajar seni kesenangan dan belajar berbicara bahasa Italia. India merupakan negara untuk belajar seni berdevosi. Ia mengalami empat bulan penuh disiplin dalam eksplorasi spiritual. Akhirnya di Indonesia ia menemukan tujuan hidupnya, yaitu bagaimana membangun hidup yang seimbang antara kegembiraan duniawi dan kebahagiaan surgawi.

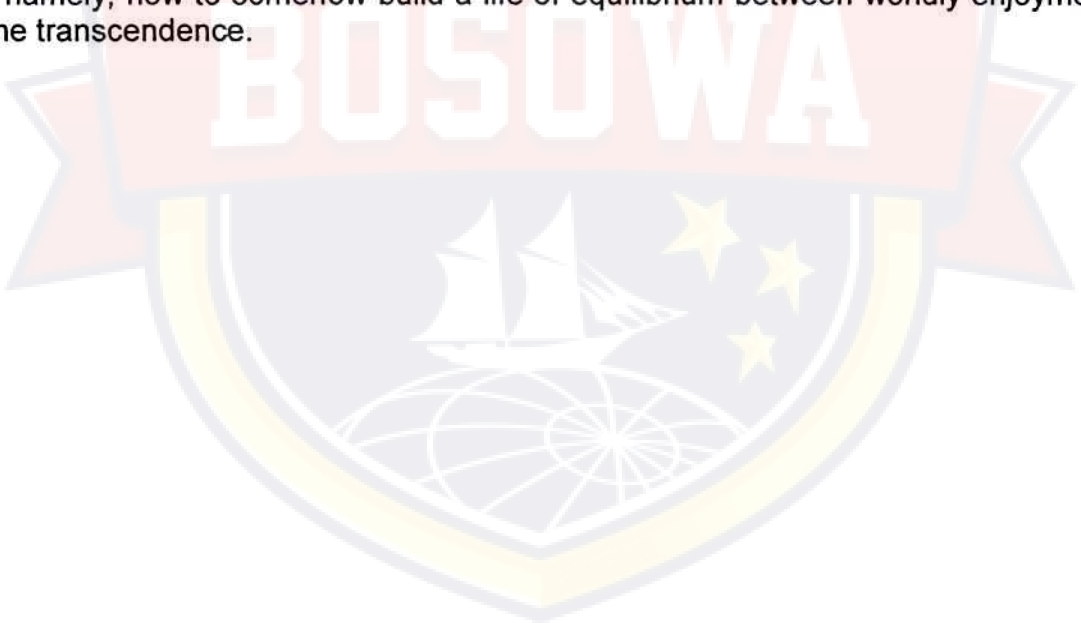
ABSTRACT

SITI R. REHALAT. A Spiritual Journey of Elizabeth Gilbert in "*Eat Pray Love*" (supervised by Dra. Hj Hanyah Haneng, M.Si and Dra. Dahlia D. Moelier, M. Hum).

This skripsi is intended to show the inner conflicts and spiritual journey an Elizabeth Gilbert is the main character and also the author of the novel itself.

The method used in data analysis is descriptive method, which describes what happens to the main character in the story.

From Analysis can concluded that the main character (Elizabeth Gilbert) is a psychosomatic patients (inner conflict), a psychological disorder that appears in the form of physical symptoms. In other words, psychosomatic is a physical illness caused by a negative thoughts or emotional problems such as stress, depression, disappointment, anxiety, guilt and other negative emotions. Gilbert take on medics manner by spiritual journey in three country: Italy, India, and Indonesia make her successful recovery from psychosomatic. In Italy, she studied the art of pleasure and learning to speak Italian. India was for the art of devotion, she embarked on four months of austere spiritual exploration. Finally, in Indonesia, she sought her ultimate goal, balance namely, how to somehow build a life of equilibrium between worldly enjoyment and divine transcendence.



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Alhamdulillah and barakollah, the writer expresses her highest gratitude to Allah SWT, who has given his love, blessing, and mercy to finish this skripsi. Shalawat and salam due to the chosen messenger, Muhammad SAW, his family, his companions, and those are careful of their duty from Allah. Amma ba'du.....

In writing and finishing this skripsi, many people have provided motivation, support, advice, and even remark that helped the writer. Therefore, the writer would like to express her appreciation to all of them

The writer would very much like to give special thanks to :

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- All my friends in University "45". Thanks for the togetherness in happiness and sorrow, many things that writer found in our togetherness. Love you all....
- My parents for their everlasting love and prayer, for my beloved brothers and sister who always wait for succeed of writer patiently.
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- Uda Alif who gave me unspeakable happiness, for his prayers, nourish my soul, and even provided comfort experience even more 10.000 miles away. I love you and I always will..
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May Allah almighty bless us

Makassar, 20 Juli 2011

Siti R. Rehalat

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CHAPTER I

INTRODUCTION

1.1 Background

Literature is an imitation of life, therefore humanity aspect must be involved in its creation. It expresses life seen in the real life. It reproduces and recreates life through words as its medium and takes human experiences as its materials.

Many writers received their inspiration for writing their literature from outside source. The idea for a story could come from family, personal experiences, history, or even their creativity. For the writers that choose to write a book or a story based on historical events, the inspiration might come from their particular viewpoint on the event that they want to dramatize. Literature could become social criticism in the world, because studying literary works will help the people to have better understanding of life, environment, and culture. Besides, it also helps us to know more about human problems.

Eat Pray Love is very enlightening and entertaining book by Elizabeth Gilbert in which she describes her life as she undertook the journey to Italy, India and Indonesia while battling personal problems such as divorce as well as panic, weight loss and confusion. The book Eat Pray Love is also the story of how she regained her balance in life.

Eat Pray Love, by Elizabeth Gilbert is one woman's spiritual journey of self_discovery and God_discovery to find balance between devotion and pleasure. (www.geogle.com. *Book Review Eat Pray Love* ,<http://www.suite1001.com>)

1.2 Reason for Choosing the Title

1. Eat Pray Love was an international bestseller, translated into over thirty languages, with over 10 million copies sold worldwide, and a movie version in the making, starring Julia Roberts.
2. The novel became so popular that, in 2008, Time Magazine named Elizabeth as one of the 100 most influential people in the world .
3. The book Eat Pray Love gives readers hope that everyone can find themselves on this spiritual journey that is life. With personal experiences and advice Gilbert starts readers on our own paths toward spiritual and life balance .

1.3 Identification of the Problem

Based on the background above, the following is the unit of identification of the problem :

1. The conflict of main character
2. A journey of self discovery's Elizabeth Gilbert
3. The experiences Elizabeth get in her journey

1.4 Scope of the Problem

The writer would like to concentrate the research on Elizabeth Gilbert's self discovery as the main character. Based on the identification of problem, the following issues become the scope of the problems:

1. The inner conflict of main character
2. A journey of Elizabeth Gilbert across three unique countries
3. The effect of Elizabeth's journey in her life

1.5 Formulation of the Problem

Based upon the scope of the problem, the writer formulates the problem of the research as follow :

1. What does happen in inner conflict of main character ?
2. How does Elizabeth Gilbert find her ultimate goal ?
3. How does the journey give effects in Elizabeth's life ?

1.6 Objectives of the Research

The objectives of this research is formulated as follow :

1. To identify the inner conflict of main character
2. To explain the process of Elizabeth journey and discovery
3. To describe how the effects of Elizabeth journey in her life

1.7 Benefit of the Research

The benefit that the writer wants to achieve from the result of this research are :

1. It can be used as references, especially for the reader who wants to know of Elizabeth as an American and psychosomatic (inner conflict)
2. It can be used as reference to know distinct cultures in three unique countries
3. It will be of some help for those who are interested in searching the effect of Elizabeth's journey in her life

Chapter II

Review of Literature

2.1 Theory of Literature

Literature and human life are difficult to separate. Literature or literary work tells about life and the life is an inspiration for an author to produce a literary work. It's created by an author to be enjoyed, understood, and used by society.

Literary is a form of art and it's an expression of human experience through the artistic form of the words. Literary is a product of human activity, human creative genius and it's source in people as social beings.

Literary work in one period represents the life on the age. So, when discussing a literary work, the reader will be understood on condition of society as Welleck and Warren say as follow:

"Literature is everything in print. We are not limited to belles lettres a period or Civilization, and we must see our work in the light of it's possible contribution to the history of culture "(Welleck and Warren, 1970:20)

2.2 Novel

A novel is a book of long narrative in literary prose. The genre has historical roots both in the fields of the medieval and early modern romance and in the tradition of the novella. The latter supplied the present generic term in the late 18th century. Further definition of the genre is historically difficult. The construction of the narrative, the plot, the way reality is created in the works of fiction, the fascination of the character study, and the use of language are usually discussed to show a novel's artistic merits. Most of these requirements were introduced in the 16th and 17th centuries in order to give fiction a justification outside the field of factual history. The individualism of the presentation makes the personal memoir and the autobiography the two closest relatives among the genres of modern histories.

2.3 Setting

In general, setting is identified as time and place where the story take place, such as stated by Sudjiman that :

"setting is all evidence and indication related to time, space and atmosphere occurrence of event in literature works" (Sudjiman, 1991:84)

In literature, setting of a story is the time and location in which it takes place. The term is relevant for various form of literary expression, such as short stories, novels, dramas and screen plays.

2.4 Conflict

The story of a novel contains some conflicts, but a wider sense of this term must be considered. Conflict is something dramatic, refers to the opposition between two compensated powers, reveals the presence of action and reaction. It is analogue with Charter's opinion about conflict as stated in the following :

“ The opposition presented to the main character (or protagonist) of a narrative by one and another character (or antagonist), by events or situations, by fate, or by some aspects of the protagonist own personality or nature “. (Charter, 1987:157)

The conflict in a novel is usually introduced by means of a complication that sets in motions the rising action, usually toward a climax and eventual resolution. Thus, conflict is a mutual destructive relationship of individuals or groups, involving a clash of interest or values.

Conflict is a clash of actions, ideas, desires, or wills. The main characters may be pitted against some other persons or group of persons (man against man), he may be in conflict with some elements in his own nature (man against himself) the conflict may be physical, mental, emotional, or moral. The major characters in the conflict, whether he is a sympathetic or an unsympathetic person, is referred to as the protagonist ; the forces arrayed against him, whether persons, things, conventions of society, or traits of his own characters, are the antagonist, Green remarked :

“ conflict is the deliberate attempt to oppose, resist, or coerce the will of another or others, conflict ranges from the annihilation of an enemy to the deliberate slight of an associate. Although commonly associated with physical violence, conflict can occur without it.” (Green, 1952:52)

2.5 Characters

In the art, character refers to a person, in particular as portrayed by an actor or as appears in a literary work, whether a fictional character or historic figure (historical character).

Characters are widely considered an essential element of fictional works, especially novels and plays. The process of creating and developing characters in a work of fiction is called characterization.

Character is one who shares to create or develop the conflict in the story, so that he is one of the thing that very important in a fiction and even determine because it's impossible if there a story without of character that finally make a storyline.

Type of characters as a quated above is what we mention about the static charcters (major characters) and dynamic characters (minor characters). The major characters are active in the story of the novel, they perform large parts of the story, they usually represent the author's idea, fellings, and thought they appear from beggining to the end of the story. Minor characters are persons who play part of the story, they are usually called the passive characters.

Both major and minor characters give the interlink role in constructing the unity of story. This is possible related with the fictional story as the integral unity in literary works.

In analysing the character, there are three aspects that becomes the central attention, i.e psychology, sociology, and physiology (Tarigan, 1986:132)

a) Psychological aspect

In this aspect, it exposes about the psychological aspect that played by a character. For example angry character, silent character, jealous character, and brave character.

b) Sociology aspect

Sociology aspect covers the personal background of character, such as poor, and rich.

c) Physiological aspect

Physiological aspect is concerned with the physical appearance of characters such as body and face.

2.6 Plot

Plot is a pattern cause and effect, in which there is a casual relationships between one event and another event. It is the central aspect of novel, for novel is primarily concerned with what happens. It was the

plot that gives description about what happens in the narration, as for character that show to whom that the events take place.

A plot is composed of a series of incidents or episodes one after another according to some plans of the author, the series of incidents. Therefore that plot leads the readers to grasp the whole story and the sequence of the causes and effects in the narration. Hayati writes:

"plot is a series of events or incidents that bunched linking in a story. Thus, the plot is a strip line, a sequence of events that link to produce a story." (Hayati, 1994:10)

Furthermore, Aminuddin, in his book *Pengantar Apresiasi Karya Sastra*, also defines the plot in novel as follows :

"plot in fiction, in general is a series of stories in the form of step by step events that form a story that will be present through actors in a story." (Aminuddin, 1987:93)

Another definition of the plot is also expressed by Forster who said that:

"the plot is narrative of events, emphasis falling in causality. The king died and then Queen died of grief is a plot, but if the King died and then Queen died is a story. He emphasizes that the causality of event colors the arrangement of the plot that the story does not show". (Forster, 1966:93)

Joseph also defines the plot in novel as :

"The sequence of the action and events in a story".
(Joseph, 1972:5)

The definitions from page 10 stated that the plot according to the sequence of events. Aminuddin calls it the steps of conflict development and Forster calls it the causality of the conflict in the arrangement. Therefore, plot is another obvious kind of form. If the book moves through a series of incidents in the direction of the some sort of climax and resolution of the conflicts which give it its narration, it has at least some truly momentary form. Sometimes, the pattern which emerges from the plot is obviously symmetrical and clear.

2.6.1 The Development of Plot

There are three kinds of plot, as stated by Landy as follows :

“men in a road, men in a tub, dan men in a hole”. Among the three, “man in a hole is the oldest and most popular kind of plot. This kind of plot begins the action with a person (a group of persons) getting in a hole, going on to show how they try to climb out, and ending back to the bottom for good”. (Landy, 1972:5)

In a well – constructed plot, each incident (or event) develops logically from a previous one, from the beginning to the end. In man in a hole type of plot, for example, the plot consists of five part namely, the introduction, the beginning of the action, the middle of the action, and the end of action. These are the parts or stages of the plot development in novel.

For clarification the plot in novel contains some steps of its development which is intended to attract the reader's interest in reading it. Even all traditional novels present one major complication and some minor complication within the frame work of the major complication. It denotes that chain of the causality of related event gives a story continuity, pace, and thematic significance. These steps are exposition (introduction) complication (the beginning of the story), ante climax, climax, (the middle of story) and falling action or resolution of the story. With regard to the steps of plot development in novel, Adelstein and Pival say as the following:

“the plot of all traditional novels follows some steps : exposition, inciting moment, rising action, climax, falling action or (denouement)”. (Adelstein and Pival, 1976:470)

The inciting moment and rising action that Adelstein And Pival mention in the quotation above are similar to what we call complication and ante climax. To have understanding about the description of the steps of plot development, the description is stated.

2.6.2 Exposition

Exposition (the introduction of the story) is the beginning part of novel narration. In this part the author introduces the situation of the novel, and the character (both major and minor character), including their roles

and relationship one with another. Adelstein defines the exposition as follows:

“exposition is the introduction of the characters, the opening of relations, setting the scene, making atmosphere, and present view” (Adelstein, 10:1985)

In short, the exposition in novel is the beginning part of a narration where the author presents the situation of the novel. In this part, we can also find the assignment and introduction about the important information for the story in sequence.

2.6.3 Complication

Complication, also called the beginning of the action, is the part of the story where the conflicts are represented. Brook and Warrent state as follows:

“complication is the story, the characters, and events that build one develop a problem that emerged from the situation presented in the original story.” (Brook and Warrent, 1935:125)

The quotation above illustrates that complication is the point where the problems or conflicts emerge. The characters, especially the major characters begin to get trouble to satisfy their intention. In this step, the description is about how are the characters, especially the major characters. The author usually uses flash back to introduce the past time

of the major characters, to explain the situation, or to prepare motivation for the characters to act and react.

2.6.4 Ante Climax

Ante Climax is the third steps of the plot development of novel. In this point, the conflict the complication begin to rise their intensity to the more serious conflict. The conflict moves slowly to the peak of their seriousness. Besides it is in this ante climax also that the author creates some other conflict or problems which are referred to the major characters. At this point, the major characters are sent to the more serious conflict that will complicates the situation that he must encounter.

We know that all problems or conflicts are meant to challenge the major characters, especially the protagonist, to have success in their business, affair, or love. In short, the conflicts that the author represents in the complication become more complicated at this point.

The study of the ante climax of the conflicts in novels is concentrated on the questions of how the author develops the conflicts then make the major characters to be in the conflict or problem emerge in this point? why he creates that conflicts or problems? and what action that the major characters perform to hand up the conflicts or problems that they would escape from them? the answer of these questions are found in the rising action.

2.6.5 Climax

Climax is the fourth step of the plot development. In the climax the conflict arrives at the higher level of seriousness that the protagonist must struggle for safety. In this step, the author usually put his approach of overcoming the conflict. As the peak of the conflict seriousness, the definition of climax by Brook and Warrant :

“climax is the highest peak in the range where the peak forces in the conflict reached the highest intensity.” (Brook and Warrant, 1985:126)

Some question can be suggested to study the novel conflicts in the climax? Why do the conflicts have the emerge, and what must the major characters do to escape from the conflict? at this point, we can also find thing that author message to the readers about life. These messages can be identified by understanding the narration, including, thorough the action and reaction of the characters.

2.6.6 Falling Action / Conclusion

Falling action, also called the end of the story, is the last phase of the plot development which also contains the solution of the conflict. The conflict that are developed to the peak of seriousness in the climax are over come slowly in this phase. There are possibilities In this step, namely the major character of the opportunity to escape from the conflict or the will

get failure. In this case, the story may end happily and sadly. Brook and Warren illustrate:

“resolution is the final part of a fiction, where the author gives the solution of all problems or in other words denouement is the final resolution of the plot complications.” (Brook and Warren, 1958:127)

Resolution (catastrophe) rounds off the story underlining its point. It is the main action of the story and often a death, usually the death of the main characters. It is one event toward which everything else has been working, either directly or indirectly. The resolution, though depressing and usually unpleasant, satisfies because it fulfills the reader's expectation. It is almost the logical result of the ante-climax and falling action, it is the death which readers have expected.

2.7 Biography of the Author

Elizabeth Gilbert was born in Waterbury, Connecticut in 1969, and grew up on a small family Christmas tree farm. From earliest memory, all she ever wanted to do was write. It is quite possibly genetic: her sister, Catherine Gilbert Murdock, also became a writer, and is today the author of such beloved young adult novels as *DAIRY QUEEN* and *PRINCESS BEN*.

Elizabeth attended New York University, where she studied political science by day and worked on her short stories by night. After

college, she spent several years traveling around the country, working in bars, diners and ranches, collecting experiences to transform into fiction. These explorations eventually formed the basis of her first book - a short story collection called *PILGRIMS*, which was a finalist for the PEN/Hemingway award. During these early years in New York, she also worked as a journalist for such publications as *Spin*, *GQ* and *The New York Times Magazine*. She was a three-time finalist for *The National Magazine* work, and an article she wrote in *GQ* about her experiences bartending on the Lower East Side eventually became the basis for the movie *COYOTEUGLY*.

In 2000, Elizabeth published her first novel, *STERNMEN* (a story of brutal territory wars between two remote fishing islands off the coast of Maine) which was a *New York Times* Notable Book. In 2002, Elizabeth published *THE LAST AMERICAN MAN*, the true story of the modern day woodsman Eustace Conway. This book, her first work of non-fiction, was a finalist for both the National Book Award and the National Book Critics Circle Award.

Elizabeth is best known, however for her 2006 memoir *EAT PRAY LOVE*, which chronicled her journey alone around the world, looking for solace after a difficult divorce. The book was an international bestseller, translated into over thirty languages, with over 10 million copies sold worldwide, and a movie version in the making, starring Julia Roberts. The

book became so popular that, in 2008, Time Magazine named Elizabeth as one of the 100 most influential people in the world.

In 2010, Elizabeth published a follow-up to EAT PRAY LOVE called COMMITTED, a memoir which explored her ambivalent feelings about the institution of marriage. The book immediately became a number one New York Times bestseller, and was also received with warm critical praise. As Newsweek wrote, COMMITTED "retains plenty of Gilbert's comic ruefulness and wide-eyed wonder", and NPR called the book "a rich brew of newfound insight and wisdom." COMMITTED will be published in paperback in February 2011.

Elizabeth Gilbert lives in rural New Jersey with her husband, her garden, and far too many beloved pets. She is at work on a new novel.

Chapter III

METHODOLOGY

3.1 Method of the Research

Method of the research is a way employed by the researcher to collect and analyze the data in order to get the answer of the writer research question. The writer would like to use the library research, due to support her writing, therefore not only by reading the novel, she also tries to collect as much as information she can get by collecting any supporting data from internet.

In this chapter the researcher is going to describe the data collecting technique, data analysis technique, time of the research, and operational definition.

3.1.1 Data Collecting Technique

This research will conduct by library research and will be done to meet the objectives of this paper. The instrument is a novel and entitled as the main source and some supported materials, such as data from internet and collect as much as information who supporting the data.

The procedure is done step by step, firstly reading the novel, and found out the inner conflict of main character, plot from the novel itself and then analyzed it.

3.1.2 Data Analysis Technique

In analyzing the data, the writer will use intrinsic and extrinsic method. It aims to analyzed some criticism on the works of Gilbert. In doing this analysis, the writer will read the novel first and then fine out the criticism and then analyze it as an intrinsic method. Mean while extrinsic method aims at finding other aspects by using other resources to support the writing. The analysis also based on some books containing theoris and other references. In addition to the source, the writer also uses the internet or website as another source of information. Other effort as supporting materials in order to get a thorough and clearer understanding of the novel come from CD film of the movie which based on the novel so as to anable the writer to analyze the work easier.

3.1.3 Time of the Research

This research has been done in three month from january until march 2011

3.1.4 Operational definition

Novel

Novel is art creations which can be serve an entertainment and usefull information about human social life in society. It's very humanistic process of observing living people, because it's creation has been the background of human life experiences in society.

Plot

Plot is the motion structure in fiction. A plot is the arrangement of incidents, that each follow plausibly from the other. According to Hawthorn:

"a plot is an ordered, organized sequence of events and action. Plot in this sense are found in novels rather than in ordinary life. Life has stories, but novels have plots and stories" (Hawthorn, 1982:94)"

Setting

Setting is all evidence and indication related to time, space and atmosphere occurence of event in literature work. Abrams Glossary of Literary Terms defines setting in literature as:

"the general locale, historical time, and social circumstances in which its action occurs" (Abrams, 1985:284)

Character

Character is the person in story who does things and to whom things happen. According to Charters:

“Characters are the people who make something happen or Produce an effect” (Charters 1980 : 136)

Conflict

Conflict is one of the elements of plot which very important to develop a story. Without conflict the reader will be boring to read the story because the story has no meaning.

Spiritual Journey

Spiritual journey is a religious experience, includes introspection, and the development of an individual's inner life through practices such as meditation, prayer and contemplation.

CHAPTER IV

FINDINGS AND DISCUSSIONS

4.1 The Findings

The findings of this study were about the inner conflict of Elizabeth Gilbert as the main character and Plot development in the novel "Eat Pray Love". When Eat Pray Love begins, Gilbert's life was in a negative place. Trying to stick it out in a failing marriage, she cries herself to sleep at night, nervously throwing up her breakfast everyday. She was experiencing psychosomatic.

The plot in the novel develops through some steps, namely exposition, complication, ante – climax, and falling action (resolution).

Elizabeth takes a year long trip to find herself and God. Having always considered herself a spiritual seeking person, she realizes she needs to learn how to love herself, how to deepen her relationship with the divine and most of all hoe to balance these two aspects of her heart and soul. Her ultimate goal is learn how to balance spiritual devotion with earthly pleasure, without becoming completely overtaken by one or the other.

On this section the writer focuses to describe a spiritual journey of the main character across Italy, India, and in a small Indonesian island, Bali.

4.2 Elizabeth as an American

In her early thirties, Elizabeth Gilbert had everything a modern American woman was supposed to want, husband, country home, successful career. As an American Liz gotten everything who American population want. Pursuit of happiness with the American dream, sometimes in the phrase chasing the American dream is a national ethos of the United States in which freedom includes a promise of the possibility of prosperity and success. In the American dream, first expressed by James Truslow Adams in 1931, a Life should be better, richer and fuller for everyone, with opportunity for each according to ability or achievement. The idea of the American dream is rooted in the second sentence of the United States declaration of independence which proclaim that: All men are created equal and that they are endowed by their creator with certain Inalienable right including life, liberty and the pursuit of happiness.

4.3 History of American Dream

Since its founding in 1776, the United States has regarded and promoted itself as a beacon of liberty and prosperity. The meaning of the American dream has changed over the course of history. While historically traced to the New World mystique especially the availability of low-cost land for farm ownership. The ethos today simply indicates the ability, through participation in the society and economy, for everyone to achieve prosperity. According to the dream, this includes the opportunity

for one's children to grow up and receive a good education and career without artificial barriers.

It is the opportunity to make individual choices without the prior restrictions that limit people according to their class, caste, religion, race, or ethnicity.

Historian James Truslow Adams coined the phrase "American dream" in his 1931 book *Epic of America* : The American Dream is that dream of a land in which life should be better and fuller for every man, with opportunity for each according to ability or achievement. And later he wrote: The American Dream, that has lured tens of millions of all nations to our shores.

In the past century has not been a dream of material plenty, though that has doubtlessly counted heavily. It has been a dream of being able to grow to fullest development as a man and woman, unhampered by barriers which had slowly been erected in the older civilizations, unrepressed by social orders which had developed for the benefit of classes rather for the simple human being of any and every class .

Although Elizabeth had everything as a pursuit American dream but instead of feeling happy and fulfilled, she felt consumed by panic and confusion.

The description of panic and confusion situation can be seen in the following quotation:

“ It was a cold November, around three o'clock in the morning. My husband was sleeping in our bed. I was hiding in the bathroom for something like forty-seventh consecutive night and just as during all those nights before, I was sobbing. Sobbing so hard, in fact, that a great lake of tears and snot was spreading before me on the bathroom tiles, a veritable lake inferior (if you will) of my shame and fear and confusion and grief “. (Gilbert, 2006 :10)

The description is supported by author statement, as quotes here:

“They come upon me all silent and menacing like pinkerton detectives, and they flank me . Depression on my left, loneliness on my right. They don't need to show me their badges. I know these guys very well. We've been playing a cat and mouse game for years now ”. (Gilbert, 2006:60)

In Elizabeth case the pursuit of happiness is more about spiritual happiness than material goods. The description what Elizabeth needs can be seen when she was in Ashram India, following is the quotation:

“I'm a woman, I come from America, I'm talkative, I'm a writer All this felt so cute and obsolete. Imagine cramming your self into such a punny box of identity when you could experience your infinitude instead. I wondered, why have I been chasing happiness my whole life when bliss here the entire time ?” (Gilbert, 2006 : 266)

4.4 The Inner Conflict of Main Character

Inner conflict that involved a character to make a conflict with himself or herself. The conflict exists in person with some elements in his or her nature such as feeling, instinct, emotion, ideas or thoughts, and

values. Based on these cases, the writer presents the inner conflicts of Elizabeth Gilbert as the main character.

Gilbert and her husband who had been together for eight years, married for six, had built their entire life around the common expectation that, after passing the doddering old age of thirty, she would want to settle down and have children. Instead, as her twenties had come to a close, that deadline of thirty had loomed over her like a death sentences, and she discovered that she did not want to be pregnant.

This was supposed to be the year. In fact, they would been trying to get pregnant for a few months already. But nothing had happened, asides from the fact that in an almost sarcastic mockery of pregnancy she was experience psychosomatic morning sickness, nervously throwing up her breakfast everyday. And every month when she got her period, she would find herself whispering furtively in the bathroom, thank you for giving her one more month to live.

Gilbert Physical Diseases

Some physical diseases are believed to have a mental component derived from the stresses and strains of everyday living. This is the case, for example, of lower back pain and high blood pressure, which appear to be partly related to stresses in everyday life. Psychiatry has found it difficult until relatively recently to distinguish somatoform disorders,

disorders in which mental factors are the sole cause of a physical illness, from psychosomatic disorders, disorders in which mental factors play a significant role in the development, expression, or resolution of a physical illness. Psychosomatic medicine is considered a subspecialty of the fields of psychiatry and neurology. Medical treatments and psychotherapy are used to treat psychosomatic disorders. In modern society like Elizabeth case, psychosomatic aspects of illness are often attributed to stress making the remediation of stress one important factor in the development, treatment, and prevention of psychosomatic illness.

4.5 The Plot Development

4.5.1 A Year of Elizabeth Gilberth Spiritual Journey

Elizabeth takes a year long trip to find herself and God. Having always considered herself a spiritual seeking person, she realizes she needs to learn how to love herself, how to deepen her relationship with the divine and most of all how to balance these two aspects of her heart and soul. Her ultimate goal is learn how to balance spiritual devotion with earthly pleasure, without becoming completely overtaken by one or the other.

In this exposition the author describe the crisis period that many people enter when they turn 30. In time three years earlier to the moment

when this entire story began. That time, Gilbert was in the upstairs bathroom of the big house in the suburbs of New York which she would recently purchased with her husband. It was a cold November, around three o'clock in the morning. Her husband was sleeping in their bed, she was hiding in the bathroom for something like the forty, seventh consecutive night, and just as during all those nights before. She was sobbing, sobbing so hard on the bathroom floor and spoke to god directly for the first time.

In the middle of that dark November crisis Liz spoke to god

" Hello, God. How are you? I'm Liz
It's nice to meet you" (Gilbert, 2006 :17)

She was speaking to the creator of the universe as though we'd just been introduced at a cocktail party, and she continued:

"I'm sorry to bother you so late at night, but I'm in serious trouble. And I'm sorry I haven't ever spoken directly to you before, but I do hope I have always expressed ample gratitude for all the blessings that you've given me in my life" (Gilbert, 2006 : 18).

Liz continues begged and the crying went on forever. Until quite abruptly it stopped. Quite abruptly, she found that she was not crying anymore. She stopped crying in fact, in mid – sob. She misery had been completely vacuumed out of her. She lifted her forehead off the floor and sad up in surprise, wodering if she would see now some great being who had taken her weeping away. But nobody was there. She was just alone,

but not really alone, either. She was surrounded by something she can only describe as a little pocket of silence. A silence so rare that she didn't want to exhale, for fear of scaring it off. She was seamlessly still. She doesn't know when she would ever feel such stillness.

Then she heard a voice, please don't be alarmed, she describes the warmth of affection in that voice, as it gave her the answer that would forever seal her faith in the divine.

In a way, this little episode had all the hallmarks of a typical Christian conversion experience, the dark night of the soul, the call for help, the responding voice, the sense of transformation.

Gilbert would call that happened that night the beginning of a religious conversation. The first words of an open and exploratory dialogue that would, ultimately, bring her very close to God, indeed.

4.5.2 Elizabeth Gilbert Journey in Italy

Italy is a great country, full of history and culture that amazes the world. Italy is located in Southern Europe, on the Italian Peninsula and it's bordered by the Mediterranean Sea, which hosts two Italian Islands: Sardinia and Sicily. Italy is a country full of beauty, art and fashion, all these are mixed to give Italy a magic atmosphere and to captivate tourists from every corner of the world.

Gilbert really loved Rome. She loved Rome but it was not her city, not where she would end up living for the rest of her life. Italy is all about beauty and indulgence.

First time in Rome, around 11.00 pm Gilbert climbed the stairs to her apartment, lay down in her new bed and turned off the light. She waited to start crying or worrying, since that's what usually happened to her with the lights off, but she actually felt ok, she felt fine, she felt the early symptoms of contentment.

After about ten days in Italy, depression and loneliness back track Gilbert down and she say to them,

" How did you find me here? who told
You I had come to Rome?" (Gilbert, 2006:61)

And here recommences her strangest and most secret conversation in this most private notebook, is where she talk to herself, she talk to that some voice she met that night on her bathroom floor when she first prayed to God in tears for help.

In the years since then, she have found that voice again in times of code orange distress, and have learned that the best way for her to reach it's written conversation, she have been surprised to fine that she can almost always access that voice too, no matter how black her anguish may be. Even during the worst of suffering, that calm, compassionate and

infinately wise voice (who is maybe her, or maybe not axactly her) is always avabile for a conversation on paper at any time of day or night.

At the beginning of Gilbert's spiritual experiment, she did always have such faith in this internal voice of wisdom, she remember once reaching for her private notebook in a bitter fury of rage and sorrow, and scrawling a message to her inner voice, to her divine interior comfort, that took up an entire page of capital letters :

" I DO NOT FUCKING BELIEVE IN YOU !!! " (Gilbert, 2006:70)

After a moment, still breathing heavily, she felt a clear pin point of lightignite within her, and then she found herself writing this amused and ever calm reply :

" Who are you talking to, then ? " (Gilbert, 2006:70)

She haven't doubted its existence again since, so tonight she reach for that voice again. This is the first time she have done this since she come to Italy, she write in her journal tonight is that :

" I'm weak and full of fear, I explain that depression and loneliness have shown up, and I'm scared they will never leave. I say that I don't want to take the drugs anymore, but I'm frightened I will have to, I'm terified that I will never really pull my life together " (Gilbert, 2006:70)

In response, some where from within her, rises a now familiar presence, offering me all the certainties she have always wishard another

person would say to her when she was troubled. She writing to herself on the page :

“ I'm here, I love you. I don't care if you need to stay up crying all night long, I will stay with you, if you need the medication again, go ahead and take it. I will love you through that, as well, if you don't need the medication, I will love you, too. I will protect you until you die, and after you death I will still protect you, I'm stronger than depression and I'm braver than loneliness and nothing will ever exhaust me “ (Gilbert, 2006 : 70 – 71)

Tonight, this strange interior gesture of friendship the lending of a hand from her to herself when nobody else is around to offer solace. Reminds her of something that happened to her once in New York city.

Gilbert felt a glimmer of happiness when she started studying Italian. From the poetic language to the pizza, pasta, and gelato, Gilbert overwhelms herself in the culture and pleasure of this ancient city of love.

Gilbert come to Italy pinched and thin. She didn't know yet what she deserved. She still maybe don't know fully what she deserved. But she do know that she have collected herself of late through the enjoyment of harmless pleasures, into somebody much more intact.

Over the last months in Italy, Gilbert word has largely been pleasure, but that word doesn't match every single part of her, or she wouldn't be so eager to get herself to India.

After four months ago. Gilbert will leave Italy noticeably bigger than when she arrived.

4.5.3 Elizabeth Gilbert Journey in India

Stepping from Italy's attitude of excess to the quiet, vegetarian, meditation community of an Ashram in India should have been overwhelming for Gilbert, yet the steady calmness and spiritual devotion of lengthy meditation session and time working in service is exactly what she needs to calm her troubled soul.

No longer filling her heartbreak over her failed marriage with heavy foods, Gilbert frees her mind and spirit to meditate on her life and grow closer to God.

Gilbert's plane lands in Mumbai around 1:30 AM. It's December 30. She find her luggage, then find taxi that will take her out of the city to the Ashram, located in a remote ruel village.

Gilbert pull up to the front gate of the Ashram at 3:30 AM, right in front of the temple. As she is getting out of the taxi, a young man in Western clothes and a wool hat steps out of the shadows and introduces himself. He is Arturo, a twenty-four year old journalist from Mexico and a devotee of Gilbert's Guru. One of Gilbert first roommates at the Ashram was a middle aged African-American devout Baptist and meditation instructor from South Carolina. Her other roommates, over time, would

include an Argentinean dancer, a Swiss homeopath, a Mexican secretary, an Australian mother of five, a young Bangladeshi computer programmer, a pediatrician from Maine and a Filipino accountant. Others would come and go, as devotees cycled in and out of their residencies.

This Ashram is not a place you can casually drop by and visit. First of all, it's not wildly accessible. It's located far away from Mumbai, on a dirt road in a rural river valley near a pretty and scrappy little village.

When you're travelling in India, especially through holy sites and Ashrams, you see a lot of people wearing beads around their necks. You also see a lot of old photographs of naked, skinny and intimidating yogis or sometimes even plump, kindly and radiant yogis wearing beads, too. These strings of beads are called japamalas. The necklace is held in one hand and fingered in a circle, one bead touched for every repetition of mantra. When the medieval Crusaders drove East for the holy wars, they witnessed worshippers praying with these japamalas, admired the technique, and brought the idea home to Europe as rosary.

In Ashram, going into that meditation cave everyday is supposed to be this time of divine communion. One day in meditation Gilbert fall asleep for a while. When she awake, or whatever, she feel this soft blue electrical energy pulsing through her body, in waves. It's a little alarming, but also amazing. She doesn't know what to do, so she just speak internally to this energy. And she said to it, " I believe in you " and it

From that place of meditation, Liz found the answer.

“ You can finish the business yourself, from within yourself, it's not only possible, it's essential “ (Gilbert, 2006 : 248).

And then, to her surprise, still in meditation, she did an odd thing, she invited her ex husband to please join her up here on this roof top in India. She asked him if he would be kind enough to meet her up here for this farewell event, then she waited until she felt him arrive. And he did arrive his presence was suddenly absolute and tangible. She could practically smell him.

Liz almost started to cry right then, but quickly realized she didn't need to. Tears are part of this bodily life, and the place where these two souls were meeting that night in India had nothing to do with the body. The two people who needed to talk to each other up there on the roof were not even people anymore. They wouldn't even be talking. They weren't even ex – spouses, not an obstinate Midwesterner and a high – strong Yankee, not a guy in his forties and a woman in her thirties, not two limited people who had argued for years about sex and money and furniture, none of this was relevant still in meditation, Liz watched these two cool blue souls circle each other, merge, divide again and regard each other's perfection and similarity, they knew everything, they knew everything long ago and they will always know everything, they didn't need to forgive each other, they were born forgiving each other.

Much later she opened her eyes, and she knew it was over not just her marriage and not just her divorce, but all the unfinished bleak hollow sadness of it, it was over she could feel that she was free.

Last night in Ashram Liz couldn't sleep. Not out of anxiety she got dressed and went out for a walk through the gardens she was so exultant, she ran straight to the clump of eucalyptus trees in the middle of the park. And she threw her arms around one of those trees, which was still warm from the day's heat, and she kissed it with such passion. Not even thinking at the time that this is the worst nightmare of every American parents whose child has ever run away to India to find herself, that she will end up having orgies with trees in the moonlight. And then Liz felt so deeply, terribly happy. It's show when she say :

"But it was pure, this love that I was feeling. It was godly I looked around the darkened valley and I could see nothing that was not god, I felt so deeply, terribly happy. I thought to myself, whatever this feeling is, this is what I have been praying for. And this is also what I have been praying to". (Gilbert, 2006 : 270)

Gilbert flight leaves India at four in the morning, which is typical of how India works. She decide not to go sleep at all that night, but to spend the whole evening in one of the meditation caves, in prayer. She is not a late-night person by nature, but something in her wants to stay awake for these last hours at the Ashram.

There are many things in Gilbert's life, she has stayed up all night to do. To make love, to argue with someone, to drive long distances, to dance, to cry, to worry. And sometimes all those things, in fact, in the course of one night. But she has never sacrificed sleep for a night of exclusive prayer.

Gilbert packs her bag and leaves it by the temple gate, so she can be ready to grab it and go when the taxi arrives before dawn. And then she walks up the hill, she goes into the meditation cave and she sits. She is alone, in there, but she sits where she can see the big photograph of Swamiji, her Guru's master, the founder of Ashram. She closes her eyes and lets the mantra come. She climbs down that ladder into her own hub of stillness. When she gets there, she can feel the world halt, the way she always wanted it to halt when she was nine years old and panicking about the relentlessness of time. In her heart, the clock stops and the calendar pages quit flying off the wall. She is not actively praying. She has become a prayer. She can sit there all night.

Gilbert doesn't know what alerts her when it's time to go meet her taxi, but after several hours of stillness, something gives her a nudge, and when she looks at her watch it's exactly time to go. She has to fly to Indonesia now.

4.5.4 Elizabeth Gilbert Journey in Bali

After the discipline of daily meditation, Gilbert slides easily into the culture of Bali, a small Indonesian island whose people have made an art of balancing life. Ketut, the aging medicine man who brought her back to this part of the world, guides her in new, easy meditations that come naturally and easy worry.

Bali is also where Gilbert learns to balance her newfound spiritual devotion with the realities of being in a relationship.

Bali is tiny Hindu island located in the middle of the two thousand mile long Indonesian archipelago that constitutes the most populous Muslim nation on earth. Bali is therefore a strange and wondrous thing, it should not even exist, yet does.

The island's Hinduism was an export from India by way of Java. Indian traders brought the religion east during the fourth century AD. The Javanese kings founded a mighty Hindu dynasty, little of which remains today except the impressive temple ruins at Borobudur. In the sixteenth century, a violent Islamic uprising swept across the region and the Shiva – worshipping Hindu royalty escaped Java, fleeing to Bali in droves during what would be remembered as the Majapahit Exodus. The high class, high caste Javanese brought with them to Bali only not a wild exaggeration when people say that everyone in Bali is the descendent of

either a king, a priest or an artist, and that this is why the Balinese have such pride and brilliance.

The Javanese colonists brought their hindu caste system with them to Bali, though caste divisions were never as brutally enforced here as they one were India. Still, the Balinese recognize a complex social hierarchy (there are five divisions of Brahmans alone). Everyone in Bali is in a clan, that everyone knows which clan he is in, and that everyone knows which clan everyone else is in. And if you get kicked out of your clan for some grave disobehonestly, you're as good as dead.

Balinese culture is one of the most methodical systems of sosial and religious organization on earth, a magnificent beehive of tasks and roles and ceremonies. The Balinese are lodged, completely held, within an elaborate lattice of customs. A combination of several factors created this network, but basically we can say that Bali is what happens when the lavish rituals of traditional Hinduism are super imposed over a vast rice growing agricultural society that operates, by necessity, with elaborate communal cooperation. Rice terrates require an unbelievable amount of shared labor, maintenance and engineering in order to prosper, so each Balinese village has a Banjar, a united organization of citizens who administer, throuhg consensus, the village's political and economic and religious and agricultural decisions. In Bali, the collective is absolutely more important than the individual or nobody eats.

Religious ceremonies are of paramount importance here in Bali. It has been estimated that a typical Balinese woman spends one, third of her waking hours either preparing for a ceremony, participating in a ceremony or cleaning up after a ceremony. Life here is a constant cycle of offerings and rituals. There are ceremonies here that must be performed once a day, once a week, once a month, once a year, once every ten years, once every hundred years, once every thousand years. All these dates and rituals are kept organized by the priests and holy men - who consult a by zantine system of three separate calendars.

It's dangerous in such a close – knit culture for people to be brutal a village's entire web of cooperation could be sliced through by one person's murderous intent. Therefore the best thing you can be in Bali is alus, which means " refined " or " even " prettified." Beauty is good in Bali, for men and women. Beauty is revered. Beauty is safety, children arretough to approach all hardship and discomfort with " ashining face ". A diat smile.

The whole idea of Bali is a matrix, a massive and invisible grid of spirits, guides, paths and customs. Every Balinese knows exactly where he or belongs, oriented within this great, intangible map. Just look at the four names of almost every Balinese citizen, first, second, third, fourth, reminding them all of when they were born in the family, and where they belong. You couldn't have a clearer social mapping system if you called your kids north, south, east, and west.

It's not a ludicrous hypothesis, therefore, to say that the Balinese are the global masters of balance, the people for whom the maintenance of perfect equilibrium is an art, a science and a religion.

When you are walking down the road in Bali and you pass a stranger, the very first question he or she will ask you is, "where are you going?" the second question is "where are you coming from?"

To a westerner, this can seem like a rather invasive inquiry from a perfect stranger, but they're just trying to get an orientation on you, trying to insert you into the grid for the purposes of security and comfort. If you tell them that you don't know where you're going, or that you're just wondering about randomly, you might instigate a bit of distress in the heart of your new Balinese friend. It's far better to pick some kind of specific direction, anywhere, just so everybody feels better.

Gilbert so free in Bali. The only thing she have to do every day is visit Ketut Liyer for a few hour in the afternoon, which is far short of a chore. The rest of day gets taken care of in various nonchalant manners. She meditate for an hours every morning using the yogic techineques her Guru taught her, and then she meditate for an hour every evening with the practices Ketut has taught her (" sit still and smile ").

Gilbert realize that all her original ideas about Balinese paradise Balie were a bit misguided. She had been telling people since she first visited Bali two years ago that this small island was the world's only true

utopia. A place that has know only peace and harmony and balance for all time. A perfect Eden with noi history of violence or bloodshed ever. She is not sure where she got this grand idea, but she endorsed it with full confidence. Even the policemen wear flowers in their hais, she would say, as if that proved it.

Gilberth finds love in Bali, Indonesia. She met ketut, a ninth generation indian medicine man, two years ago prior to this trip. She explained to him then that she wanted to learn to live in this world, and to enjoy its delights, but also to devote herself to God. He told her, “ to find the balance that you want, you must keep your feet groundeed so firmly on earth that it’s like you have four legs, instead of two. That way, you can stay in the world. But you must stop looking at the world throught your head. You must look through your heart instead. That way you will know God.

Ketut asks her to come to Indonesia to teach him English, and he, in turn, will teach her everyting he knows. She fufills her destiny and learning with Ketut, in Bali, her final destination.

She meets Wayan, a Balinese healer, and Felipe, a Brazilian man who loves and adores her with “such single minded concentration”

4.5 The Plot Development

4.6.1 Exposition

In the exposition, the author gave description about her crisis period when her turn 30. When Eat Pray Love begins, Gilbert life is in a negative place. Trying to stick it out in a failing marriage, she cries herself to sleep at night. She don't want to be married anymore. She was trying so hard not to know this, but the truth kept insisting it self to her, she don't to lie in her big house, she don't want to have a baby. But she was supposed to want to have a baby, she was thirty – one years old.

4.5.2 Ante – Climax

Gilbert doesn't want to be married anymore. It was her most sincere belief when she left her husband that they could settle their practical affairs in a few hours with a calculator months passed. Gilberts life hung in Limbo as her waited to be released, waited to see what the terms would be. They were living separately, but nothing was resolved. Bills piled up, careers stalled, the house fell into ruin and her husband's silence were broken only by his occasional communications reminding her what a criminal jerk she was.

4.6.3 Climax

That divorce, long after Gilbert would walked out of her marriage was still not happening, she would started having to put legal pressure on her husband, doing dreadful to put legal pressure on her husband, doing dreadful things out of her worst divorce nightmares, like serving papers and writing damning legal accusations (required by New York state law) of his alleged mental cruelty documents that left no room for subtlety.

4.6.4 Falling action (Resolution)

The spring of 2003 brought thing to a boiling point. A year and a half after Gilbert would left, her husband was finally ready to discuss term of a settlement, to deal with the stress, Gilbert takes a year – long trip to find herself and God. Having always considered herself a spiritual seeking person, she realizes she needs to learn how to love herself, how to deepen her relationship with the divine and most of all, how to balance these two aspect of of her heart and soul. First, she chooses Italy for its notorious persuit of pleasure, which Gilbert experiences through delicious foods.

Second, she chooses India for its reputation as a place to learn and hone meditative practices, Finally, she chooses Bali, a small Indonesian island whose people have made an art of balancing life. Bali is also where Gilbert found her truth love.

CHAPTER V

CONCLUSIONS AND SUGESTIONS

5.1 CONCLUSIONS

Basically, literary work created by an author as the reflection of the events that happen in the real world. In the other words, the works reflect the true events and social culture in an environment and some particular communities.

The literary works, then consumed by the reader as the contemplation in order to remind people that they are human being, which certainly never separate from mistake and greed.

Eat Pray Love is a fast paced spiritual memoir, its also a travel adventure, filled with delightful methapors, exellent mini, profiles, divine, experience, serious soul – searching, lots of delicious carbohydrates, cute guys, and oven some of the thing you might take with you to grandma's house. Gilbert is a witty, funny and likable pilgrim on a hero's journey. This is an adventure where a writer packs up her entire life and takes it on the road.

5.2 SUGESTIONS

The writer realizes that this analysis is far from perfection, so it would be a good idea for her colleagues to analyze the novel for more details by using any approach in order to reveal the value of this novel.

Reading a novel is an activity which may offer us knowing, besides it could be a medium for us to know various characters and conflicts may encountering our life, so the writer hopes that students want to read more novel in order to find an experience.

The writer suggest that the study of inner conflict and plot in the novels "*Eat Pray Love*" should be intensified among the English Department. And the interest in reading the novels is very essential and should be increased for better understanding of literature.

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Appendix I

SYNOPSIS

Elizabeth Gilbert has written a very entertaining and enlightening book about her travels to Italy, India, and Indonesia. Following her divorce, Elizabeth experienced a crushing depression resulting in panic, confusion, and weight loss. This is the story of her travels and explorations of three different cultures, in an effort to find balance in her life.

First, she experiences pleasure in Italy. She enrolls in Italian language classes and immerses herself in the beauty of this romantic language, and Italian culture. She has Gelati in the morning, discovers the best pizza in Italy, and shares Sardinian wine with friends. She experiences a soccer game in Italy, where the natives are the most passionate of fans, and deal with defeat by gathering at the bakery and eating cream-puffs. As she leaves Italy, she proclaims to be free from her gnawing depression, and not surprisingly, back to her normal weight.

She then travels to India where she practices hours of silent meditation at her Guru's Ashram. She does not reveal her Guru's name or the Ashram location, as to not publicize it. She especially thanks her Guru in the book's introduction.

Not claiming to be a theological scholar or the Ashram's official spokesperson, Elizabeth speaks of her experiences in India from her

personal standpoint only. Her meditations start off in frustration, as her mind whirls with seemingly endless, cluttering thoughts. However, through hours of practice of silence at the Ashram, she has "seen" God in her meditations, and has learned that God is found within herself, and to find peace one must return-to-self. This is the most important account of her travels. Her time in India is described beautifully and honestly.

Elizabeth finds love in Bali, Indonesia. Elizabeth met Ketut, a ninth generation Indian medicine man, two years ago prior to this trip. She explained to him then that she wanted to learn to live in this world, and to enjoy its delights, but also to devote herself to God. He told her, "To find the balance that you want, you must keep your feet grounded so firmly on earth that it's like you have four legs, instead of two. That way, you can stay in the world. But you must stop looking at the world through your head. You must look through your heart instead. That way you will know God."

Ketut asks her to come to Indonesia to teach him English, and he, in turn, will teach her everything he knows. She fulfills her destiny by living and learning with Ketut, in Bali, Indonesia, her final destination.

She meets Wayan, a Balinese healer, and Felipe, a Brazilian man who loves and adores her with "such single minded concentration." The reader can only share in Elizabeth's joy as her story comes to its

conclusion with her finding a balance between worldly enjoyment and divine transcendence.

This is a wonderful book of self-discovery that will nourish your soul(www.geogle.com.http://hubpages.com/hub/Eat--Pray--Love-A-Book-Summary-and-Review).



APPENDIX II

PICTURES OF THE CHARACTERS AND SETTINGS IN “ EAT PRAY LOVE “



Gilbert with Ketut in Bali



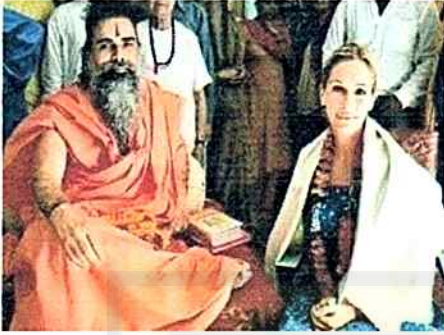
Gilbert when follow ceremony in Bali



Gilbert with Felipe in Bali



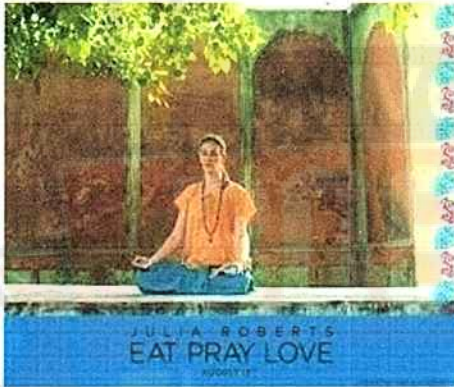
Gilbert in Italy



Gilbert with her Guru in Ashram, India



Gilbert with her boyfriends, Felipe in Bali



Gilbert when silent meditation in India



Gilbert in India