

**FAMILY CONFLICT IN *EAT, PRAY, LOVE*  
MOVIE: A SOCIOLOGICAL APPROACH**



**Submitted as a Partial Fulfillment of Requirements for Getting Bachelor Degree of  
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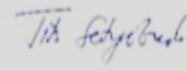
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Hence later, if it is proven that there are some untrue statements in this testimony, I will fully be responsible.

Surakarta, 18 June 2021

The Researcher



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## **FAMILY CONFLICT IN *EAT, PRAY, LOVE* MOVIE: A SOCIOLOGICAL APPROACH**

### **Abstrak**

Penelitian ini bertujuan untuk meneliti konflik keluarga yang terjadi dalam film *Eat, Pray, Love* serta menjelaskan mengapa konflik tersebut bisa terjadi. Jenis penelitian ini adalah penelitian deskripsi kualitatif dengan menggunakan pendekatan sosiologi. Data penelitian ini berupa pengamatan pada film *Eat, Pray, Love* yang dilengkapi dengan tuturan-tuturan yang ada didalam film tersebut. Teknik pengumpulan data menggunakan langkah-langkah sebagai berikut: Membaca, Menjelajahi dan membaca artikel yang terkait, Mencatat hal-hal penting yang terkait dengan studi, Membuat kesimpulan dan sarannya. Ruang lingkup penelitian ini adalah konflik keluarga dalam film *Eat, Pray, Love* dan menggunakan pendekatan sosiologis. Di sini, pendekatan sosiologis digunakan untuk menganalisis konflik dalam film *Eat, Pray, Love*. Namun dalam penelitian ini peneliti hanya menganalisis masalah apa saja yang terjadi pada film *Eat, Pray, Love* dan faktor-faktor yang menyebabkan terjadinya masalah tersebut. Hasil penelitian ini adalah: Pertama apa yang menyebabkan konflik keluarga itu terjadi yaitu: Kegagalan dalam pernikahan, Pindah ke rumah baru, Bepergian jauh untuk kesenangan pribadi, Masalah perceraian yang tidak pernah berakhir, Sakit hati yang disebabkan oleh banyak harapan. Faktor apa saja yang mempengaruhi konflik dalam sebuah keluarga adalah ketidakjujuran, ancaman, dan perkelahian. Serta bagaimana cara mengatasi konflik keluarga yaitu dengan mencoba komunikasikan kehidupan dengan jelas dan jujur di italia, berusaha menenangkan di india, mencoba meletakkan emosi di Indonesia.

**Kata Kunci:** Sosiologi, Konflik keluarga, Film.

### **Abstract**

This study aims to examine family conflicts that occur in the film *Eat, Pray, Love* and to explain why these conflicts occur. This type of research is a descriptive qualitative study using a sociological approach. The data of the research are in the form of observations on the *Eat, Pray, Love* movie which are equipped with the stories in the movie. The data collection technique uses the following steps: Reading, Browsing and reading the related articles, Taking notes of the important related with the study, Identifying the conflict problem, Making conclusion and its suggestion. The scope of this research is family conflict in the *Eat, Pray, Love* movie and used a sociological approach. Here, a sociological approach is used to analyze the conflict in the *Eat, Pray, Love* movie. However, in this study the researchers only analyzed what problems occurred in the *Eat,*

*Pray, Love* movie and the factors that caused these problems. The results of this study are: First, what causes family conflict to occur, namely: failed in marriage, moved to a new house, traveling long distance to personal pleasure, never ending divorced issues, a heartbreak caused by much expectations. Any factors that influence conflict in a family are dishonesty, the threat, and war. And how to deal with family conflicts are try to communicate life clearly and honestly in Italy, try to stay calm in India, try to put the emotions in Indonesia.

**Keywords:** Sociological, Family conflict, movie.

## 1. INTRODUCTION

The study is concentrated on the Family Conflict in *Eat, Pray, Love* movie directed Elizabeth Gilbert and inspired by her real life. The director made the movie based on their own experience and the journey of their lives about woman not success her marriage with her husband. Family conflict is often associated with low self-control in someone (Willems Y. E., de Zeeuw, E. L., van Beijsterveldt, C. E. M., Boomsma, D. I., Bartels, M., & Finkenauer, C. 2020). Sometimes also their story or experience from other person in their society, it can be from their mind and feel. In this modern era, people in the world get conflict in their lives. (Sari, 2017) mentioned that a harmonious family formed because of a communication, mutual respect between family members, as well as having time with family, without conflict or troubles in life nothing will be happen and can make some interested to people. Conflict can be caused by their experience of economic, work, love and also family problem. Most of *Eat, Pray, Love* movie tell about conflict until they have depression after divorce and pour it out by visiting three countries in a year namely Italy, Indonesia and India.

*Eat, Pray, Love* movie was directed by Ryan Patrick Murphy a director, screenwriter, and producer from America with another best known for producing or co-creating television series. He was born in Indianapolis, Indiana, United States, America 9<sup>th</sup> November 1965 and has two children, Logan Phineas and Ford marriage with photographer David Miller since July 2012. Ryan Murphy graduated from Warren Central High School in Indianapolis, and he attended Catholic school from first through 8<sup>th</sup> grade. Murphy attended to Indiana University Bloomington majored in journalism. Ryan Murphy's mother wrote five books and she worked in communications for over twenty years before retiring. Ryan Murphy's father work in the newspaper industry as a circulation director. He has known with one of best-selling adaptation movie by Elizabeth Gilbert's *Eat, Pray, Love* the 2010 American biographical romantic drama movie and starring Julia Roberts as Elizabeth Gilbert in real life. This filming locations include

New York City (United States), Delhi and Pataudi (India). Rome and Naples (Italy), and Padang-Padang Beach at Bali (Indonesia).

*Eat, Pray, Love* movie released on 13<sup>th</sup> August, 2010 in United States, this movie also has a financial success grossing \$204.6 million against a \$60 million budget. Here Elizabeth Gilbert as an author have all the things that a modern woman craves, a husband, a successful career, a home. But like the others she is lost, confused, and looking for what he really wants in life. Divorced with her husband and Elizabeth Gilbert came out of her comfort zone, risking everything to change her life, starting from her touring around looking for herself. On the journey, he found pleasure from food in Italy, the power of prayer in India, and unexpectedly he found true inner peace and love in Indonesia.

There any four reasons why the researcher was very interested about this movie: the first reason because the movie is realistic, story in the movie is real experiences of Elizabeth Gilbert's life and adapted to the movie by Ryan Murphy as a director. The story of this movie inspired by true story of Elizabeth Gilbert and tells about divorce caused by family conflict, and the journey of Elizabeth Gilbert tune out feelings of depression in various countries. The second reason is because conflict with her husband caused she has a divorce, the third reason is attractive setting because this movie shows beautiful scenery started location in New York (United States), the beauty building in Italy, good religion and culture in India, beautiful beach and view in Bali. The fourth reason is because of the conflicting value, in this movie, Elizabeth Gilbert creating a character that is exactly the same as himself and in accordance with his personal experience. One of Elizabeth Gilbert's character, had a depression in her life that results panic, confusion and weight loss.

The researcher uses the Sociological Approach to analyze this movie, because the story of the movie is about woman and her husband conflict about all of her life experiences from the beginning to the end when he sought his identity which began to fade with the many problems that occurred in her life even they had a divorce. A sociological approach to understanding our self and its parts (self-identity) that the society in which someone is acting, and keep in mind that someone always acts in the social context in which other people are located (Roskos, Handal, & Ubinger, 2010). Research in the field of family conflict resolution has focused on resolving partner conflicts in the movie (Roskos, P. T., Handal, P. J., & Ubinger, M. E. 2010).The problem

statement of this paper is how the family conflict reflected in *Eat, Pray, Love* movie?. Dealing with the problem statement above, the objectives of the study is to analyze the movie based on the sociological approach.

Based on the illustration above, the researcher want to analyze this *Eat, Pray, Love* movie by using Sociological Approach with entitled **Family Conflict in *Eat, Pray, Love* movie: A Sociological Approach.**

**Problem Statement:** Based on the issue of family conflict above, the researcher breaks down the issue into three research questions as follows: What family conflict happens, What factors cause the family conflict, How to solve the family conflict.

**Objectives:** Concerning with the problems of the study, there are some objectives of the study that can be result as follows: To analyze what the family conflict happen, To examine what the factors cause the family conflict, To analyze how to solve the family conflict.

## **2. METHOD**

The collected data were analyzed and presented descriptively using qualitative method. The analysis was focused on analyzing the family conflict happening in *Eat, Pray, Love* movie dealing with the purpose of the study. On the second step, the data are analyzed on the classification and characteristics that refer to the main problem. The data collection is done by using library researches method and internet researches method. These materials are both taken from libraries and internet sites. The data are collected by categories: each taken carefully to match criteria needed, that are the data in line with the purpose of research. The data collection technique uses the following steps: Reading, Browsing and reading the related articles, Taking notes of the important related with the study, Identifying the conflict problem, Making conclusion and its suggestion. The scope of this research is family conflict in the *Eat, Pray, Love* movie and used a Sociological Approach with from Alan Swingewood and Diana Laurenson (Laurenson, Diana., & Swingewood, Alan. 1972. *The Sociology Of Literature*. New York: Schocken Books.) and the researcher paraphrased the theory by some relevant books and relevant sources.

### 3. FINDING AND DISCUSSION

#### a. The family conflict happen

##### 1) Marriage Failure

In the movie, the main character had serious problems that will be destroy the life of the main character, so that the main character's life is threatened with the failure of marriage. It also caused the main character in a movie experienced a lot of suffering in his life. The phenomena here were related with some causes, they are physical reasons and the mental reasons that were experienced in the characters of the movie. Before showed some evidence and caused the character suffered of the marriage with her husband.

*00:10:28,003 --> 00:10:30,629*

*"I do not want a be married."*

The conversations above is evidence of the main character Liz, who does not want to be married.

##### 2) Moving to a new house

In this movie, it is also depicted that before officially divorce by her husband, Liz had been living with her new boyfriend David.

The conversation depicted when Liz was in a house with her boyfriend David.

*00:28:30,084 --> 00:28:32,126*

*"I don't know how to be here."*

*00:28:32,294 --> 00:28:35,922*

*"You wanna know how to be here?"*

*Stop constantly waiting for something"*

##### 3) Traveling long distance to personal pleasure

One of the things that triggers the conflict in the family is that one of person choose to avoid the problem, and did not choose to solve it first. Liz's character, it seemed hurry to be separated from her husband. Therefore she chose to leave the country he currently lived and

chose to go to Italy, India and Indonesia to learn something so that she would forget more of her life problems.

It is also seen between Liz and her friend conversation plans herself to left.

*00:28:40,594 --> 00:28:53,439*

*"I'm going to Italy and then I'm going to David's guru's ashram in India. and I'm going to end the year in Bali. That's what I'm gonna do."*

4) Never ending divorced issues.

The phenomenon that happened by the characters in this movie had a divorce, which make them greatly suffered and never ends. This incident really made these two figures suffer. The character faced a problem as an interminable divorce.

*00:20:26,726 --> 00:20:37,652*

*"But I believe with every molecule of my body that you will find the person that wants just what you want. That will give you what you want and what you deserve. I am not her"*

The conversation was above states that the main character wanted to go her husband. But she felt sad that her husband did not want her to just let her go

5) A Heartbreak caused by much expectations.

The main character involved with the love affair after being in the divorced process. She had a love affair with a man named David, before her husband had finished signing the divorced papers. David in the movie as a supported character but is very influential on the main character because she also caused the main character had a serious heartbreak after she left her husband.

a. Factors cause the family conflict.

This research will explained about the phenomena of the movie caused of the conflict character. There are five phenomena happened such as: Failed in a Marriage, Moved to a new house, Traveling long distance to personal pleasure, Never ending divorced issues, A heartbreak caused by much expectations.

## b. Cognitive Reasons

Most of the characters in the movie *Eat, Pray, Love* are very concerned with personal needs, and consider each person's priorities to be different. This is why they always disagree over personal opinions. The conversation below explains that the point of view of men and women is different with the affairs of their respective lives:

### 1. Dishonesty

In a family, surely thing that is most feared is that dishonesty on the part of one side starts to emerge.

*00:07:09,638 --> 00:07:27,488*

*“Thank you, but I was thinking more of like education. Getting my masters, going back to school. I don't know. You know?. I-- You know.”*

It seems that Stephen who wants to continue his study but his wife looks surprised because they do not openly share their opinions before.

### 2. The threatening

Another thing that poses a threat to a family is when someone says a word that shouldn't be said. This also becomes a self-threatening thing, so that it becomes a dispute and conflict in the family.

*00:10:28,003 --> 00:10:30,629*

*“I don't wanna be married.”*

*00:21:01,302 -->00:21:13,480*

*“How about i take the blame?”*

*I am the one who couldn't deal with another weekend roaming some box-shaped superstore buying appliances on credit and pretending to be a couple that neither one of us ever knew how to be.”*

The two sentence became a threat that Liz said to her husband, made Stephen felt like a failed to married also that Liz threatened her husband, how would her husband behave when he was going to do something together, such as shopping.

### 3. Squabbling

War often occur in a relationship, especially in a husband and wife. Every day there is bound to be something that can caused conflicts. Every day there is bound to be something that can caused conflicts, as seen in the following conversation bellow.

*00:19:21,577 --> 00:19:30,836*

*“Okay, so here's the deal. You have screwed up my life but what I wanna knowis why couldn't you find yourselfin our marriage? Why didn't yousay what you were thinking?”*

#### A. The Role of Important Characters in the Movie

In this movie there are also characters that can influence a married couple in this movie. They are David, and Delia. David even though his role was a supporting character but he was very influential with the life of the main character, Liz.

##### 1. Delia

*00:22:28,472 --> 00:22:29,764*

*“Liz. You remember a couple of years ago, when you threw yourself into the renovation of your kitchen? You were consumed with being the perfect wife and*

*cook. Well, i think chanting and meditation is the same thing in a different costume.”*

Even in a state of despair, her best friend Delia is also very concerned about Liz so that she doesn't fall back on her life now. Therefore, the Delia's character in this movie also very influential in her love life

## 2. David

David's character here is very important, because it is David who can change the love story and life of Liz. Started from, Liz was invited to get to know God more deeply in India as in the conversation below:

*00:16:05,298 --> 00:16:10,552*

*“And i just had this feeling like I was looking in all the wrong places.”*

## B. The Resolving of the Family Conflict

How do you deal with conflicts that occur in husband and wife characters in the movie? That is the question to provide the resolution of the conflict for Stephen and Liz's characters based on the movie *Eat, Pray, Love* by Elizabeth Gilbert. The researcher of this thesis will prove what the characters in the movie did to go away from the problem and explain into three main factors, there are a. Try to communicate by the life clearly and honestly, b. Try to stay calm, c. Try to put the emotions. The main character also follow that way to overcome their problems choose three countries to visit, there are Italy, India and Indonesia.

### 1. Trying to communicate life clearly and honestly in Italy.

For the first to visit is Italy. Liz chose Italy to recover his problem. The main character Liz, is supposed to speak Italian as the main language spoken in Italy, but she uses a dictionary like to start talking to other people in the movie. She also tried new things like; Learn Italian with someone, and learn more easily through conversations with other people.

### 2. Trying to stay calm in India.

The first *thing* that Liz come to the Ashram which is a small village in India, Liz started to do yoga to improve herself. What she did at the Ashram was

previously done by her boyfriend David, who also knew her about yoga. Yoga is the best way to increase the efficiency and researcher will explain about yoga and the function of yoga itself, yoga is done by meditating independently or with other people. According to Dr. Ravindra M. Gothi (2019) yoga began to be practiced and believed since ancient times to improve physical and mental fitness. Yoga can bring peace of mind, increase self-confidence, strengthen self-discipline and self-completion, can reduce stress and anxiety and most importantly increase vitality and energy throughout the body.

3. Trying to put the emotions in Indonesia.

In visited Indonesia for the last trip, the main character Liz studied the art of balanced worldly pleasures and spiritual transcendence. Liz thought that Bali was a beautiful place that could make it felt like in heaven. Reason the main character visited Bali is caused of Ketut. Ketut is a medicine man who predicts the life of the main character as told began of the movie, as she usually visiting Bali.

#### **4. CLOSING**

Based on the analysis in the chapter four, the study comes to the following conclusions. Firstly, the family conflict experienced by the major character consists of Marriage Failure, Moving to a new house, Traveling long distance to personal pleasure, Never ending divorced issues, A heartbreak caused by much expectations. In the movie, the main character had serious problems that will be destroy the life of the main character, so that the main character's life is threatened with the failed of the marriage. It also caused the main character in a movie experienced a lot of suffering in his life. Secondly, the factors causing the family conflict are experienced by the cognitive reasons like dishonesty, the threatening, squabbling and also caused by the role important characters in the movie like Delia as a Liz best friend and David as a Liz new boyfriend. Thirdly, the solution of the family conflict in *Eat, Pray, Love* move is choose three countries to visit and resolve her conflict, firstly she go to Italy to communicate life clearly and honestly, second she go to India to learn how to stay calm, and go to Indonesia to put the emotions. She got the result that she was different from before seen from his behavior, until he successfully completed his book. Moreover, the main character Liz is not afraid to get back together and she has made her latest relationship with Felipe her boyfriend.

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