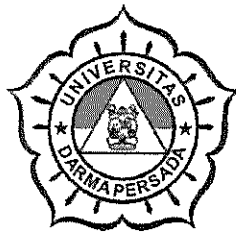


**THE REFLECTION OF HIERARCHY OF NEEDS
CONCEPT ON CHARACTER ELIZABETH
IN NOVEL EAT, PRAY, LOVE
BY ELIZABETH GILBERT**

TERM PAPER

**Submitted in part-fulfilling for obtaining
Strata One (S-1) Degree**



By

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STRATA ONE (S-1) OF ENGLISH DEPARTMENT

FACULTY OF LETTERS

UNIVERSITY OF DARMA PERSADA

JAKARTA

2014

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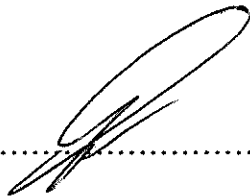
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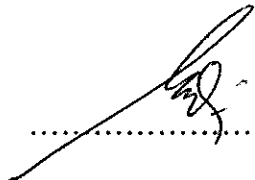
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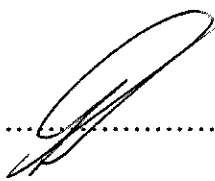
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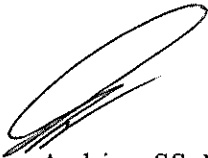
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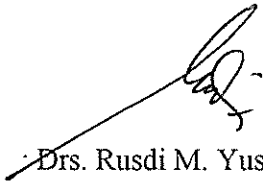
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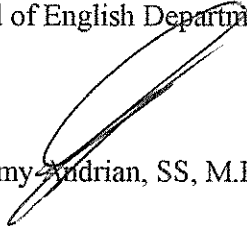
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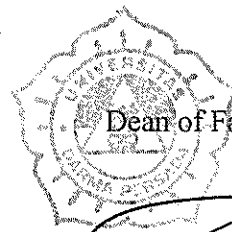
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Dean of Faculty of Letters

FAKULTAS SASTRA


Syamsul Bachri, SS, M.Si

PREFACE

Praise the Lord, finally I could complete this term-paper well, which entitled *The Reflection of Hierarchy of Needs Concept on Character Elizabeth in Novel Eat, Pray, Love by Elizabeth Gilbert*.

This term-paper is submitted to the Strata One English Department of Darma Persada University as a partial fulfillment of the requirements for obtaining the Strata One (S1) degree. Having done my utmost, I myself still believe that this research is far from being perfect; however, for me this is the best work I have ever made.

Completion of this research cannot be separated from the help and support from various parties. Therefore, I would like to say my thanks to those who give contribution for me in the completion of this research, which I listed as follows:

1. Mr. Tommy Andrian, SS, M.Hum as the Head of Faculty of Letters. Your advice is so helpful and inspiring. You really know how to give motivation to people.
2. Mr. Drs. Rusdi M. Yusuf, MA as the Reader who thoroughly checked and repaired the word by word in this term-paper.
3. All lecturers of English Department who have given me so much knowledge and experience.
4. Mr. Syamsul Bachri, SS, M.Si as the Dean of Faculty of Letters.
5. My Parents, my late *Daddy* and *Mommy* who always give me support to finish my term paper. With your love, endless prayers, and priceless advices I was finally able to finish this research and finish my education in Darma Persada University.
6. My lovely sisters, Anggie and Sirana who give me spirit in making my day as happy as before.
7. My best aunt Marisi Situmorang, SE, thank you for everything.
8. My lovely grandma Tiopita Lumbanraja, SSos, thank you for the motivation.

9. My best friends in Repost48 & PPM48 Rinaldy Adipratama, SH, Steven Mursalim, Bobby Patrya Ginting, dr. Henri Purnomo and Juni Fairnando, S.Kom who stay with me through good times & bad times. You all have done so much to me over the years. Give the moral support and shared the knowledge. Thank you for everything.
10. Sonya Pandarmawan who inspires me.
11. All my fellow friends at campus that I cannot mention one by one for your support.

Nobody is perfect. Therefore, constructive criticisms are welcome. Overall, I hope this research can give a bit contribution to the language education, especially to the field of literature, and to further pedagogical research.

Jakarta, 4 July 2014

Writer

Doli Bingar .P

ABSTRACT

Name : Doli Bingar Panjaitan
Program of Study : S-1 of English Literature
Title : The Reflection of Hierarchy of Needs Concept on
Character Elizabeth in Novel *Eat, Pray, Love* by
Elizabeth Gilbert

This term paper discusses a literary novel by using intrinsic and extrinsic approaches. For the intrinsic approaches, the writer uses characterization, setting, and plot. The writer also uses the extrinsic approaches through the hierarchy of needs theory by Abraham Maslow. The term-paper is a qualitative research that combines literature and psychological approaches. It uses novel *Eat, Pray, Love* by Elizabeth Gilbert as the primary source, and is supported by some literatures related to relevant theories, concepts and definitions, as secondary sources.

Keywords: Characterization, Setting, Plot, Hierarchy of Needs

ABSTRAK

Nama : Doli Bingar Panjaitan
Program Studi : Sastra Inggris S-1
Judul : Pencerminan Konsep Kebutuhan Bertingkat Pada Karakter Elizabeth Dalam Novel Eat, Pray, Love Karya Elizabeth Gilbert

Skripsi ini membahas tentang karya sastra novel dengan menggunakan pendekatan intrinsik dan ekstrinsik. Melalui pendekatan intrinsik penulis menggunakan perwatakan, latar, dan alur. Penulis juga menggunakan pendekatan ekstrinsik melalui teori kebutuhan bertingkat oleh Abraham Maslow. Skripsi ini merupakan penelitian kualitatif yang mengkombinasikan pendekatan sastra dan psikologi. Skripsi ini menggunakan novel Eat, Pray, Love karya Elizabeth Gilbert sebagai sumber primer, dan didukung oleh beberapa literatur yang terkait dengan teori, konsep, dan definisi yang relevan sebagai sumber sekunder.

Kata Kunci: Perwatakan, Latar, Alur, Kebutuhan Bertingkat

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CHAPTER I

INTRODUCTION

A. Background of The Problem

Psychologist Abraham Maslow developed the motivation theory. He said that we are all motivated by needs. Some needs are more important than others so he arranged them into a hierarchy of needs pyramid which consists of five needs. There are physiological needs, safety needs, love and belongingness needs, self-esteem needs, and self-actualization needs. The most basic needs at the bottom and the self-actualization needs at the top. According to Maslow, we must meet our basic needs first before we are concerned to the needs at a higher level. For example, a person who is starving is not motivated to seek safety.

Connecting the hierarchy of needs theory with the story of the novel *Eat, Pray, Love* by Elizabeth Gilbert, Elizabeth Gilbert's *Eat, Pray, Love* 2010 is a novel which describes the personal life of the writer where she has everything related to her life such as having a modern home, successful career and husband. She is actually an American modern woman, educated and ambitious eventually she feels unhappy in her marriage & initiated a divorce with her husband, Steven. In contrast, she becomes panic, sorrow and hesitates. She feels depression, failure of love and loss of hope, therefore she decides to look for a meaningful life. All of those problems put her life in terrible way. Then, she tries to recover all of her problems by selling everything she has, leaving her occupation and visiting three different countries alone with the purpose of seeking harmony in her life.

She spent four months in Italy, eating and enjoying life. ("Eat"). She spent three months in India, finding her spirituality ("Pray"). She ended the year in Bali, Indonesia, looking for "balance" of the two and found love ("Love") in the form of a Brazilian businessman, Felipe.

I think this story is suitable being analyzed through the hierarchy of needs concept by Abraham Maslow. Here we can see Elizabeth's effort to achieve those five needs in the hierarchy of needs pyramid. Furthermore, this novel has many values of life and morality from which we can get good lessons.

Eat, Pray, Love is written by Elizabeth Gilbert in 2006. Gilbert published *Eat, Pray, Love: One Woman's Search for Everything Across Italy, India and Indonesia* (Viking, 2006), a chronicle of her year of "spiritual and personal exploration" spent traveling abroad. Aside from books and writing, she has passion in cooking, politics & journalism. Gilbert was born in Waterbury, Connecticut. Her father was a chemical engineer, her mother a nurse. Along with her only sister, novelist Catherine Gilbert Murdock, Gilbert grew up on a small family Christmas tree farm in Litchfield, Connecticut. The family lived in the country with no neighbors, and they didn't own a TV or even a record player. Consequently, they all read a great deal, and Gilbert and her sister entertained themselves by writing little books and plays.

Gilbert earned a Bachelor of Arts degree in Political Science from New York University in 1991, after which she worked as a cook, a waitress, and a magazine employee.

Gilbert was married to Michael Cooper from 1994 to 2002. As of 2013, Gilbert lives in Frenchtown, New Jersey, with her husband, Jose Nunes. Gilbert met Nunes in Bali while on her travels in *Eat, Pray, Love*. The two were married in 2007 and run a large, Asian import store called "Two Buttons".

Stern Men (2000), *The Signature of All Things* (2013) are other books written by her.

B. Identification of the Problem

Based on the background of the problem above, I identify that the problem of this research is: Elizabeth's journey to fulfill her hierarchy of needs by exploring new

things in different countries and achieving her personal peace. I assume that the theme of this novel is about the reflection of hierarchy of needs concept on character Elizabeth in novel *Eat, Pray, Love* by Elizabeth Gilbert..

C. Limitation of the Problem

Based on the identification of the problem above, I limit this research to the study of Elizabeth, Felipe, and Steven characterizations. Theories and concepts I use are intrinsic and extrinsic approaches. Through intrinsic approaches I use *characterization, setting, and plot*. Through extrinsic approaches I use *the hierarchy of needs theory by Abraham Maslow*.

D. Formulation of the Problem

Based on the limitation of the problem above, I formulate the problem whether my assumption is correct that the theme of this novel is *The Reflection of Hierarchy of Needs Concept on Character Elizabeth in Novel Eat, Pray, Love by Elizabeth Gilbert*. To answer this question, I formulate the problem as follows:

1. Can the methods of telling and showing be used to analyze the characterization in this novel?
2. Can the concept of setting and plot be used to analyze this novel?
3. Can the concept of hierarchy of needs theory by Abraham Maslow be used to analyze the character of Elizabeth in this novel?
4. Can the theme of this novel be reinforced through the hierarchy of needs theory by Abraham Maslow and literature approaches?

E. Objectives of the Research

Based on the formulation of the problem above, the objective of this study is to show that the theme of this novel is *The Reflection of Hierarchy of Needs Concept on Character Elizabeth in Novel Eat, Pray, Love by Elizabeth Gilbert*. To fulfill this purpose, I have to take some steps as follows:

1. To analyze the characterization through the methods of telling and showing.
2. To analyze the novel through the concept of setting and plot.
3. To analyze the character of Elizabeth through the concepts of hierarchy of needs theory by Abraham Maslow.
4. To reinforce the theme through the hierarchy of needs theory by Abraham Maslow and literature approaches.

F. Framework of the Theories

Based on the objective of the research above, in this research I use the concept of intrinsic and extrinsic approaches. For the intrinsic, I use literary approaches of characterization, setting, and plot. Meanwhile, for the extrinsic approach, I use the hierarchy of needs theory by Abraham Maslow.

1. Intrinsic Approaches

The word *intrinsic* means something that is related to the essential nature of thing. Through this approach, I use the concepts of James H. Pickering and Jeffrey D. Hoepfer in his book titled *Concise Companion to Literature*:

a. Characterization

*Characterization is the process by which an author creates, develops, and presents of character.*¹ The methods I use to analyze this novel are telling and showing methods.

1) Telling Method (Direct)

Telling Method (*Direct*) relies on exposition and direct commentary by the author. We learn and look only at what the author calls to our attention.² Direct methods of revealing characters' characterization by telling method include characterization through the use of names, characterization through appearance, and characterization by the

¹ Pickering and Hoepfer, *Concise Companion to Literature* (New York: Macmillan Publishing, 1981), p. 24.

² *Ibid.*, p. 27.

author. But in this research I will analyze it through characterization by the author.

a) *Characterization by the Author*

In the most customary form of telling, the author interrupts the narrative and reveals directly, through a series of editorial comments, the nature and personality of the characters, including the thoughts and feelings that enter and pass through the characters' minds. By so doing the author asserts and retains full control of characterization.³

2) *Showing Method (Indirect)*

The method of characterization which involves the author's stepping aside, as it were, to allow the characters to reveal themselves directly through their dialogue and their actions.⁴

a) *Characterization through Dialogue*

Some light fiction reproduces dialogue as it might occur in reality, but the best authors trim everything that is inconsequential. What remains is weighty and substantial and carries with it the force of the speaker's attitudes, values, and beliefs. Some characters are careful and guarded in what they say: they speak only by indirection, and what we must infer from their words what they actually mean. Others are open and candid; they tell us, or appear to tell us, exactly what is on their minds. Some characters are given to chronic exaggeration and overstatement; others to understatement and subtlety.⁵

b) *Characterization through Action*

To establish character on the basis of action, it is necessary to examine the several events of the plot for what they seem to reveal about the characters, about their unconscious emotional and

³ *Ibid.*, p. 30.

⁴ *Ibid.*, p. 27.

⁵ *Ibid.*, p. 32.

psychological states as well as about their conscious attitudes and values. Some actions, of course, are inherently meaningful in this respect than others. A gesture or a facial expression usually carries with it less significance than some larger and overt act.⁶

b. Setting

*Setting in fiction is called on to perform a number of desired functions.*⁷

It may serve five elements such as:

1) Setting as Background for Action

Fiction requires a setting or background of some kind, even if it only resembles the stage set of the daytime television soap opera. Kind of setting that exists by and large for its own sake, without any clear relationship to action or characters, or at best a relationship that is only tangential and slight.

2) Setting as Antagonist

Setting in the form of nature can function as a kind of casual agent or antagonist, helping to establish plot conflict and determine the outcome of events.

3) Setting as a Means of Creating Appropriate Atmosphere

Many authors manipulate their settings as a means of arousing the reader's expectations and establishing an appropriate state of mind for events to come.

4) Setting as a Means of Revealing Character

An author can also use the setting to clarify and reveal character by deliberately making setting a metaphoric or symbolic extension of character.

5) Setting as a Means of Reinforcing Theme

Setting also be used a means of reinforcing and clarifying the theme of novel or short story.

⁶ *Ibid.*, p. 34.

⁷ *Ibid.*, p. 38.

c. Plot

*Plot is the way related to the story or drama.*⁸ *A plot is also a narrative of events, the emphasis falling on causality.*⁹ There are five elements in the plot:

1) Exposition

The exposition is the beginning section in which the author provides the necessary background information, sets the scene, establishes the situation, and dates the action. It may also introduce the characters and the conflict, or the potential for conflict. The exposition may be accomplished in a single sentence or paragraph, or, in the case of some novels, occupy an entire chapter or more.¹⁰

2) Complication

The complication, which is sometimes referred to as the rising action, breaks the existing equilibrium and introduces the characters and the underlying or inciting conflict. The conflict is then developed gradually and intensified.¹¹

3) Crisis

The crisis (also referred to as the climax) is that moment at which the plot reaches its point greatest emotional intensity; it is the turning point of the plot, directly precipitating its resolution.¹²

4) Falling Action

Once the crisis, or turning point, has been reached, the tension subsides and the plot moves toward its appointed conclusion.¹³

5) Resolution

The final section of the plot is its resolution; it records the outcome of the conflict and establishes some new equilibrium or stability

⁸ *Ibid.*, p. 25.

⁹ *Ibid.*, p. 13.

¹⁰ *Ibid.*, p. 16.

¹¹ *Ibid.*, p. 17.

¹² *Ibid.*,

¹³ *Ibid.*,

(however tentative and momentary). The resolution is also referred to as the conclusion.¹⁴

2. Extrinsic Approaches

a. The Definition of Psychology

Psychology is the scientific study of behavior and mental processes. The term “psychology” comes from the Greek words “psyche” (the soul) and “logos” (study) and reveals the original definition as the study of the soul (later, of the mind). *Scientific study* implies using such tools as observation, description, and experimental investigation to gather information and then organizing this information. *Behavior* is defined broadly to include actions that can be readily observed, such as physical activity and speaking, as well as other “mental processes” that occur even though they cannot be observed directly, such as perceiving, thinking, remembering, and feeling.¹⁵

b. The Hierarchy of Needs Theory by Abraham Maslow

Famed psychologist Abraham Maslow was born on April 1, 1908, Brooklyn, New York. Maslow argued that each person has a hierarchy of needs that must be satisfied. He died in Menlo Park, California, on June 8, 1970.¹⁶

There are five different levels in Maslow’s hierarchy of needs:¹⁷

1) Physiological Needs

These include the most basic needs that are vital to survival, such as the need for water, air, food, and sleep. Maslow believed that these needs are the most basic and instinctive needs in the

¹⁴ *Ibid.*

¹⁵ Ernest R. Hilgard, Richard C. Atkinson, and Rita L. Atkinson, *Introduction to Psychology Six Edition* (United States of America: Harcourt Brace Jovanovich, Inc, 1975), p. 10.

¹⁶ “Abraham Maslow”; Thursday, February 06, 2014; available from <http://www.biography.com/people/abraham-maslow-9401669>

¹⁷ “Five Levels of the Hierarchy of Needs”; Saturday, December 14, 2013; available from <http://psychology.about.com/od/theoriesofpersonality/a/hierarchyneeds.htm>

hierarchy because all needs become secondary until these physiological needs are met.

2) Security Needs

These include needs for safety and security. Security needs are important for survival, but they are not as demanding as the physiological needs. Examples of security needs include a desire for steady employment, health care, safe neighborhoods, and shelter from the environment.

3) Love and Belongingness Needs

These include needs for belonging, love, and affection. Maslow described these needs as less basic than physiological and security needs. Relationships such as friendships, romantic attachments, and families help fulfill this need for companionship and acceptance, as does involvement in social, community, or religious groups.

4) Self-esteem Needs

After the first three needs have been satisfied, esteem needs becomes increasingly important. These include the need for things that reflect on self-esteem, personal worth, social recognition, accomplishment, and freedom.

5) Self-actualization Needs

This is the highest level of Maslow's hierarchy of needs. Self-actualizing people are self-aware, concerned with personal growth, less concerned with the opinions of others, and interested fulfilling their potential.

G. Methods of Research

Based on the framework of the theories above, I use a variety of qualitative research methods, type of literary research, interpretive/analysis research with the method of data collection in the form of literary text from the novel titled *Eat, Pray, Love* by Elizabeth Gilbert as a primary source and is supported by some

literatures related to the suitable theory, concepts, and definitions as a secondary source.

H. Benefits of the Research

Based on the methods of the research above, this research is expected to be useful for those who are interested in deepening knowledge of the novel *Eat, Pray, Love* by Elizabeth Gilbert. This research is also useful because it is done through a new perspective by applying concepts of the hierarchy of needs theory by Abraham Maslow. I hope that this research is appropriate for future research and for those who want to conduct a research about literary works.

I. Systematic Organization of the Research

Based on the benefits of the research above, the systematic organization of the research is written as follows:

CHAPTER I: INTRODUCTION

It consists of: Background of the Problem, Identification of the Problem, Limitation of the Problem, Formulation of the Problem, Objective of the Research, The Framework of Theories, Methods of the Research, Benefits of the Research, and Systematic Organization of the Research.

CHAPTER II: NOVEL *EAT, PRAY, LOVE* BY ELIZABETH GILBERT THROUGH INTRINSIC APPROACHES

It contains a glimpse of characterization through telling and showing methods, setting, and plot.

CHAPTER III: THE REFLECTION OF HIERARCHY OF NEEDS CONCEPT ON CHARACTER ELIZABETH IN NOVEL *EAT, PRAY, LOVE* BY ELIZABETH GILBERT THROUGH EXTRINSIC APPROACHES

It contains analysis of the theme using the concepts of hierarchy of needs theory by Abraham Maslow on the main character, Elizabeth.

CHAPTER IV: CONCLUSION

It contains conclusion on how the theme reflects *The Reflection of Hierarchy of Needs Concept on Character Elizabeth in Novel Eat, Pray, Love by Elizabeth Gilbert*. It presents an overview of the research subjects in the previous chapters.

BIBLIOGRAPHY

Scheme of the Research

Attachment

Abstract