

**RESISTANCE AGAINST THE TEMPTATION OF THE  
PHYSICAL ATTRACTION IN PAULO COELHO'S ALEPH  
(2010): AN EXISTENTIALIST PERSPECTIVE**



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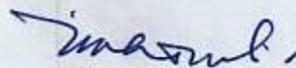
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## **RESISTANCE AGAINST THE TEMPTATION OF THE PHYSICAL ATTRACTION IN PAULO COELHO'S ALEPH (2010): AN EXISTENTIALIST PERSPECTIVE**

### **Abstrak**

Penelitian ini untuk menunjukkan bagaimana penolakan terhadap godaan secara fisik yang terlihat dalam memoar *Aleph* (2010) oleh Paulo Coelho. Penelitian ini untuk menemukan eksistensi terhadap karakter utama didalam memoar ini. Objek penelitian ini adalah memoar *Aleph* karya sastra dari Paulo Coelho. Penelitian ini menggunakan salah satu teori sastra yaitu perspektif eksistensialisme. Penelitian ini menggunakan penelitian kualitatif. Penelitian ini menggunakan data primer dan data sekunder. Data primer mengenai memoir itu sendiri sedangkan data sekunder mengambil data dari sumber lain yang berhubungan dengan memoir tersebut seperti artikel, website, jurnal, dan buku yang mengacu pada penelitian. Metode pengumpulan data adalah deskriptif. Metode analisis data adalah penelitian deskriptif kualitatif. Penolakan terhadap godaan secara fisik bisa terlihat dari memoar *Aleph* menjelaskan bahwa Paulo Coelho sebagai karakter utama adalah sosok orang yang setia dan bertanggungjawab. Penelitian ini menunjukkan bahwa penolakan terhadap godaan secara fisik melalui tiga tipe yaitu, kebebasan, kegelisahan, dan eksistensi.

**Kata kunci:** penolakan terhadap godaan, eksistensi, perspektif eksistensialisme

### **Abstract**

This research shows how is resistance against the temptation of the physical attraction seen in the memoire *Aleph* (2010) by Paulo Coelho. This research is to find out the existence of the main character in this memoire. Object of this research is memoire *Aleph* by Paulo Coelho. This research uses the one of literary theory that is existentialist perspective. This research uses a qualitative research. This research uses primary data and secondary data. Primary data about the memoire itself and the secondary data taken from the other sources such as article, website, journal, and the books related with the novel. Collecting data in this research is descriptive qualitative. Resistance against the temptation of the physical attraction shows that Paulo as the main character is a faithful and responsible person; this research shows that resistance against the temptation of the physical attraction through three types that are freedom, anxiety, and existence.

**Keywords:** resistance against the temptation, existence, existentialist perspective.

## **1. INTRODUCTION**

The issue of this research is Resistance against the Temptation of The Physical Attraction in Paulo Coelho's Aleph. In this memoir the author act as a main character. The definition of resistance is an attack that consists of fighting back against the people who have attacked you. In other words resistance is the denying something of the pressuring, while the temptation is something that we should avoid, sometimes it is look like a better than we have, then the definition of physical attraction is a desire for sexual intimacy that focus on body performance like a beauty, habit, and also showing the ability that contain of cultures and social aspect. It can be concluded the definition of resistance against the temptation of the physical attraction is the denying something that we should avoid especially a body performance. There are four researcher that analyze this memoir, the first research Paulo's Redemption in Paulo Coelho's Aleph (2013) conducted by Hardian Purwandoyo and Prof. Dr. Fabiola Dharmawati Kurnia, M.Pd. Second, Paulo's Spiritual Identity In Paulo Coelho's Aleph (2014) conducted by Achmad Furqon and Dr. Ali Mustofa, SS., M.Pd. Third, Manifestation of Theosophical Perspective in The Process of Gaining Self-Discovery in Paulo Coelho's Aleph (2013) conducted by Ratna Candra Sari. The last, Journey and Life Purpose in Aleph by Paulo Coelho (2016) conducted by Jessica Nathary Thenny Soendayana.

The research Paulo's Redemption in Paulo Coelho's Aleph (2013) conducted by Hardian Purwandoyo and Prof. Dr. Fabiola Dharmawati Kurnia, M.Pd. They use the Psychoanalysis theory by Sigmund Freud, and the research has two problems that are Paulo Coelho's Aleph published by Vintage Books is used as the main data source and the main character's journey into redemption is depicted sequentially as the experience of redemption itself. The other research is Paulo's Spiritual Identity in Paulo Coelho's Aleph (2014) conducted by Achmad Furqon and Dr. Ali Mustofa, SS., M.Pd. The author uses the Psychosocial Approach by Erik H. Erikson. The concerns of this research include vocational, political, religious/spiritual, and sexual issues, and the result of this research is Paulo has to experience a gradual process in achieving the spiritual identity.

Then, Journey and Life Purpose in *Aleph* by Paulo Coelho (2016) conducted by Jessica NatharyThennySoendayana uses Psychoanalysis Approach. The results can be seen that journey is the peoples' experience that considered as an essentials process of life. Moreover, the last is research the research Manifestation of Theosophical Perspective in The Process of Gaining Self-Discovery in Paulo Coelho's *Aleph* (2013) conducted by Ratna Candra Sari uses the Psychoanalysis Approach. The result of the research reveals that *Aleph* portrays Paulo Coelho's existential crisis and theosophical perspective and the manifestation of the relevant ideas between existentialism and theosophy. From those researches, the most of them focus on spiritual, religion, and life journey, but there is a different research from Ratna Candra Sari she is analyzes the manifestation of theosophical perspective about self-discovery. From the material and formal object, there is no researcher who analyzed about inner struggle that is why I choose this issue to be analyzed.

Based on the previous study, we know that there is no researcher who analyzed with the issue resistance against the temptation of the physical attraction. The researcher wants to analyze the factors of inner struggle and also resistance against the temptation of the physical attraction in this memoir.

The researcher uses an existentialist perspective to analyze this research. According to Gordon E. Bigelow there are six major aspects of Existentialist Perspective they are existence before essence, Reason is Impotent to Deal with the Depth of Human Life, Alienation or Estrangement, Fear, Trembling, and anxiety, The Encounter with Nothingness, and Freedom.

## **2. METHOD**

The researcher conducts a study of qualitative research. The data is analyzed by explaining descriptively. The issue of this research is resistance against the temptation of the physical attraction, it will be analyzed by existentialist perspective. The Primary data source is the original memoir that is entitled *Aleph* by Paulo Coelho that was published in 2010. While the secondary data source consist of some websites, other source such as journals, articles, books and

dictionary that appropriate with the research to support this analysis. The researcher uses the method by reading, understanding and then analyzing the existentialism of the main character (Paulo Coelho) in this memoir to answers the research questions. The researcher uses the three steps of technique in analyzing data from Miles and Huberman's (1994) book as follows: (1) Reduction Data, (2) Display Data, and (3) Conclusion and Verification Data.

### **3. FINDING AND DISCUSSION**

#### **3.1 The indicators of resistance against the temptation of physical attraction**

There are several indicators of resistance against the temptation of physical attraction in this novel such as unexpected, ignorance, avoidance, driving out, and faithfulness.

##### **3.1.1 Unexpected**

In this memoir there is an unexpecting it begins when Hilal on the train and Paulo never know her but she is following him during the trip even though he never invites her to follow him, do not pay the ticket. But she still on the train and he does not want it. He thinks that Hilal is not important for his trip. It is one of the factors of the resistance against the temptation of physical attraction in Paulo Coelho's *Aleph*. (*Aleph*, 2010, p. 213)

##### **3.1.2 Ignorance**

Ignorance can be seen when Paulo on the train he just silent, he does not pay attntion with her it begins when she said harshly to Paulo because he won't respond her partner, he thought that her attitude is rude so silent is better that arguing, it is not important for him too. Ignoring her partner is the one of indicators of resistance that shows in the memoir. (*Aleph*, 2010, p. 229)

### 3.1.3 Avoidance

The researcher found an avoidance indicators of resistance. It begins when Paulo Coelho as the main character wants to avoid the shadow which haunts him. He wants to finish the suffering that comes from carnal desire. Paulo won't be stuck in misery because of carnal desire. That's why he always prays to asking for forgiveness. Getting rid of shadow is one of the indicators of resistance that showed in this memoir. (*Aleph*, 2010, p. 412)

### 3.1.4 Driving out

Driving out implied into his conversation. It begins when Paulo asks her to get out of his room and told her to take a rest on the train. He tries to resist in a room with Hilal because he won't be spending time with her. Driving out is one of the ways to resist something, it is one of the indicators in this memoir. (*Aleph*, 2010, p. 463)

### 3.1.5 Faithfulness

The researcher found the main indicator of resistance against the temptation of physical attraction that is faithfulness. It begins when he realized that he loves another woman who is waiting for him at home she is his lovely wife. He won't be caught in the wrong way just because he cannot control his lust. He prefers still loving his wife than spending the time with her and also he won't make his wife feel disappointed because of his life past. The researcher thinks if Faithfulness the main reason to resist a temptation of physical attraction that sowed by another woman. (*Aleph*, 2010, p. 464).

## 3.2 Depiction of Resistance

### 3.2.1 Characters

The researcher found there are three types of character as follows: Resisting Character, Tempting Character and Supporting characters.

### 3.2.1.1 Resisting Character

The resisting character is Paulo Coelho as a main character in this memoir. Besides being main character Paulo also the writer of this memoir. In this memoir Paulo shows the indicators of resisting it can be seen from unexpected, ignorance, avoidance, driving out, and faithfulness.

### 3.2.1.2 Tempting Character

Tempting character is Hilal. She is a beautiful, smart, young girl even she is a violist. In this memoir Hilal as a tempting character because there are some acts that showed by Hilal to tempt Paulo such as She always follow Paulo wherever he goes. When Paulo has an activity Hilal always waiting for him, sometimes she follow to Paulo's room even Hilal persuades him to make love.

### 3.2.1.3 Supporting Characters

The researcher found there are three supporting characters they are A translator, Paulo usually call him Yao. Yao is the one of characters which support the main characters in this memoir. Then, An editor. He is a supporting character which is following Paulo during the trip. He is someone who is guiding Paulo to do Aikido, this treatment maybe can help Paulo to avoid the negative vibes in him, and the last character is A publisher is a supporting character that is following Paulo in the trip. A publisher almost same with the editors' character.

### 3.2.2 Setting

The researcher found there are four places used by the author in this memoir. Paulo describe those places of events to explain the story clearly. First, the first place is Lobby Hotel this is being the place when Hilal often waiting for Paulo. Second, on the wagon, in this place Paulo ignoring Hilal. Third, in the bedroom, in his room he forbids Hilal to take a rest in his room. Then, the last setting is on the mattress, in this place Paulo thought that He realized that he loves another woman who is waiting him at home and Paulo wants to take a rest suddenly, there is a shadow of Hilal and he wants to avoid the shadow which haunt him.

### 3.2.3 Events

There are four events created by Paulo Coelho in this memoir. This is the important part to explain the story in this memoir. It begins when Paulo attending Book Fair in London, then Trip through Trans-Siberian Railway from this event Paulo first time meet with Hilal and the beginning of Hilal follows him. After several times Hilal try to tempt Paulo. The most of time their spent on the train. The next event is Paulo resist the temptation. Paulo more conscious if he did a false with hilal. He often reject the temptation that is doing by Hilal. And the 1st event is Paulo separated with Hilal. In the airport Paulo tells Hilal to go home but Hilal deny it. Paulo find a way to make her happy. he looking for some people and give a rose one by one as a say goodbye from him.

### 3.2.4 Style

#### 3.2.4.1 Sentence construction

Sentence construction found into two types that are tempting and resisting. Hilal as the tempting character, she a sentence construction, she uses an imperative sentence to tempt Paulo. and Paulo as the resisting character, he uses the statement, imperative even angry sentence, he uses the negative resiting sentence.

#### 3.2.4.2 Diction

There are two types of diction, they are special epression and borrowing expression. first, speial expression it can be seen in a short conversation Hilal says "*Where have you been?*" (Aleph, p.310). "*Where have you been?*" is not an empty question. It has a special term and meaning if someone asking like that, it is not only ask an existence but also saying "I missed you", "I want to be with you", "I need you" and "I need to know what you have been up to". It shows that Hilal need him and want to be with Paulo. And then borrowing expression as follows: Aikido is a term of martial art, Spalla is a term of violin, Aleph is a term of spiritual, Mug is a term of cup, and the last is Bodice Wool it is refers to a cloth especially jacket.

### 3.2.4.3 Imagery and Symbol

#### 3.2.4.3.1 Imagery

The researcher found an imagery when Paulo want to take a rest in his room after he drives out Hilal from his room. Now he lies down and looks at the rooftop, he sees a lamp on the top. It draws a mood of Paulo that he feels so confuse.

#### 3.2.4.3.2 Symbols

There are two symbols in the memoir they are Hilal and Shaman. Hilal is a term of The Omnipresent. In this memoire Hilal as called a young woman who is smart, beautiful, and a violist. While Shaman is the term of a religious that belief shamanism.

### 3.3 Reason of Addressing the Resistance

He is a faithful man; it shows from his blog especially in tumbler. He writes some words about love and faithfulness. It can be seen on his books, he makes some quotes about love such as *“none of us knows what might happen even the next minute, yet still we trust. Because we have faith”* (Paulo Coelho, *Brida*), *“one is loved because one is loved. No reason is needed for loving’* (Paulo Coelho, *The Alchemist*), *“when we love, we always strive to become better than we are. When we strive to become better than we are, everything around us become better too”* (Paulo Coelho, *The Alchemist*). And *“when someone leaves, it’s because someone else is about to arrive”* (Paulo Coelho, *The Zahir*). Those quotes show that Paulo always grateful with all of his life include his love.

After analyzing this novel, the researcher found the existentialist perspective according to the major aspects of Bigelow. First, the researcher found the *freedom* that showed by Paulo in this memoire. It happens when Paulo met by Hilal in his trip and she is a part of his life past. He must make a choice to finish the temptation. Paulo stay to loving his wife and leave Hilal. He thinks that life has the freedom and everybody has the freedom of choosing a woman. Because love cannot be forced although they look so beautiful. An *anxiety* implied in this memoire when Paulo feel lack of spiritual in himself. The fear appearance in his

mind with all of the old memories in the past. Then, *existence* be found when Paulo make a decision to resisting the temptation that showed by Hilal and he choose to faithful with his wife.

#### **4. CONCLUSION**

Based on the analysis of the previous chapter, the researcher find out there are three conclusions to answer the problem statement that submitted on the chapter I. First, there are five indicators of resistance against the temptation of the physical attraction as follows: unexpected, ignorance, avoidance, driving out, and faithfulness. Second, the resistance is depicted the memoir through characters, setting of place, events, and styles. Third, the reason why did Paulo Coelho address the resistance against the Temptation in this memoir is because Paulo want to show the readers that he is a faithful person. It is showed on the some quotes that written in his novels. There are several quotes about love and faithfulness.

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