

CHAPTER I

INTRODUCTION

A. Background of The Study

Eat Pray Love is one of the most popular drama movie produced in 2010. This film was taken in four beautiful countries including America, Italy, India and Indonesia. *Eat Pray Love* movie is an American film directed by Ryan Murphy was released in August 13, 2010. The *Eat Pray Love* movie is an inspirational film based on the real story by Elizabeth Gilbert which is written in her famous memoir in the same title. This film has 133 minutes runtime, released in VCD and DVD produced by Columbia Pictured in three language versions that are English, Italian and Portuguese. In United State, it's played in 3082 screens from its firstly released on August 13, 2010. The successful also happened in Vietnam, Thailand, New Zealand, Indonesia, Hong Kong, Singapore, Australia, India, Philippines, Taiwan, Japan, Korea, and Malaysia (Scott, 2010).

This film gets many good responses from the society. The first respon come from Carolina who states that "A film I've been eagerly anticipating. I'm not a huge fan of Julia Roberts or of Romantic Dramas in general, but for me, it was the travelling and spiritual journey which was of great interest and is an enlightening true tale. This, I'm sure, will be the first of many watches". Alexis also gives her respon about *Eat Pray Love*, she states that "This was a great, heartfelt story about love, life, food and all the adventures we take and

we are forced to take in our lives. I really like it” (Carolina, 2011). Many good responses receive from the society make *Eat Pray Love* which only has \$60,000,000 for their budget; finally gain \$195,773,538 for the worldwide gross. *Eat Pray Love* also gets some awards and nominations. Some awards and nominations gotten by *Eat Pray Love* are: Black Reel Awards (2011), Central Ohio Film Critics Association (2011) and Satellite Awards (2010) (Scott, 2010).

Ryan Murphy as the movie director was born on November 30, 1965 in Indianapolis, Indiana. He began his career as a journalist, writing for publications such as *The Miami Herald*, *Los Angeles Times*, *New York Daily News* and *Entertainment Weekly*. He began writing for film in the late 1990s, co-authoring *The Furies* (1999). In 1999, he made his first famous work creating the teen comedy series *Popular* in television. His next screenplay, a comedy titled *St. Sass* (2002). Murphy made his directorial debut with the short *Need* (2005), which he also wrote. However, his greatest success came as the creator/producer/director of drama series *Nip/Tuck*. The series was popular, winning a 2005 Golden Globe, while Murphy received a 2004 Emmy in the Outstanding Directing for a Drama Series category for the pilot episode. In 2006, Murphy made his feature film debut as director/producer/writer of Sony Pictures’ *Running With Scissors* (2006). During 2011, Murphy has several films that are *Dirty Tricks*, *Face*, *Need*, and an erotic thriller *Alfred Hitchcock and the Making of Psycho* (Shimerman, 2011).

Eat Pray Love is a movie that tells about Liz played by Julia Roberts, who wakes up in the middle of the night and feels that she is unhappy in her marriage. Then she asks her husband, Stephen (Billy Crudup), for a divorce. After divorce, Liz meets David (James Franco), a “Yogi from Yonkers” and the actor who played the lead in a play that she wrote. He is quite a few years younger than her and introduces her about Yoga and her spiritual guru. Despite this new love affair, Liz still feels unsatisfied with her life, and just as her relationship with David starts to fall apart. She decides that she should go to check out for a year, travel and find happiness, God or even herself along the way. Her first destination country is Italy, where she learns how to embrace life through food. Next she travels to India, where she spends four months at an ashram to do meditation and Yoga of devotion. During her daily in ashram, she meets Richard (Richard Jenkins) from Texas who teaches her to forgive herself. Lastly she goes to Bali to study with a traditional medicine man name Ketut Liyer (Hadi Subiyanto). Finally, in this beautiful place also, she meets Brazilian man named Felipe (Javier Bardem) who brings the possibility of love into her life again (Ebert, 2010).

After watching the movie, the researcher is interested in analyzing the psychological state of the major character (Elizabeth Gilbert) because she has very important role in the plot. She decides to journey overseas Italy, India and Indonesia to find what she wants after a bitter divorce. In each country, she also learns its civilization and living aspect and finally she finds the important lesson of life that must be balance between secular happiness and

spiritual composure by doing Yoga. At the last, she also found her truly love on a man who came from Brazil named Felipe.

The researcher uses an Individual psychological approach, because the researcher intends to observe the meaning of yoga for the major character (Liz Gilbert) based on a theory which is attempts to understand the experiences and behavior of each person as an organized entity of each person. Individual psychological approach is psychological method or science founded by Alfred Adler as the pioneer. According to Adler in Rycman, Individual Psychology is a science that attempts to understand the experiences and behavior of each person as an organized entity (2004: 114).

Eat Pray Love is an interesting movie; there are three aspects that make this movie really interesting. The first aspect is the major character that is mostly explored in this movie named Liz Gilbert. Liz has a strong passion and desire to find everything that she wants. She decides the extreme way which is unusual for other people to achieves it through traveling three countries and leaving everything she has. During the journey, she tries harder to release and forgive herself from every part of unhappy episode in her life. In every country she also enjoys and learning its own civilization until she achieves all of she wants.

Eat Pray Love movie is adapted from a true story happen in a real life becomes the second interesting aspect of this film. It is a true story based on a famous memoir of Liz Gilbert that tells about her experiences in the past. *Eat Pray Love* movie presents about a common problem of a modern life so it is

enjoyable and easy for the viewer to understand the storyline. It is also gives the viewer a unique and new inspiration in life.

The last reason is *yoga* as one part of this movie that has a certain meaning for the major character in her seeking which is reflected in this movie. Through *Yoga*, Liz learns that in order to make her stay happy, she has to make her life in harmony. To achieves this harmony, she has to integrate the body, the mind, and the spirit. In order to make these three aspect be integrated, she has to make her emotion, action, and intelligence in balance. To achieve and maintain this balance, Liz practices nine step devotion of Yoga structures that she learns from Guru (people who teach about Yoga). According to Miller, Yoga refers to the complex system of physical and spiritual disciplines that is fundamental to Buddhist, Jain and Hindu religious practice throughout Asia (1998: 1).

Based on the previous reason, the writer intends to conduct a study entitled **MEANING OF YOGA IN RYAN MURPHY’S “EAT PRAY LOVE” MOVIE (2010): AN INDIVIDUAL PSYCHOLOGICAL APPROACH.**

B. Literature Review

The first study about Eat Pray Love conducted by Amita Dwi Widyanti (UMS, 2012). Her research entitled *India as Source of spirituality in Eat Pray Love Movie Directed by Ryan Murphy (2010): A Sociological Approach*. In her research paper, she concerns to exhibit India which is strongly identic with the culture of Hinduism as source of spirituality in Eat

Pray Love movie directed by Ryan Murphy (2010). She uses sosiological approach while the researcher uses an individual psychological approach to research the meaning of yoga for the major character Liz Gilbert.

The second researcher is Oktri Mulatsiwi (UMS, 2010). She conducted a research entitled *Finding Happiness Reflected in Eat Pray Love Movie Directed by Ryan Murphy: A Psychoanalytic Approach*. In her research paper, She describes about the urgency of issue happiness that is reflected in that movie.

The third reseach is Nur Azizah (UMS, 2010). She conducted a research entitled *Ways To Get Happiness in Eat Pray Love Movie (2010): An Individual Psychological Approach*. In this research, she tends to show there are some ways that motivate Elizabeth Gilbert to achieve true happiness in her life.

From previous researcher above, the researcher analyzes the meaning of yoga for the major character Liz Gilbert reflected in the movie by using An Individual Psychological Approach. It has different approach to the second researcher and use as the same approach as the third researcher. Further, the reseacher using the different source from the two previous researches.

C. Problem Statement

Considering the phenomenon, the researcher formulates the problem statement in this study as “How is the meaning of yoga to the major character reflected in Ryan Murphy’s *Eat Pray Love*?”

D. Objective of the Study

Dealing with the problem statement above, the objectives of the study is “To analyze the meaning of Yoga in Ryan Murphy’s *Eat Pray Love* movie based on the individual psychological approach.”

E. Benefit of the Study

The benefits affected from the study are as follows:

1. Theoretical Benefit

The study is hoped to give new contribution and new information to the larger body of knowledge, particularly the literary studies on *Eat Pray Love* movie.

2. Practical Benefit

The study is hoped to enrich knowledge and experience of the writer and another students of Muhammadiyah University of Surakarta and also another Universities who have interest with literary study on movie from Individual Psychological Approach.

F. Research Method

1. Type of the Study

The researcher analyzes the data using qualitative method that does not include any calculation and numerating.

2. Object of the Study

The object of the study is *Eat Pray Love* movie directed by Ryan Murphy and publishing by Sony Pictures Entertainment in 2010.

3. Type Object of the Data and the Data Source

There are two types of the data namely primary data and secondary data that are needed.

a. Primary Data

The primary data source of the study is *Eat Pray Love* movie directed by Ryan Murphy and publishing by Sony Pictures Entertainment and the script movie written by Ryan Murphy and Jennifer Salt.

b. Secondary data source

The secondary data sources consist of the other data such as biography of the author, books of literary especially psychological book and searching data from internet and other relevant information.

4. Technique of the Data Collection

The techniques of collecting data are:

- a. Watching and learning the movie repeatedly.
- b. Determining the major character that will be analyzed
- c. Arranging the data into several parts based on classification.
- d. Analyzing the data of the research based on its structural elements.
- e. Analyzing the data of the research based on individual psychological Alfred Adler's theory.
- f. Drawing conclusion based on the analyzed data.

5. Technique of the Data Analysis

In analyzing the data the researcher employs descriptive qualitative analysis in this case. The steps taken by the reseacheer in analyzing the data are as follows: The first is analyzing the data based on its structural elements. Focus will be paid on the structural analysis of the movie. The second step is analyzing the data based on individual psychological perspective. Focus will be paid on the major character and meaning of Yoga.

G. Research Paper Organization

The writer is going to organize this research in order to make easier to understand. This research is divided into five chapters: Chapter I is introduction of research. In this chapter the writer divides it into six items, they are: background of the study, literature review, problem statement, limitation of the study, objective of the study, benefit of the study, theoretical approach and research paper organization. Chapter II is underlying theory. It consists of interlanguage theory, the learning strategies theories. Chapter III is research method. It presents type of research, object of the research, data and data source, technique of data collection and technique of data analysis. Chapter IV is research finding. Chapter V is conclusion and suggestion.