

**THE EXISTENCE OF ELIZABETH GILBERT TO FIND HER
IDENTITY IN *EAT, PRAY, LOVE* BY ELIZABETH GILBERT (2006):
AN EXISTENTIALISM STUDY**



**Submitted as a Partial Fulfillment of the Requirements
for Getting Bachelor Degree of Education
in English Department**

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APPROVAL

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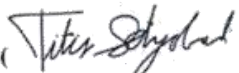


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Abstrak

Tujuan dari penelitian ini adalah untuk menemukan jati diri Elizabeth Gilbert dan untuk menunjukkan esensi di dalam novel *Eat, Pray, Love*. Penelitian ini adalah penelitian kualitatif. Sumber data utama dari *Eat, Pray, Love* karya Elizabeth Gilbert (2006). Sumber data kedua dari buku yang terkait dengan penelitian ini, jurnal online, tesis, dan makalah penelitian lainnya. Peneliti menggunakan teknik dokumentasi untuk mengumpulkan data. Dalam menyajikan validitas data, peneliti menggunakan triangulasi dari Denzin (2009). Penelitian ini menggunakan teori *existentialism* oleh Jean-Paul Sartre. Berdasarkan hasil tersebut, peneliti menemukan beberapa kesimpulan. Pertama, berdasarkan analisis eksistensialisme, peneliti menemukan keberadaan Elizabeth Gilbert melalui kebebasan memilih dan juga tanggung jawabnya. Kedua, esensi Elizabeth Gilbert dalam novel ini. Peneliti menemukan keberadaan Elizabeth Gilbert dalam novel *Eat, Pray, Love* melalui kebebasan bertindak yang dilakukan Elizabeth Gilbert dalam novel ini.

Kata kunci: eksistensi, esensi, *Eat, Pray, Love*

Abstract

This research aims to find the identity of Elizabeth Gilbert and to show the essence in the novel *Eat, Pray, Love*. It is a qualitative research. The primary data source is the novel *Eat, Pray, Love* by Elizabeth Gilbert (2006). The secondary data sources are including books that related to this research, online journals, theses, and other research papers. The researcher uses the documentation method to collect the data. In presenting the data validity, the researcher uses triangulation by Denzin (2009). This research applies the theory of existentialism by Jean-Paul Sartre to analyze data. Based on the result, the researcher found some conclusions. First, based on existentialism analysis, the researcher found the existence of Elizabeth Gilbert through her freedom of choice and also her responsibility. Second, the essence of Elizabeth Gilbert in this novel. The researcher found the existence of Elizabeth Gilbert in *Eat, Pray, Love* novel through the freedom of action that Elizabeth Gilbert take in this novel.

Keywords: existentialism, essence, *Eat, Pray, Love*

1. INTRODUCTION

According to Panza and Gale. Existentialism is the philosophy that makes an authentically human life possible in a meaningless and absurd world (Cagri Tugrul Mart, 2012). When we are talking about humans, we cannot separate from their essence. If we discuss its existence, everything in this world has two principles that explain its state, namely essence and existence.

Filda Hilmia Adibah (Adibah, 2018) conducted research entitled “*The Existence of Will Traynor To Define His Life In Me Before You Novel*”. It discussed Will as the main

character of freedom. In here, Will has the freedom to choose his life between staying alive or committing suicide. The result of this research is about the main character choices and responsibilities in his life. To analyze Will Traynor's characterization in this research as the basic theory, the researcher uses new criticism. The deeper research about existence and essence is used in Jean-Paul Sartre's theory. Next, Larashinta Indah Prawesti (Prawesti, 2018) "*Feminism As Seen Through Gilbert's Response In Comforting The Patriarchal Practices In Eat, Pray, Love*". The research aim is to explore feminism through Gilbert's response in dealing with patriarchal practice in eat pray love novel by Elizabeth Gilbert. This research formulates three problems to guide the analysis. The first discusses the practice of patriarchy theory in the story. Second, the formulated problem discusses the practice of patriarchy which happens in the story. And the last formulated problems discuss the actions and thought taken by Gilbert which shows the feminism and leads to revealing the characteristic of Gilbert. Third, Ni Made Sri Indrawasari (INDRASWARI, 2015) "*Women and Men's Language in The Novel 'Eat, Pray, Love' by Elizabeth Gilbert*". This research aims to find differences between the languages used by male and female characters in the novel and also find several factors that influence the differences. The theory used in this thesis is the theory of women's language proposed by Lakoff (1975). The result is It can be concluded that in some cases, it was found that women with good educational background and status were more polite than men. Women always show femininity in their conversations, and men always show masculinity in their conversations. Last, Alfi Nikmatin in 2018 (Nikmatin, 2018) "*Elizabeth's Journey To Search For Her Identity in Eat, Pray, Love Novel by Elizabeth Gilbert*". This research discussed Elizabeth's journey to search for her identity. The aim of this research is to describe Elizabeth's life to search for her existence through her journey to another country, there are Italy, India, and Indonesia. This research uses existentialism theory by Soren Kierkegaard. The result of this study finds that Elizabeth's journey reflects her existence through Kierkegaard's three stages of life. There are aesthetic stage, ethical stage, and religious stage.

The researcher chooses this novel because it gives the readers especially women readers many lessons. We can learn many lessons from Elizabeth Gilbert as the main character in this novel. It gives us many suggestions to be a brave woman, being no too afraid with something that we never know, and always take our decision in every struggle that we faced. The researcher conducts research entitled *The Existence of Elizabeth Gilbert to Find Her Identity in Eat Pray, Love Novel by Elizabeth Gilbert (2006): An Existentialism Study*. The aims are to analyze the existence and the essence of the main character.

2. METHOD

The researcher uses qualitative method. According to Vanderstoep and Johnston (Santosa, 2015, p. 42), qualitative research is a research that produces narrative or textual descriptions of the phenomenon under study, so the researcher provides a richer and more in depth understanding of the population. The object of this research is the existence of Elizabeth Gilbert in *Eat, Pray, Love* by Elizabeth Gilbert using an existentialism study. The primary data source from this study is the novel *Eat, Pray, Love* written by Elizabeth Gilbert. The novel was published on February 16th, 2006, and it has 352 pages. The secondary sources of data are from books that related to this research, online journals, theses, and other research papers. This research used the documentation method to collect data. There are six methods to collect data, as follow: 1) Reading *Eat, Pray, Love* repeatedly; 2) Searching and browsing to get information from online books, websites, and research papers; 3) Reading books about existentialism study; 4) Identifying and analyzing the topic of this novel; 5) Taking note of main data from a primary data source and secondary data source; 6) Arranging the data based on the classification. In presenting data validity, the researcher used triangulation by Denzin. According to Denzin (Fusch, Fusch, & Ness, 2018) there are four types of triangulation. These included: 1) Data Triangulation is collecting data from various sources using the same methods. 2) Investigator triangulation is the perspective of the researcher. 3) Theory triangulation is applying an existentialism study. 4) Methodological triangulation is using documentation methods. There are several steps in which the researcher would do to analyze the data : 1) Analyzing the list selected and collected the narration and conversation from the novel. 2) Describing based on the evidences in the selected data list. 3) Analyzing the collected data based on the theory and concept in theoretical framework to strengthen the argument. 4) Drawing conclusion based on the result of data analysis.

3. FINDING AND DISCUSSION

3.1 Finding

3.1.1 Elizabeth Gilbert's Existence to find her Identity

3.1.1.1 Through Elizabeth Gilbert's Freedom of choice

According to Sartre (Eyüp ŞAHİN**, 2014). Existentialism is a doctrine which leads one's life and shows that every truth and every action embraces an environment, a humanistic subjectivity. The word 'subjectivism' has two meanings: "It means on the one hand, that an individual chooses and makes himself; and, on the other, that it is impossible for man to transcend human subjectivity. The second of these is the essential meaning of existentialism".

According to Sartre in Sholikah Arum Sari's research (SARI, 2012). Existentialism points out human's freedom to choose. According to Nellickappilly. Freedom is the freedom to make choices in life (Mohammad Iqbal, 2018). According to Markus and Kitayama, Choice is often seen as originating from one's preferences, goals, and value (Sela, Berger, & Kim, 2017). The freedom of choice that Elizabeth Gilbert shows is about her decision to divorce her husband. Liz was feeling depressed in her married life with her husband. She cannot be who truly she is. She cannot be herself After her bad divorce, she met David, and she decided to take her freedom of choice to chose David to be her next lover. But several months later, she separated from David. Then Liz decided to take her time travelling around the world. Travelling is her hobby. She made up her mind to leave all of her job in New York to travelling, and she try to fix all of her problems by travelling. So, this is what Liz chooses to travel in three countries. According to Sartre (Geoffrey Saxby, 2020) "*We are alone, with no excuses...man is condemned to be free*".

3.1.1.2 Through Elizabeth Gilbert's Responsibility

According to Sartre (Briedis, 2009, p. 80). The first effect of existentialism is that it puts every man in possession of himself as he is, and places the entire responsibility for his existence squarely upon his shoulders. And, when we say that man is responsible for himself, we do not mean that he is responsible only for his own individuality, but that he is responsible for all man... in choosing for himself he chooses for all men. Human is not only free but also is demanded to responsible for his freedom with a choice of action. We can see the responsibilities of Liz when she divorce her husband and giving all of her money, house, apartment, assets, also the royalties of her book. This is one of the responsibilities that Liz did from the divorce. Then, she got purchased by the publisher by writing about her travels. So, it gave income to Liz's life. That is show Liz's responsible after she lost her money and assets for divorce. The last is, when she chose to take her time and spent her money to travel in three countries. She combines her freedom of choice to travelling and the responsibility into once by doing a magazine job that prevented her from going anywhere. So, her responsibility can be filled while she was travelling. That is not only the way she finds her identity but also the way she did her job. So, the freedom of choice and responsibility can be done together.

3.1.2 Elizabeth Gilbert's Essence

Sartre (Sawwa & Neimneh, 2016, p. 108) said that "*existence precedes essence ... man first of all exists, encounters himself, surges up in the world – and defines himself afterwards*". According to Sartre. Human freedom precedes essence in man and makes it possible; the essence of the human being is suspended in his freedom. What we call freedom is impossible

to distinguish from the being of 'human reality' (Gerard T. CAMPBELL, 2020). Sartre is an atheist philosopher. According to Gillespie (Norris, 2018) writes that Sartre rejects God and incorporates the concept of God into his thinking. God is paradoxically both absent and present. The existence precedes essence is show by Elizabeth Gilbert in herself. We know that Liz is a writer. Everyone knows she is a writer. As a writer, she proves that she writes down her work through a book and screenwriter. Her theatre script has shown by David. According to Bigelow (Wirahadi, 2008), atheistic and religious existentialists have a different interpretation about freedom. It is very different if we believe in God. If we think that God exists, and believe that God knows what was created. Then, for humans, it applies essence precedes existence.

3.2 Discussion

In this discussion part, this research discussed existentialism and also the essence of Elizabeth Gilbert in the novel *Eat, Pray, Love* by Elizabeth Gilbert. This research uses Existentialism theory by Jean-Paul Sartre. In this novel, the existentialism of Elizabeth Gilbert through her freedom of choice, her responsibilities, and about the essence after she gets her existence by her freedom of choice and her responsibility to find her identity.

First is her existentialism by freedom of choice that she did and also the responsibilities of her choice. In this existentialism analysis, the research found Elizabeth's identity through her freedom of choice in the novel *Eat, Pray, Love*. There are divorced her husband, travelling in three countries and decided to find a new lover. She bravely makes her decision and made up her mind to find her identity. The responsibilities are giving all her money and properties to ex-husband, and making money by writing books.

Second, the researcher found the essence of Elizabeth Gilbert in *Eat, Pray, Love* novel. This is based on Jean-Paul Sartre's "existence precedes essence" which means doing something or act first, and we got the result later of what we've had done. The essence is showed by Elizabeth Gilbert in herself. She is a writer, she writes novels, magazines and short stories. She has skills in writing. One of her short stories is very successful, which made it become performing. She also has a lot of fans of all her masterpiece. She got recognition from many people.

4. CONCLUSION

The researcher used the novel *Eat, Pray, Love* by Elizabeth Gilbert (2006) to analyze existence of Elizabeth Gilbert. This novel told about the journey of Elizabeth Gilbert to find her identity. It applied an existentialism study by Jean-Paul Sartre. The result of this research

presents two conclusions, as follows: first, the researcher found the existence of Elizabeth Gilbert in *Eat, Pray, Love*. There are Elizabeth Gilbert's freedom of choice and the responsibility. Second, the researcher found the essence of Elizabeth Gilbert in *Eat, Pray, Love* novel through the freedom of action that Elizabeth Gilbert take in this novel.

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