

**LIZ'S JOURNEY IN ACCOMPLISHING HER NEEDS
TO FULFILL EMPTINESS OF HER LIFE DEPICTED
IN *EAT PRAY LOVE* MOVIE**

THESIS

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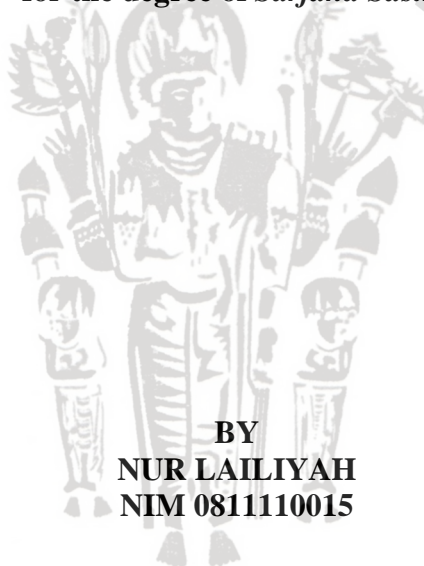


**STUDY PROGRAM OF ENGLISH
DEPARTMENT OF LANGUAGES AND LITERATURE
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2012**

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Presented to
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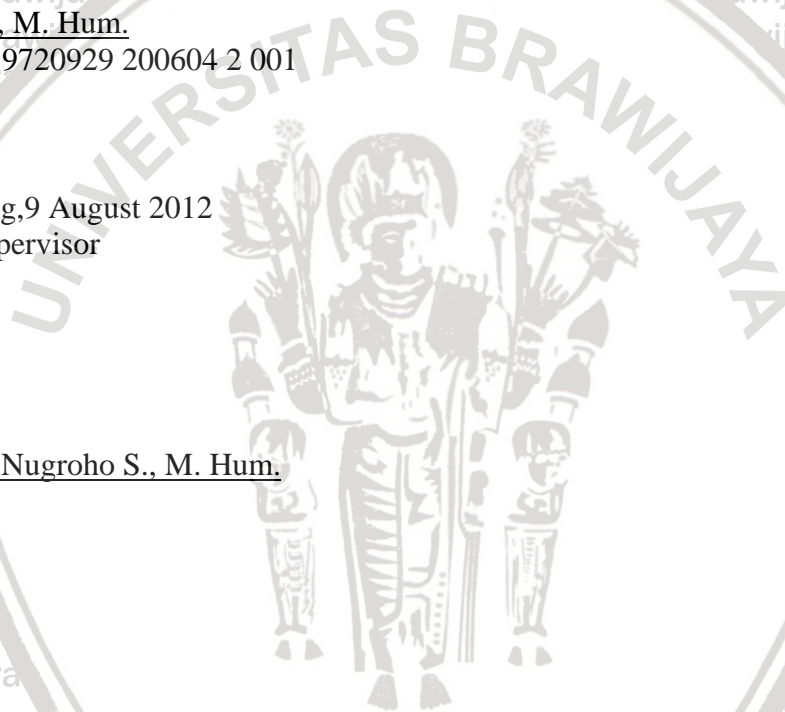
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ABSTRACT

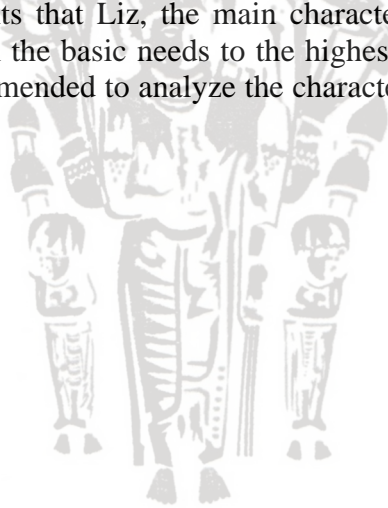
Lailiyah, Nur. 2012., **Liz's Journey in Accomplishing Her Needs to Fulfill Emptiness of Her Life Depicted in *Eat Pray Love* Movie.** Study Program of English, Department of Languages and Literature, Faculty of Culture Studies, Universitas Brawijaya. Supervisor: Juliati; Co-supervisor: Fredy Nugroho S.

Keywords: emptiness, maslow's hierarchy of needs, self-actualization.

Self-actualization is an important need to be reached. Having everything does not guarantee people's happiness. People will feel empty and restless if they cannot reach self-actualization needs. This condition is reflected in a movie entitled *Eat Pray Love* this movie tells about journey of a woman in gaining her needs in life and identity. Liz

The research employs psychological approach. The theory of hierarchy of needs proposed by Abraham Maslow is applied in this study to analyze and interpret the data. Movie studies will also be employed in order to support the research.

The study results that Liz, the main character of *Eat Pray Love* movie, reaches her needs from the basic needs to the highest level of need. For the next researchers, it is recommended to analyze the character from psychoanalysis point of view.



ABSTRAK

Lailiyah, Nur. 2012. **Perjalanan Liz Memenuhi Kebutuhannya Untuk Mengisi Kekosongan Hidup yang Terefleksikan dalam Film *Eat Pray Love***. Program Studi Sastra Inggris, Jurusan Bahasa dan Sastra, Fakultas Ilmu Budaya, Universitas Brawijaya. Pembimbing: (I) Juliati (II) Fredy Nugroho S.

Kata Kunci: kekosongan, teori kebutuhan bertingkat Maslow, aktualisasi diri

Aktualisasi diri merupakan suatu kebutuhan penting yang harus dicapai. Memiliki segalanya tidak menjamin kebahagiaan seseorang. Manusia akan merasa hampa apabila mereka tidak dapat memenuhi kebutuhan akan aktualisasi dirinya. Hal tersebut juga tercermin pada film. *Eat Pray Love* merupakan sebuah film yang menceritakan perjalanan seorang wanita memenuhi kebutuhan dalam hidupnya dan mencari identitas dirinya.

Penelitian ini menggunakan pendekatan psikologi yaitu teori kebutuhan bertingkat yang diperkenalkan oleh Abraham Maslow, untuk menganalisa data. Selain itu, teoritentang film juga digunakan sebagai teori pendukung dalam skripsi ini.

Hasil penelitian menunjukkan bahwa Liz, karakter utama film *Eat Pray Love*, memenuhi kebutuhannya, d. Bagi peneliti selanjutnya penri level kebutuhan dasar hingga level kebutuhan tertinggi. Bagi peneliti selanjutnya penulis menyarankan kepada mahasiswa jurusan sastra untuk menganalisa karakter dari sisi psikoanalisis.

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Malang, 9 August 2012

The writer,

TABLE OF CONTENTS

TITLE PAGE	i
DECLARATION OF AUTHORSHIP	ii
SUPERVISORS' APPROVAL	iii
BOARD OF EXAMINERS CERTIFICATE OF APPROVAL	iv
ABSTRACT	v
ABSTRAK	vi
ACKNOWLEDGEMENTS	vii
TABLE OF CONTENTS	viii
TABLE OF FIGURES	x
CHAPTER I INTRODUCTION	
1.1 Background of the Study	1
1.2 Problem of the Study	5
1.3 Objective of the Study	5
CHAPTER II REVIEW OF RELATED LITERATURE	
2.1 Maslow's Hierarchy of Needs	6
2.1.1 Physiological Needs	7
2.1.2 Safety Needs	7
2.1.3 Belonging and Love Needs	8
2.1.4 Esteem Needs	9
2.1.5 Self-Actualization Needs	9
2.2 Film Studies	10
2.2.1 Elements of Cinematography	11
2.3 Previous Study	11
2.4 Research Method	12
CHAPTER III FINDING AND DISCUSSION	
3.1 The Physiological Needs	15
3.2 The Safety Needs	22
3.3 The Belonging and Love Needs	28
3.4 The Esteem Needs	32
3.5 The Self-Actualization Needs	35
CHAPTER IV CONCLUSION AND SUGGESTION	
4.1 Conclusion	44
4.2 Suggestion	45

REFERENCES

46

APPENDIX

48



TABLE OF FIGURES

Figure 3.1.1 Liz needs her appetite to make her life is better	16
Figure 3.1.2 Liz enjoys her food and her mood is better	17
Figure 3.1.3 Liz enjoys her pizza	18
Figure 3.1.4 Sofi helps Liz to button her jeans	20
Figure 3.1.6 Liz is angry because she does not have sex with David	21
Figure 3.2.1 Liz feels awful in her marriage	25
Figure 3.2.2 Liz regrets for having relationship with David	27
Figure 3.3.1 Liz is around people who love and respect her	30
Figure 3.4.1 Liz gets achievement to be Little Suzy cream cheese	34
Figure 3.5.1 Sofi makes sure that Liz need to find her word	36
Figure 3.5.2 Liz is happy in seeing Wayan and Tutti's happiness	39
Figure 3.5.2 Liz is happy in seeing Ketut's happiness	40
Figure 3.5.3 Liz decides to accept Felipe's offer	43



CHAPTER I

INTRODUCTION

This chapter mainly discusses about the background, problem, and objective of the study. In order to give more detail of the introduction, this chapter also covers explanation of the significance of the study.

1.1 Background of the Study

Human is created as social being and as individual being. Social being means that human needs to interact with other people around to survive his/her life in this world, while individual being means that human copes with him/herself. Sometimes people isolates himself in facing problem. Both social being and individual being cannot be separated because they affect each other.

Individual problem can affect society, as well as social problem can affect individual.

The emergence of the problem often causes someone isolates him/herself. Though one seems to have everything, he or she does not feel happy. Probably she or he cannot find the purpose of his/her life that makes feel empty. Bhikkhu (1997, para 1) states that emptiness is a mode of perception, a way of looking at experience. This mode is called emptiness because a heart is empty and people usually need to add to experience to make sense of it. Thus people get in the way when they try to understand and solve the problem of suffering.

Emptiness is described as an elusive and disturbing feeling of numbness, inability to feel anything emotionally, or not having any purpose (Gallozzi, 2001

para 1). As the description above, emptiness can be described as a situation once one feels lack in his life and does not have any purpose in his life. That condition will overwhelm the emotional or mental focus in hidden manner, and it can influence one's action. Gallozzi (2001, para 2) states that emptiness often accompanies depression, loneliness, despair, or other mental or emotional disorders such as borderline personality disorders.

Emptiness often involves alienation. The alienation can be temporary or long period, such as alienation that forces some people to accept the situation or even alienation that makes one hates him/herself. Feeling emptiness often comes from familial background; for example, one's need is ignored by his/her parents is considered as a second class, one has separation experience, and one experiences outright abuse can be the cause of emptiness. A feeling of emptiness may also be temporary, as a result of separation, death of the beloved one, or other significant changes to one's life. Besides, the social environment also has impact in one's emptiness.

As explained above, emptiness effects do not consider age, everyone may feel empty. However, the causes of emptiness depend on the age of the people because every group of age has different stages of development. When people feel empty inside, they will not have any ambition in their life, they do not know what they must do. As a result, people need to find what they need and what make them happy when they feel empty.

Based on Maslow (1943), needs of people are divided into five hierarchies starting from the basic or the main needs in human life until the highest level of

the human need. In order to get pride in life, human needs to fulfill his/her need step by step start from the basic needs to the highest needs. Besides, when needs are accomplished, people will get happiness in their life. For that reason, people always try to get their need.

Issue about someone who tries to get his/her need in life can be seen in some movies, one of the them is *Eat Pray Love*. This movie is based on real life. It is adapted from a novel published on 2006 with the same title written by Elizabeth's Gilbert. Since the book was released, it remained on The New York Times Best Seller list for 187 weeks and it also got a predicate from American Booksellers Association as the best seller book. In line with the book, the movie also got many awards since it was released on August, 13, 2010.

Eat Pray Love tells about a journey of a woman named Liz Gilbert to find the meaning of her life. At 32 years old, Elizabeth Gilbert is an educated woman, she has a home, a husband, and a successful career as a writer. She is unhappy in her marriage and decides to divorce, but in some cases she still remember about her ex-husband. That condition makes her decides to leaving her life in New York and traveling to many countries alone.

After finishing her difficult divorce, Liz spends the next year traveling around the world to forget her failed marriage. She spends four months in Italy, eating and enjoying life. Then she spends three months in India, finding her spirituality. She ends the year in Bali, Indonesia, looking for "balance" of the two and find love.

When she is in Italy, she enjoys many foods, pizza, spaghetti, gelato, and cappuccino. She also studies Italian language because she is interested in sounds of Italian language. In Italy, as an American people who are always busy, she learns about how to enjoy her life.

Leaving Italy, she is ready for her four months of meditation in India. These four months are spent in a Guru's ashram near Mumbai. When Liz is at the ashram, she is enthusiastic to practice yoga and find God. In India she remembers about her marriage when she attends her friend marriage party. But her friend, Richard, tells Liz to move on, calm and grateful, to the final destination of her journey.

In Bali, Liz interacts with a few local Balinese. She meets a Brazilian named Felipe, their relationship begins does not work smoothly when the man asks her to marriage. She has traumatic for marriage after the divorce, she stays away from the man although she loves him. But, in the end of the story, Liz decides her choice and the story ends with her finding true love.

An interesting point that is used as the object material in this thesis is the reasons of Liz's unhappiness and her journey to satisfy her needs. Therefore, the title of the study ***"Liz's Journey in Accomplishing Needs To Fulfill Her Emptiness of Life Depicted in Eat Pray Love Movie"***.

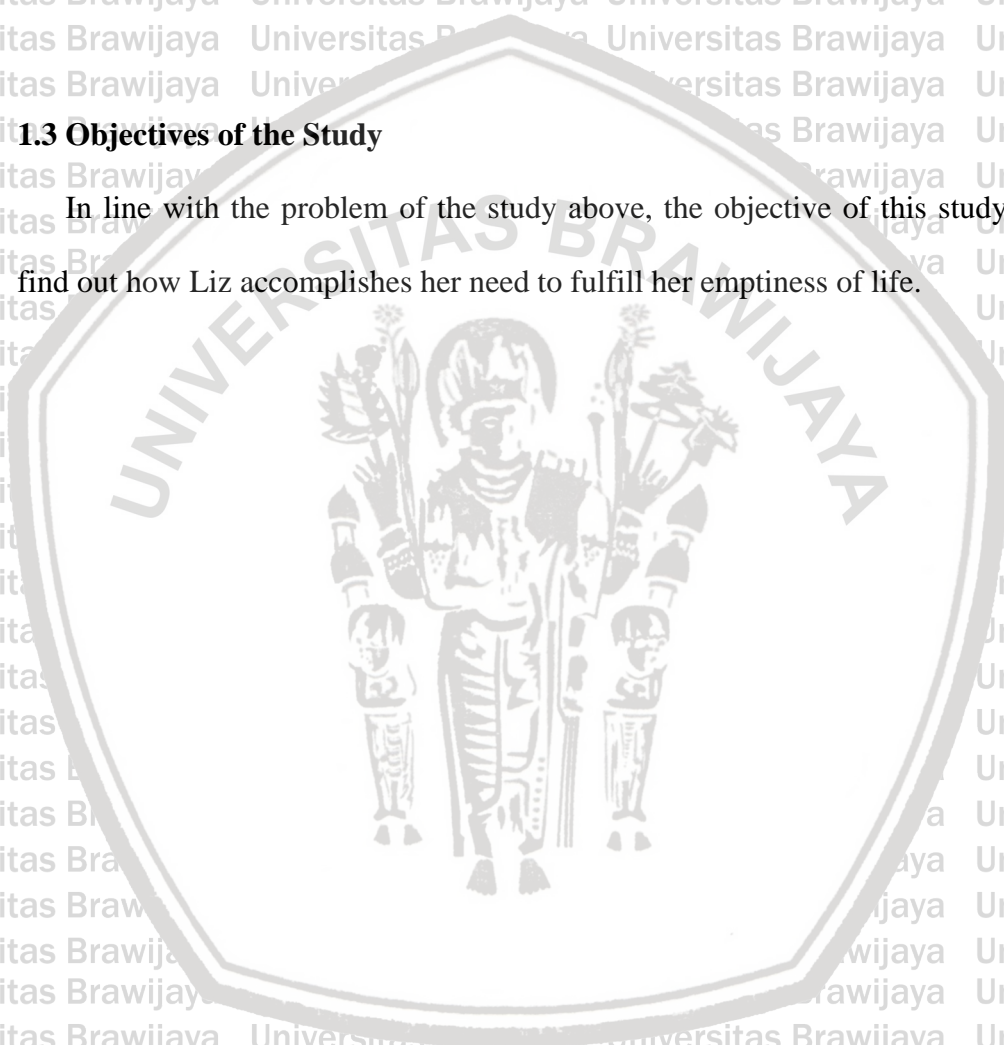
This study will hopefully give advantage for academic people to enrich the knowledge about hierarchy of needs theory by Maslow, since the study can be a reference for further researcher who will accomplish research about the application of Maslow's theory especially in movie studies.

1.2 Problem of the Study

Based on the background of the study that the writer has explained, the problem of this study is how Liz accomplishes her needs to fulfill her emptiness of life?

1.3 Objectives of the Study

In line with the problem of the study above, the objective of this study is to find out how Liz accomplishes her need to fulfill her emptiness of life.



CHAPTER II

REVIEW OF RELATED LITERATURE

This chapter provides theoretical framework and previous studies related to the analysis. In this study, the writer will use hierarchy of needs by Maslow.

Theory about hierarchy of needs will be the main theory that the writer will use in this study. Besides, the writer will use film study in analyzing the movie. In the previous studies, the writer provides several works related to the topic of the writer's analysis.

2.1 Maslow's Hierarchy of Needs

It is important for us to know about the hierarchy of needs by Maslow because it is the most prominent theory of needs. Abraham Maslow first introduced his concept of hierarchy of needs in 1943. In order to analyze the personality development of human we must understand about the hierarchy of needs because both have close relationship. As cited in Huitt (2004, p.6), Maslow focuses on human potential, believing that humans strive to reach the highest levels of their capabilities. Humans will always try hard to find their happiness.

The hierarchy of needs can be guidance for people to find what they need and what they must do in their life.

Maslow believes that these needs are similar to instincts and play a major role in motivating behavior. This hierarchy suggests that people are motivated to fulfill basic needs before moving on to other. This hierarchy is often displayed as a pyramid. The lowest levels of the pyramid are made up of the most basic needs,

while the more complex needs are located at the top of the pyramid. There are five different levels in Maslow's hierarchy of needs:

2.1.1 Physiological Needs

As stated in Cherry (2002, para 5) Maslow says that these needs 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 hierarchy because all needs become secondary until these physiological needs are met. The basic physiological needs are probably easy to get. Some examples of the physiological needs include food, water, breathing, home, and clothing.

Regarding physiological needs, Maslow (1954, p.35) says,

“the needs that are usually taken as the starting point for motivation theory are the so called physiological drives. Two recent lines of research make it necessary to revise our customary notions about these needs: first, the development of the concept of homeostasis, and second, the finding that appetites (preferential choices among foods) are a fairly efficient indication of actual needs or lacks in the body.

From the quotation above, it can be concluded that the finding of the appetite is used to indicate what food that we need and we want. Thus, we can say that food can help keeping mood in life and construct a good life.

2.1.2 Safety Needs

According to Maslow (1954, p.39), safety needs include security, stability, dependency, protection, freedom from fear, from anxiety and chaos, and so on.

Adults have different security needs from children. Adults have desire for comfort

and social safety. Examples of security needs include a desire for steady employment, health insurance, safe neighborhoods, and shelter from the environment. The second level of Maslow's hierarchy of needs, the requirements become more complicated. In this level, the needs for safety become primary. As cited in Huitt (2004, p.9), Maslow explains that finding a steady job, obtaining health insurance, contributing money for savings and moving into a safer neighborhood are all examples of actions motivated by the security and safety needs.

2.1.3 Belonging and Love Needs

Maslow (1954, p.43) says that these needs include needs for love and affection and also belongings. In this need's level, a person will feel keenly the presence of friends, or a sweetheart, or a wife, or children. People have needs to escape feelings of loneliness and alienation and give and receive love, affection and the sense of belonging. Maslow considered these needs to be less basic than physiology and safety needs. Maslow (1954 cited in Cherry para 11) says that relationships such as friendships, romantic attachments, and families help to fulfill this need for companionship and acceptance, as involvement in social, community, or religious groups. Some of the things that satisfy this need include friendships, romantic attachments, family, social groups, community groups, churches and religious organizations. In order to avoid problems such as loneliness, depression and anxiety, it is important for people to feel being loved and accepted by other people.

2.1.4 Esteem Needs

After the first three needs have been satisfied, esteem needs becomes increasingly important. Maslow (1954, p.45) states that all people have a need or desire for a stable, usually high evaluation of themselves, for self-respect, or self-esteem, and for the esteem of others. At the fourth level in Maslow's hierarchy mainly focus in the need for appreciation and respect. Satisfaction of the self-esteem need leads to feelings of self-confidence, worth, strength, capability of being useful and necessary in the world. When the needs at the bottom three levels have been satisfied, the esteem needs begin to play a more prominent role in motivating behavior. The esteem and social levels make up as the psychology needs of the hierarchy.

2.1.5 Self Actualization Need

The highest level of Maslow's hierarchy is the self-actualization need. "What a man can be, he must be," Maslow explained, referring to the need people have to achieve their full potential as human beings. Maslow describes self-actualization as an ongoing process. Maslow (1943, cited in Huitt 2004, p. 7) explains once a person is self actualized, one is in a position to find their calling.

According to Maslow's definition of self-actualization (1943, cited in Cherry 2002, para 19),

it may be loosely described as the full use and exploitation of talents, capabilities, potentialities, etc. Such people seem to be fulfilling themselves and to be doing the best that they are capable of doing...They are people who have developed or are developing to the full stature of which they capable.

If this need is not met, the person feels restlessness, tense, and lack of meaning in his life. The difficult thing of this need is it is not always clear what a person wants when there is a need for self-actualization. Maslow (1943, p.46) says that these needs will take vary greatly from one person to another person.

As Maslow describes cited in Huitt (2004, p.1), self-actualized people are characterized by: 1) being problem-focused, 2) incorporating an ongoing freshness of appreciation of life, 3) concerning about personal growth, 4) having the ability to have peak experiences.

The explanation about hierarchy of needs above helps the writer to understand the theory and give brief explanation about the theory so that the writer can analyze the character's need in her life to get her happiness and fulfill her emptiness after her marriage.

2.2 Film Studies

Recently, movie not just become an entertainment but also tools to deliver messages from its story. According to Fiske (1987), film is one of the means of communication with audio visual media which consist not only of words but also a set of signs, kinds of shots and angles. Movie becomes an important part of people lives, a reflection of human lives in modern society. Movie is a part of art that can illustrate as well as criticize social condition or social phenomenon.

Movie can cope some fields of studies such as literature, psychology, sociology, art, and some others studies use film as the source of analysis and information (*Humanistic, Inquiry, and Political Signification*, 2008). Film studies requires to justify itself, it is concerned with the guidance of critics and reviewers and more

on the grounds of film as an art or cultural object. Every part of the film can deliver message which is reflecting reality. To make the messages can be delivered to the viewers, technique in producing film must be professional and the important elements of cinematography should be included.

2.2.1 Elements of Cinematography

Anything to do with the camera belongs to the realm of cinematography (Villarejo, 2007, p. 36). It is important to understand about cinematography in making film in order to make a high quality film. The camera in movie represents the audiences view point of perspective that moves during the course of filming. The movement of the camera provokes audience's emotion to the action.

As Villarejo (2007, p. 38) said that every placement of the camera can be analyzed in terms of the distance between the camera and its objects. According to Berger (2000), the way in taking a picture (shooting) is divided into four techniques. Each technique has meanings which are identified as (1) *A medium shot* is a shot to almost a whole body and it means personal relationship, (2) *Close up*, shot to only face, means intimacy, (3) *Long shot* is to depict setting and character. It means scope or public distance, (4) *Full shot* is a shot to a whole body means social relationship. The technique of shooting, is important in film. It will be used to support the analysis of the main character.

2.3 Previous Studies

This sub chapter contains previous study which is found through internet searching about the study which also used hierarchy needs theory by Maslow. In his study entitled *The Change of Libidinal Investment into Self Actualization*

Found in Michelberg Character in *The Reader*, Arvin Raharja (2011) tries to analyze the impact of libidinal investment to self actualization in the character. He used theory of Maslow and Freudian psychosexual development.

The differences of this study from the previous study are: this study is a literary study which focuses on the process of accomplishing needs by the main character to make her life meaningful and fulfill her emptiness; this study will also use psychosocial theory by Erik Erikson in certain stage, that is young adulthood stage, to help analyzing the main character, while the previous study analyze the change of libidinal investment of main character into self actualization using Maslow's Hierarchy of Needs supported by Freudian psychosexual development.

2.4 Research Method

In conducting the research, the writer takes three predominant steps, there are:

1) Deciding object material

The film entitled *Eat Pray Love* is chosen as the material object of the study because this film highlights about a success woman who feels unhappy and restless. She tries to find her happiness and her identity by leaving her house, her husband and her career and she journeys to many countries to satisfy her needs.

2) Employing psychological approach

Since the discussion of the research is to observe the process of Liz in gaining her needs, this study is relevant to Maslow's psychological humanistic about hierarchy of needs. Hence, in order to give clear

description on the subject being studied, the Maslow's hierarchy of needs is employed.

3) Analyzing and interpreting the data

In this step, *Eat Pray Love* is watched several times to observe the movie, mainly the main character, Elizabeth Gilbert, a woman who is unhappy with her life. The theory of hierarchy of needs is used to analyze and interpret the detail efforts of the main character in the movie. In this case, as proposed by Maslow (1943), theory of hierarchy of needs which consists of five levels: physiological, safety, love, esteem, and self-actualization need is applied. This theory is used to analyze the main character, Elizabeth Gilbert, because she tries to satisfy her need. There are also some efforts which make her successful in getting her needs until she can find her self-actualization, identity, and happiness.

CHAPTER III

FINDING AND DISCUSSION

As the main character in *Eat Pray Love* movie, Liz, is a 32 years old woman. She belongs to young adulthood stage based on Erik Erikson psychosocial stage. Intimacy and isolation become basic conflict of this stage (Davis, 1995). Young adults need to form intimate, loving relationships with other people. Success leads to strong relationships, while failure results in loneliness and isolation. Intimacy means the process of achieving relationships with family and marital partner. Erikson explained this stage also in terms of sexual mutuality that is the giving and receiving of physical and emotional connection, support, love, comfort, trust, and all the other elements that we would typically associate with healthy adult relationships conducive to mating and child-rearing. Davis (2002) states that isolation means being and feeling excluded from the usual life experiences of dating and mating and mutually loving relationships.

This condition is showed in the beginning of movie, when Liz meets Ketut, a medicine man, and he tells that Liz has a bad relationship with her husband. Next three years, Liz decides to divorce with her husband because she feels unhappy with her marriage. Liz's relationship with her boyfriend, David, and Delia also do not run smoothly because Liz cannot control her emotion. The unhappiness in her life makes Liz leaves her life in New York and visits three countries to satisfy her and to find her happiness.

3.1 The Physiological Needs

The most basic and the most important of all human needs is the need to survive in life physically, such as the need of food, drink, sex, air, sleep, etc. As the basic needs, physiological need emerges first. A person who is lacking basic needs will firstly seek for food than the other basic needs. It happens to Liz, the main character in *Eat Pray Love*. Liz makes a decision to visits Italy to get her appetite for food that can help keeping mood in her life and construct a good life.

In Liz's case, the need of food is not only because she feels hungry but also she needs to find the appetites. She chooses the food from Italy because she needs delicious and great food to get her passion in life back. Liz goes to Italy to get her appetite back to fix her life as shown in her conversation with Delia:

Delia : You have a support system here, Liz.

You have friends and family who love you.

Liz : And do you feel my love for you? My support for you? No. There's, like, nothing. I have no pulse. I'm going to Italy

Delia : Italy. Why Italy?

Liz : What did you have for lunch?

Delia : I don't know. A salad.

Liz : Exactly. I used to have this appetite for food, for my life...
...and it is just gone.

I wanna go someplace

Where I can marvel at something.

Language, gelato, spaghetti, something.

(*Eat Pray Love*, 2010, minute: 00:27:27- 00:28:02)

From that conversation, it is revealed that food is a quite important thing to enjoy.

When Liz says to Delia that she has lost her appetite, Liz has jumped to a resolution that she needs to find her appetite back. Thus, Liz decides to go to Italy because Italy is a famous country that has good sense of culinary. Liz will eat

what she wants to build a better mood. The following figure portrays Liz's eagerness to have her appetite for food back.



Figure 3.1.1 Liz needs her appetite to make her life is better

(Source: *Eat Pray Love*, 2010, minute: 00:27:46-00:27:51)

Figure 3.1.1 is supported by the technique of cinematography. This figure is using close up. Close up is shoot to only face. By looking at this shot, the viewers can see the seriousness and the sharp gaze of Liz to show her seriousness to go to Italy.

Liz says, "Exactly, I used to have this appetite for food, for my life." Her statement shows that appetite for food is important. Appetite does not only fill her stomach but it also helps Liz to construct her life. Liz needs to make her appetite better to make her life better and to solve her problem.

When Liz is in Italy, she always spends more of her time to enjoy foods. After she finds a place to stay, Liz starts to visit a place to buy cappuccino and napoleon as one of famous food and beverage in Italy. Liz eats many well known

foods in Italy such as cappuccino, napoleon, spaghetti, pizza, and other foods. She visits many places which are well-known for the foods. Liz always feels happy and satisfied when she eats pizza and spaghetti because according to Maslow's theory, a person will feel happy after he successfully satisfies her needs. Liz's happiness is supported by the elements of cinematography when Liz eats the foods. It is shown in the following figure.

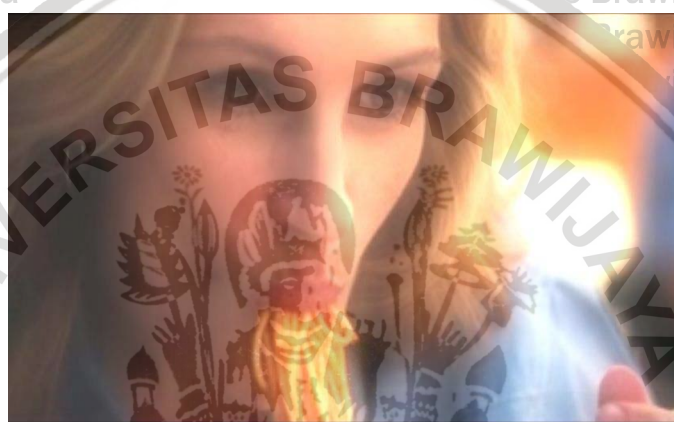


Figure 3.1.2 Liz enjoys her food and her mood is better

(Source: *Eat Pray Love*, 2010, minute: 00:40:40)

In a scene as captured in figure 3.1.2 uses close up to shoot the food. Close up means intimacy. Intimacy, in this case, has function to show the delicious food (spaghetti) enjoyed by Liz. Liz enjoys the food and it make her happier. It also supports Liz's reason to go to Italy to find her appetite. For the physiological need, mainly about foods, Liz has gained her needs successfully. It can be seen from her face looks brighter and happier after she enjoys many foods in Italy.



Figure 3.1.3 Liz enjoys her pizza

(Source: *Eat Pray Love*, 2010, minute: 00:47:55-00:47:58)

The other scene, figure 3.1.3, medium shot is used. Medium shot means personal relationship, which shows that Liz has good relationship with the food. It shows the Liz's expression that she really enjoys the food. Verbally, she says, "I'm in love. I'm having a relationship with my pizza." Her statement means that food can help Liz makes her life better and she enjoys the pizza. Liz can forget her problems when she eats delicious food, it supports her statements that food can help her to construct her life.

The other kind of physiological need is house as a place to live. Actually Liz has a house but she leaves it since she decides to divorce. When Liz loses her house, she looks for a place to live. After her divorce she lives with her friend, Delia, and after she meets David, she lives with David. Actually, she feels uncomfortable when she lives with other people, but she does that because she needs a place to live. When she is in Italy, she looks for a place to stay as the first thing to do. She chooses an inn. Since she needs a place to stay and sleep, she makes herself comfortable in the inn although the inn is in a bad condition. She

also tries to enjoy her day by doing nothing. Gradually, it makes her feels comfortable.

Not just about food and house, clothes are also included in physiological needs. Clothes are needed to protect people from heat and cold weather. Although the function of clothes are not as big as the role of food in life, but still clothes also has an important role in protecting human. Furthermore, clothes make the wearer feel comfortable.

When Liz and Sofi buy pizza in Napoli, Sofi does not want to eat her pizza because she is afraid of being fat. However, Liz tells Sofi to eat the pizza. For Liz, being fatter is not a big problem because she can buy bigger pants. Although pizza can make her fatter, Liz does not care. She eats many foods, even though her clothes do not fit in with her body anymore. Need for cloth is also shown by Liz when she goes to a store with Sofi to buy big pants. They buy big pants because they are getting fatter. It is reflected in Liz's utterances:

Liz : I'm going for it.
I have no interest in being obese.
I'm just through with the guilt.
This is what I'm gonna do.
I'm gonna finish this pizza...
...and then we're gonna go watch the soccer game
And tomorrow we're gonna go
on a little date and buy ourselves
some bigger jeans.

(*Eat Pray Love*, 2010, minute: 00:48:56-00:49:14)

When Liz says "I'm gonna finish this pizza.", it means that Liz will eat her pizza though it can make her fatter. Pizza is more important for her than other things. As in the case about her big lady pants, Liz already has many pants but she

need to get new pants because she is fatter. The old pants do not make her comfortable. After she eats pizza in Napoli and watches soccer game, Liz and Sofi go to clothing store to buy new big lady pants. To buy pants, Liz also needs some efforts because she is not only looking for pants in her size but also looking for a good one. The other scene which supports Liz efforts to get her physiological needs, especially pants can be seen below:

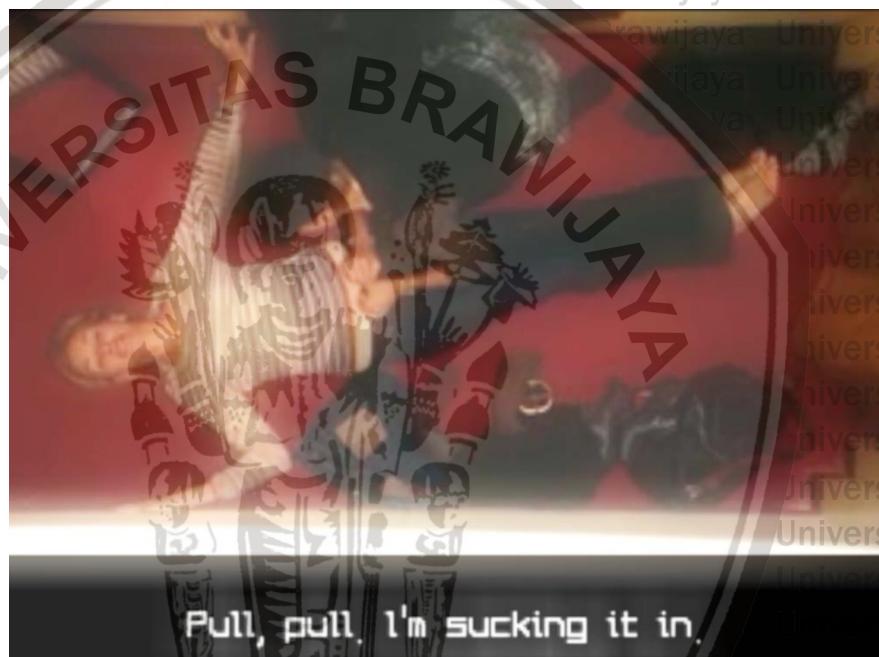


Figure 3.1.4 Sofi helps Liz to button her jeans

(Source: *Eat Pray Love*, 2010, minute 00:49:47-00:49:50)

Figure 3.1.4 uses long shot technique. Long shot depicts setting and character in view of public distance. It is used to show and support the viewer that Liz needs to buy pants in a clothing store. The shot is used to show the viewer that Liz tries to wear some pants to fit in with her size and it needs efforts even she needs Sofi's help to wear her pants. As she is fatter, Liz needs effort to wear her pants. When she is in the fitting room, she tries hard to wear her new pants.

Nevertheless, she finds difficulties to wear it. Sofi tries to help Liz to button her pants but it needs efforts.

In short, clothes belong to physiological need. Although one already has clothes, sometimes he/she needs new clothes for reasons; for example if one is getting fatter, he/she is urged to buy new bigger clothes. In this stage, Liz has succeeded in gaining her physiological need.

The other kind physiological need is sex. As one of physiological need, sex also needs to be satisfied. When the need cannot be met, it can make a person angry. It is depicted by *Eat Pray Love* movie's main character, Liz. Different from her relationship with her former husband, her need for sex with David is shown in the film. In the beginning, David treats Liz well but later David ignores Liz. Liz feels that David does not respect her. Liz is angry because in her relationship with David she does not have sex. Liz thinks that sex is also important in a relation. Liz's anger is shown in the following figure.

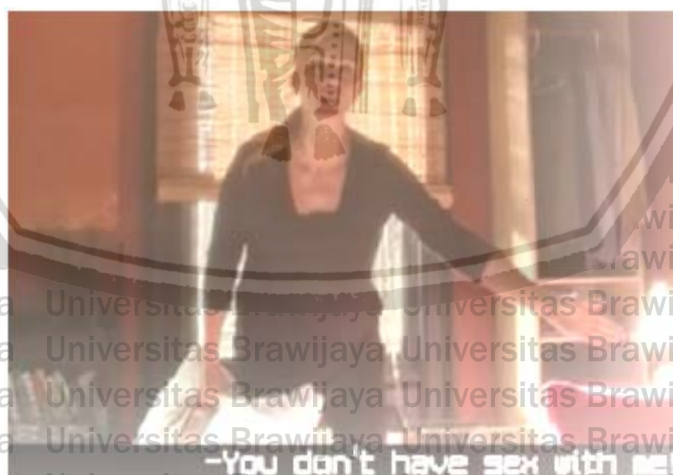


Figure 3.1.5 Liz is angry because she does not have sex with David

(Source: *Eat Pray Love*, 2010, minute: 00:24:51-00:24:53)

Figure 3.1.5 uses long shot to make the viewer see the character's expression. Liz is arguing with David because David does not have sex with Liz. Liz stays in David house as he asks Liz to stay there. Liz helps David to tidying the room although David prohibits her to do it.

Liz does not have sex with David anymore because David is not in the mood to have sex with her. David is bored with Liz because she often does what David does not want her to do, such as tidying up his bed. In this physiological need, Liz has failed to satisfy her need of sex.

3.2 The Safety Needs

Generally, after the physiological needs have been satisfied, safety needs as the next stage of need will appear. After physiological need is fulfilled the higher need will appear, in the process sometimes physiological need can be felt not satisfying. In this movie, the main character fulfills her safety needs first before she thinks about food as her basic need because for Liz safety need is more important than physiological needs.

As cited in Goble (2010, p.73), actually Maslow more focuses his research of safety needs in the children because children show their fear clearly than adult. Thus, the observation will be more simple and obvious. On the other hand, for adults this need will be more complicated because every people has different standard for safety. Not all of people feel safe and comfort when they are close to people who love them. Martin (2007, p. 73) defines safety needs as "the feeling people get when they know no harm will befall them, physically, mentally,

or emotionally; security is the feeling people get when their fears and anxieties are low.”

Regarding the explanation above, there are some situations that show Liz’s effort to get her safety need. The safety need in Liz is different from others’. If other people feel safe and secure if they are close to people who love them, Liz has different feeling about that. Liz feels uncomfortable with her relationship because she cannot put herself in the position as a wife or a girlfriend in a relationship. She feels that she is not herself when she is close to her husband. Liz does not feel that her marriage bring a happiness for her. Liz’s life is quite ironic since she actually has people who love her. However, it does not make her feel happy and comfortable because she cannot give her pure love to others who love her.

As a writer, Liz expresses her feeling in her work, for example in a drama which is played by David and a girl entitled “Permeable Membrane”. This drama tells about a couple in which the girl does not love her man as her man loves her. She does not enjoy the relationship. Moreover she wants to leave her man. The drama story reflects Liz’s story. This finding can be supported by her expression when she watches the drama. The dialogue of the drama goes the same with the story of Liz’s real life. The dialogue which reflects Liz’s marriage is:

Girl : I disappear into the person I love. I am the permeable membrane.
If I love you, you can have it all. My money, my time, my body, my dog, my dog's money.
I will assume your debts and project upon you...
...all sorts of nifty qualities you've never actually cultivated in yourself.
I will give you all this and more until I am so exhausted

and depleted...

the only way I can recover is by becoming infatuated with someone else.

(*Eat Pray Love*, 2010, minute: 00:13:07-00:13:43)

Permeable membrane in that dialogue refers to Liz's position in her marriage. Liz always follows her husband without considering about her feeling.

Liz does not care about her feeling because she tries to make her husband happy.

Liz gives her belongings to her husband because she loves her but Liz still cannot define her position in her marriage. She cannot find herself in her marriage.

Eventually, she prefers to give her belongings to her husband and separate with her husband. That dialogue is the same with what Liz says to her husband in their mediation, that is:

Liz : I don't know why we can't accept we don't wanna live in unhappiness anymore.

.....

I know this is awful.

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'm not her.

.....

Take it all then. Everything.

(*Eat Pray Love*, 2010, minute: 00:19:54,- 00:21:32)

Both dialogues clearly describes that they have similarity. The girl/Liz is not happy with her marriage and the girl/Liz will give everything to the man/Stephen in order to separate with the guy. Liz realizes that her marriage actually does not bring happiness for her. Stephen and Liz have different perspective in life but Liz always tries to follow Stephen's perspective and ideals.

Even though Liz feels awful with her divorce, she is encouraged to leave Stephen.

She is afraid of hurting herself as well as Stephen, mentally and psychologically if she is persistent to be with him. Therefore, it can be said as one of safety needs forms. In this case, Liz tries to save herself, not physically but mainly mentally, from the harm of uncomfortable relationship.

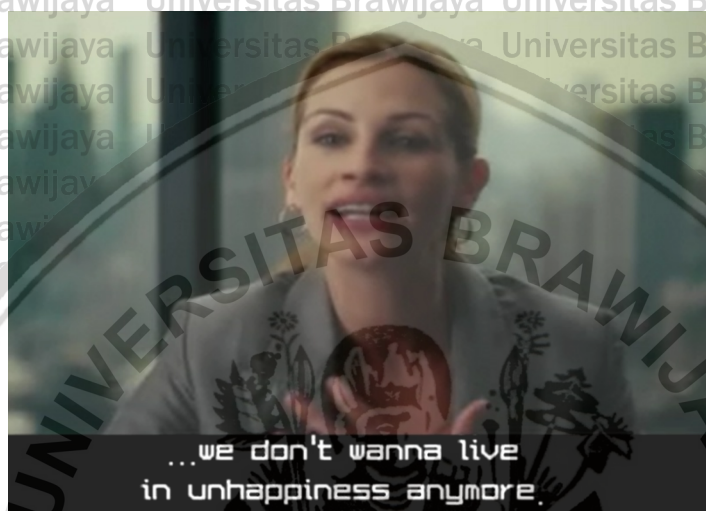


Figure 3.2.1 Liz feels awful in her marriage

(Source: *Eat Pray Love*, 2010, minute: 00:19:56-00:19:58)

The picture shows how Liz negotiates with her husband in order to make her husband agrees to divorce with her. The picture uses medium shot. Medium shot depicts a person from his hands up to his head in order that the viewer can see the expression and the emotion of the object clearly. The medium shot in figure 3.2.1 visibly show how Liz really wants to divorce with her husband until she gives her material belongings for him. Liz says, "We don't wanna life in unhappiness anymore." She realizes that her marriage cannot bring happiness for them because they have different point of view and Liz cannot give her love to Stephen. Liz recognizes if they are still together, it will hurt them.

The same case also happens in Liz's second relationship with David. In this relationship Liz does not fall in love with David, she simply wants to forget her previous marriage problem. This relationship does not exist for a long time because they often face problems in her relationship. Her first and second failures make her more restless.

Liz's terrible story with David is similar to the seminar that she conveys in front of audiences. It can be said that the topic in her seminar reflects her feeling to David. David makes Liz happy at first, treats her greatly and kindly as no other woman that he loves. He looks like a romantic guy, but later he treats Liz badly. He never respects Liz, he never gives a good respond in their conversation, and he wants Liz to leave him alone.

There is a difference between Liz relationship with Stephen and David. Stephen loves Liz and tries to accept her as she is. On the other hand, David makes Liz adore him; but after she loves him, he seems like keeping a distance with Liz. Furthermore, he wants Liz to leave him.

The same thing happens in her relationship with David. She feels that she is in the wrong place. Liz's effort to get her safety needs is also supported by cinematographic elements. There are some scenes which show her efforts to get her safety need. It is portrayed in the picture below:

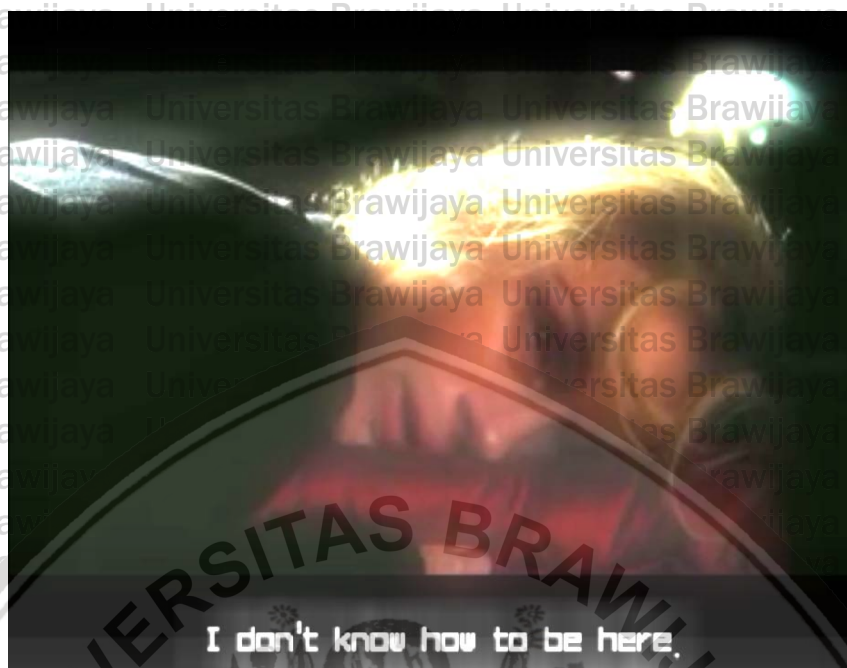


Figure 3.2.2 Liz regrets for having relationship with David

(Source: *Eat Pray Love*, 2010, minute: 00:28:30,084- 00:28:32)

The figure 3.2.2 uses medium shot to make the viewer see the expression of Liz when she realizes that David actually does not want her stay with him. She looks very restless and sad. Liz and David often argue about their different points of views. David often gets angry to Liz because Liz always tidies the room up while David does not like if she does so. Moreover, Liz thinks that David never respects her and he never gives good responses when they have conversation.

Those problems make Liz feels that she is mentally and emotionally harmed. Liz recognizes it when in a night she cries under the bed. When David asks her why she is there, Liz says, "I don't know how to be here." Liz regrets her decision to stay with David. However, Liz is still waiting whether David will change his behavior. In the contrary, David says "stop waiting for something." which means

David does not want to change his manners and he feels uncomfortable with Liz actions. The arguments happened between Liz and David has made Liz uncomfortable and unsafe.

To get her safety need, Liz decides to leave her husband and her boyfriend because in her two relationships she cannot be what she really wants. She does too many sacrifices that make her lose herself. All in all, it can be concluded that Liz can make choices to get her safety need. However, Liz still cannot totally feel happy and enjoy her life although she has achieved her safety needs by leaving her men. The main problem is because she does not know the problem and she cannot understand herself. She does not know what she really needs.

3.3 The Belonging and Love Needs

If both physiological and safety needs have been well satisfied, then the next need will emerge, that is love needs. In this type of need, a person will feel really need friends, a sweetheart, and family to accompany her/him. If he/she does not have anyone to accompany her/him, she/he will feel lack of love and for affection from other people in general. She/he will try hard to achieve this need in a place where he /she belongs to.

When Liz is in New York, she has many people who love her, her family, her husband, and also her friend but Liz cannot feel their love. As a social being, Liz needs love and affection in her life. On the other hand, Liz cannot give her love to Delia who loves her because she does not know how to love someone. She also cannot give her love to her husband. Liz does not know how to make a good relationship with other people.

Making a good relationship is important for people because without love, people cannot grow perfectly. Growing in this case, does not mean physically but mentally. Although good relationship is important, it is not easy to make a good relationship. Liz is an easy adapting woman that is why she will easily make a relationship. Liz understands that friends are needed to broaden her knowledge about language, even about life. However, in committing deeper relationship, Liz cannot easily give her love to others.

In Italy, different from some bad relationships she has in New York, Liz has quite good relationship with people, especially with Giovanni's family. They spend many times together for eating, learning Italian language, and also watching soccer game. The key point that shows Liz's good relationship with Giovanni's family is shown by the scene when Liz has a dinner in Giovanni's house. The dialogue among Liz, Sofi, and Rufina about Liz's marriage status and her decision to travels around the world alone clearly shows that they respect Liz. Although Rufina has negative perception about Liz's widow status, Liz is not angry because she respects Rufina's opinion. Their good relationship is portrayed in the picture below:



Figure 3.3.1 Liz is around people who love and respect her (for the clearer figure see appendix 5 page 51)

(Source: *Eat Pray Love*, 2010, minute: 01:00:53-01:00:57)

This good relationship is also supported by cinematographic element.

Figure 3.3.1 uses long shot to give clear expression of the main character as the focus. Nevertheless, the viewer can see the surrounding condition of the main character. It is used to show how Liz feels happy of being a part of people who give their love and also to be loved by their lover. Liz learns about loving others, showing her feeling to other people who love her and taking care of that people.

At the night when Liz and Giovanni's family hold dinner, Liz gets new facts that love really has an important effect in life. Liz realizes that love is not to be given only to a lover but to everyone. The thanks giving moment they have in the dinner is an example of appropriate moment to express love to everyone. The meaning of thanksgiving which is held in Giovanni's house is to show how the love needs is, how people need to love and to be loved. The celebration can be a

symbol of happiness, and a way for saying thank to God because she is surrounded by people who love her. Besides, it also shows that everyone, even a busy man, needs to gather with family to celebrate the happiness of being a good friend, a good husband, or a kid. This celebration shows that a pure love can make people feel happy and afraid of being separated, as stated in the following utterances:

Liz : Well, this all makes me so grateful.
 Seeing all you happy people who know how to love each other
 and take care of each other.
 I look at the amazing women I've met
 who I admire so much...
 and the great men,
 taking care of their women and putting their children to bed.
 I just feel happy to see it and to be part of it.
 I'm the luckiest girl in the world

(*Eat Pray Love*, 2010, minute: 01:00:45- 01:01:27)

Those words explain what Maslow says that love does not only about loving someone, but also to be loved. If one does not have love in her heart he/she will not feel happy. Being a part in a loving relationship in a community makes people happy and this is shown by Liz. In this situation, Liz realizes that she has many people who love her but she still does not how to share love to others purely.

The other love needs is also pictured when Liz is in Bali. After her experience in Italy, Liz starts to learn love others. In Bali, she shares her love to people she knows. She has dreams to make herself and people around her happy.

When she meets Wayan, a single parent who does not has a house, and her daughter, Tutti. Tutti says that she wants a house with blue tile. Liz sad when she hears Wayan and Tutti's hard life story. Liz is willing to help Wayan and Tutti.

She tries to help Wayan and Tutti to build house, she sends email to her all her

friends and asks them to collect money from her friends and give the money to Wayan to build a house. Liz does that because she thinks that Wayan and Tutti are a part of her family who needs her help. Their happiness also becomes her happiness. It is shown by Liz email that she sends to her friends:

Liz : This little group of people in Bali
have become my family.
And we must take care of our
families, wherever we find them.

(*Eat Pray Love*, 2010, minute: 02:07:51-02:07:58)

That statement shows that Liz treats Wayan and Tutti as her family and she asks her friends to love and care her family. Liz starts to show her love for others and make them happy. In short, from her journey Liz learns about life, about loving each others. All in all, Liz has gained her love needs successfully.

Although Liz has successfully achieved her social need, she still does not understand who she is and what she exists for in this world. Those facts make Liz hardly feel happy although she has achieved her social needs.

3.4 The Esteem Needs

When the basic needs and the love needs have been fulfilled, the next level, esteem needs, will be dominant. Esteem needs is the closest need with self-actualization needs. According to Maslow (1943, p.14-15), these needs are classified into two: first, the desire for strength or self respect which includes the desire for achievement; and second is the desire for acceptance, reputation, and prestige that is defined as respect or esteem from other people.

Humans have needs for high-level of self respect. If these needs are satisfied, people will feel valuable and self confident. On the other hand, if people fail to achieve those needs, they will feel weak, inferior and also worthless. The writer finds that Liz has high-level self esteem. She will strive to keep her esteem being respected by others.

As a success woman and a writer, Liz actually has already reached her esteem need. She has a good career that makes her have a good reputation and accepted in social community. Nevertheless, that condition does not make her happy or satisfied because there is something that makes her feel unhappy with everything she has.

The fulfillment of Liz's self-esteem need firstly happens when she is in India. In India, Liz's esteem need belongs to the first type, that is self respect which includes the desire for achievement. In ashram, Liz is asked to be a Little Suzy cream cheese, a key hostess to watch over the flock. Liz gets her esteem needs from the ashram officer. It is a good achievement; it also makes Liz worthier and confident. The most important point is Liz can understand the existence of God after she gets the chance of being Little Suzy cream cheese. She is chosen as Little Suzy cream cheese because she is regarded that she is capable to be Little Suzy cream cheese. It is a kind of good achievement, because not all people can be Little Suzy cream cheese. Liz gets her esteem needs in this situation so she accepts the chance given to her happily. This can be shown in the following figure



Figure 3.4.1 Liz gets achievement to be Little Suzy cream cheese

(Source: *Eat Pray Love*, 2010, minute: 01:36:53)

The finding of esteem needs in this movie is supported by medium shot.

Figure 3.4.1 uses medium shot to make the viewer see Liz's happy expression to be a key hostess. Asking to be a key hostess, Liz starts on loving God. Liz answers, "I'm your girl." She accepts the officer's offer. In the beginning, she hates the devotion way by meditation and seva, this offer makes Liz find a way to devote to God by easier and more fun way. In addition it also proves that Liz is accepted in Hindu community, religion group where she stays in India. In conclusion, esteem is not only about achieving respect from others but also achieving acceptance from others. Acceptance means that one will accept other's bad side.

From the explanation above, it can be concluded that Liz has satisfied her esteem needs in two different ways. First, she is asked to be a Little Suzy cream cheese, one of good positions in ashram (achievement of being respected by other people in her new community) ; and the second is she is given a chance to be a

key hostess which shows that Liz is accepted in that Hindu community, especially in Ashram (acceptance).

3.5 The Need for Self-Actualization

The highest need level of Maslow's hierarchy of need is self-actualization need. This need mostly emerges when all needs has been satisfied. As stated in Yahaya's journal (page 6), Maslow describes self actualization as a person's needs to be and do things which the person is "born to do". As the higher level, this need is different from other needs; it is not easy to define.

In *Eat Pray Love* movie, the main character, Liz, feels that her life is empty. Even though she becomes a successful writer, he still feels empty. It is because she still cannot forget her fault in her previous marriage. Her past experiences make her unable to make a close relationship with other guy and enjoy her life. Liz realizes about the need of self-actualization when she is in Italy to have lunch with Sofi. At that time, they have discussion about what word fitting with certain city. Then, Sofi asks her about her word as reflected in the dialogue below

Sofi : So, what's your word, Liz?
I'm curious. I can't figure it out.

Liz : Well....
It might be....
It started as "daughter."
I was good at that. And then...
... "wife." Not so good.
"Girlfriend."
Not so good.
My word's "writer."

Giulio : Yeah, but that's what you do.
That isn't who you are, no?

Sofi : Maybe you're a woman in **search of her word**.

(*Eat Pray Love*, 2010, minute:00:46:23-00:46:55)

Sofi cannot see what Liz want to be because Liz never tells about her story to Sofi. Sofi trie to makes Liz recognizes her word. That “word” represents the call of the soul, what a man wants to be, that means self-actualization. At that time, Liz has not known yet what she is actually born to do. Since she writes, she thinks that she is a writer and born to be a writer. The right concept is firstly man must decide what he wants to be. After he knows what he wants to be, he will do as he wants to do. That explanation also supported by cinematographic element as pictured in the following picture

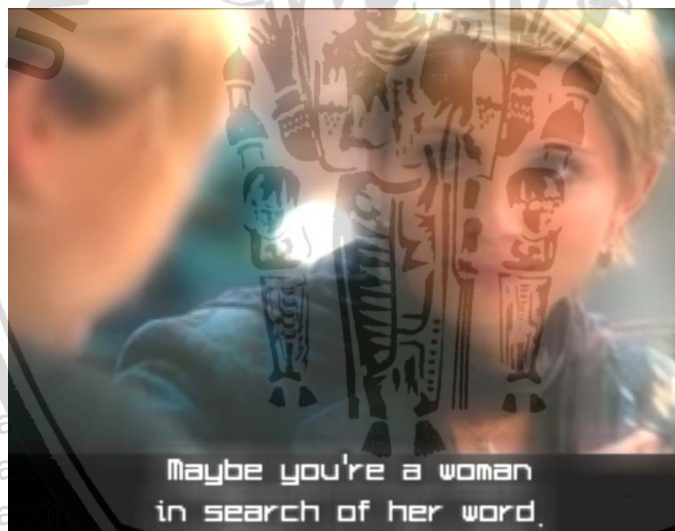


Figure 3.5.1 Sofi makes sure that Liz need to find her identity

(Source: *Eat Pray Love*, 2010, minute: 00:46:55-00:46:52)

This is also supported by cinematographic element. It uses medium close up to shoot the face of the character in order to make the viewer see the expression of the character. From figure 3.5.1, it can be concluded that the

expression of Sofi's face is to make Liz realizes that she needs to find herself because finding self-actualization is important in making her life completely happy and meaningful. Sofi confirms that Liz needs to search her word, her self-actualization.

Liz always tries to find herself, she always learns from every new experience that she gets in her journey. The process of Liz in reaching her self-actualization needs can be seen from her emotional change. When she is in India, she tries to get closer to God as one of her effort to find herself even though she hates Guru Gita and every ritual that she must do when she just arrives in Ashram. Although at first she feels that she cannot get closer to God, she always tries to do her best, she does seva, keeps trying to get along with Guru Gita and practicing silence as spiritual practice. After she has discussion with her friend, Richard, about forgiving herself, she starts to be more patient in facing problems. Moreover, when Liz asks to be a Little Suzy cream cheese, she starts to understand about the existence of God and how to devote live for God. This totally changes Liz's perception.

The next destination is Bali. In Bali she meets Ketut and learns about the balance of life. Balance life will make people enjoy their life. Everything in life must be balance as Ketut says

Ketut : in order to stay happy,
must always know where you are every moment.
Not too much God, not too much selfish.
Otherwise, life too crazy.
You lose balance, you lose power

(*Eat Pray Love*, 2010, minute: 01:42:49-01:43:09)

Ketut confirms that life must be balance, not too much God and not too much selfish. Therefore, Liz tries to make her life balance. In Bali Liz also meets Wayan, a single mother who does not have a house. Each time, Wayan loses clientele and Tutti, her daughter, has to change school. Wayan and Tutti make Liz realize that people can happy although they do not have a house as long as they can help other and make other people happy with their existence. Knowing Wayan condition which always moves from one place to another place and makes Liz is willing to help them. Liz considers Wayan and Tutti as her family. It is shown by the email she sends for her friends to help Tutti;

Liz (email) : This little group of people in Bali
have become my family.
And we must take care of our
families, wherever we find them.

(Eat Pray Love, 2010, minute: 02:07:51-02:07:58)

In Liz's birthday, she sends her friends email. She sends her request for her friends to help Tutti, to build a new house, as stated in the following statements

Liz (email) : When I was in Italy,
I learned a word--
It's "tutti" with double T.
--which in Italian means "everybody."
So that's the lesson, isn't it?

When you set out in the world
to help yourself sometimes you end up
helping Tutti.

(Eat Pray Love, 2010, minute: 02:08:25-02:08:11)

Those statements show that Liz cares about the condition surround her.

She cannot ignore the people around her suffer. Liz concerns to help solving other's problems. Liz does thing to help others. Liz's action does not only make people happy, but at the same time also makes her happy and satisfied. This following figure supports the finding

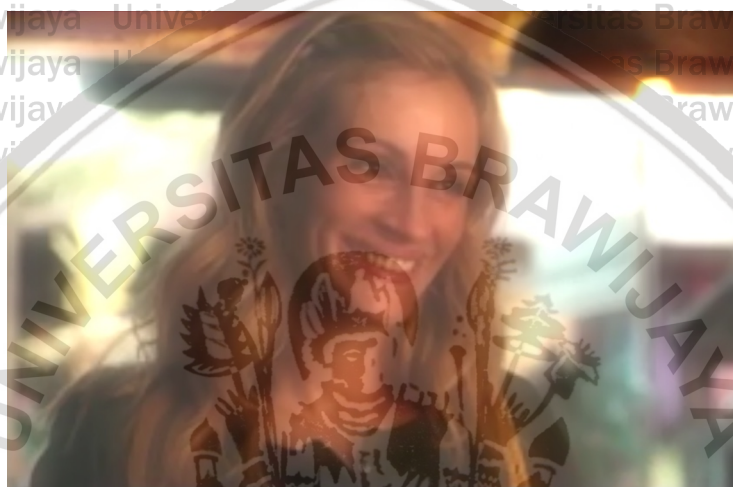


Figure 3.5.2 Liz is happy in seeing Wayan and Tutti's happiness

(Source: *Eat Pray Love*, 2010, minute: 00:57:43)

Figure 3.5.2 uses close up in order to make the viewer clearly see the expression of Liz when she sees other people happy. It supports the statement that self-actualized people will be satisfied when they see other's problem is solved.

Liz is happy when she is seeing Wayan and Tutti accept money to build house.

Wayan and Tutti are very happy accept the money, that makes Liz satisfied.

Figure 3.5.3 below shows Liz's happiness after she is successful in helping other.



Figure 3.5.3 Liz is happy in seeing Ketut's happiness
(Source: *Eat Pray Love*, 2010, minute: 01:03:27)

The process in gaining the highest needs is also supported by cinematographic element. Figure 3.5.3 also uses close up which focuses in facial expression in order to make the viewer clearly see the expression of Liz when she is successful in making other people happy. The other action that shows her care to people around her is when she helps Ketut to copy his old note and bind it. Since Liz knows that the note is important for Ketut, she makes his old note seems like a new book. Ketut feels Liz has healed him because for Ketut the note from his grandfather is very important for him.

Every action that Liz has done to make the people around her happy shows that Liz is successful in gaining self-actualization. It shows that Liz efforts to make her life useful for others is successful.

Even though she successfully make other people around her happy, she still is not fully self-actualized because she has not found her truly and fully

happiness. She still cannot forgive herself and she still does not know what she really wants.

Her relation with a man she meets in Bali, Felipe, goes well at first. They seem like in love each other. They spend many times together happily. Once Felipe asks her to accompany him, she rejects it because she is still afraid to love again and being hurt. Actually she loves Felipe but she is still afraid to make a relationship with a guy. Then Ketut tells her to do not think only about God and her fear. She also needs to make herself happy and enjoy her life because love is also needed in case to make life in balance. The key of Ketut's explanation is believe to ourselves because only us who know about our feeling. After she hears Ketut explanation, she finds what she looks for in this long journey, as shown the dialogue below;

Liz : In the end I've come to believe in something
I call "The Physics of the Quest."
A force in nature governed by laws
as real as the laws of gravity.
The rule of Quest Physics
goes something like this:
If you're brave enough to leave behind
everything familiar and comforting which can be
anything from your house to bitter, old
resentments and set out
on a truth-seeking journey either externally or
internally...
and if you are truly willing
to regard everything that happens to you on that
journey as a clue and if you accept everyone you
meet along the way as a teacher and if you are
prepared,
most of all to face and forgive some
very difficult realities about yourself then the truth
will not be withheld from you.
I can't help but believe it,
given my experience.

(Eat Pray Love, 2010, minute: 02:18:25-02:18:42)

The terms “The Physics of the Quest” can be a rule for self-actualized person. Liz can do that well, she has journey, leaves her house and her pain to set out on a truth-seeking journey. She also regards everyone that she meets in her journey as experience that teaches her many things. Her experiences teach her about the meaning of love, the way to get closer to God, and to forget her pain and difficulties in her past. All of her experiences are very meaningful as a process to be a better and happier person. In the end of her journey, she successfully forgives her difficult realities. As a result, she finds the truth. She gets it from her own experience. Liz’s experiences make her believes that Felipe is the appropriate man to accompany her in rest of her life, as she says to Felipe;

Liz : I decided on my word.
Atra versiamo...
It means: "Let's cross over."

(*Eat Pray Love*, 2010, minute: 02:18:25-02:18:42)

Liz decides to accept Felipe’s offer. She says, “Let’s cross over.” It means she wants to cross over the sea and go to the island which Felipe wants to visit. In addition, the sentence “let’s cross over” also means that Liz wants to make her new life with Felipe. She decides to forgive herself and make a new happy life with a new happy soul. This sentence also shows the peak of the journey, the happiness of Liz after she makes decision can be seen in the following figure



Figure 3.5.4 *Liz decides to accept Felipe's offer*

(Source: *Eat Pray Love*, 2010, minute: 02:18:40-02:18:42)

This figure 3.5.4 uses medium shot to show Liz's expression when she decides to accept Felipe's offer. By looking at this shot, the viewer can see that Liz has conversation with Felipe and she accepts Felipe's offer happily. It is clearly shown that Liz believes with her decision and she believes that Felipe can make her happy. In the end of the film, Liz and Felipe cross the sea by boat in sunset. It shows that Liz and Felipe start their new happy life. Liz wants to leave her bitter experience in her past and cross over to new happy life with Felipe and uses her experience as her teacher.

In short, after getting through some events in life that makes her lose the essence of her life, Liz finally succeeds in knowing what she needs. Self-actualization is the highest need that finally she reaches, that makes her do not feel empty in life anymore.

CHAPTER IV

CONCLUSION AND SUGGESTION

This chapter comprises two parts. The first is conclusion of the study and the second is suggestion concerning for further application for the next researcher.

4.1 Conclusion

A person who has reached her/his physiology, safety, love, and esteem needs will try to reach her/his self-actualization needs. In the process of gaining the self-actualization needs, one often cannot enjoy what she/he has gotten. The basic needs will not bring happiness or satisfaction because they have not reached their needs for self-actualization.

In the movie, the main character, Liz, has already gained her basic needs. Elizabeth Gilbert has journey to find happiness in her life and to find her self-actualization. Although she gains her needs successfully, she still does not feel happy because she still cannot realize who she is. However, Liz's process in finding self-actualization make all her belonging does not bring happiness in her life. Her decisions to leave everything she has and has journey make her find herself and what she wants in her life. In Bali she finally finds what she wants to be and what she needs.

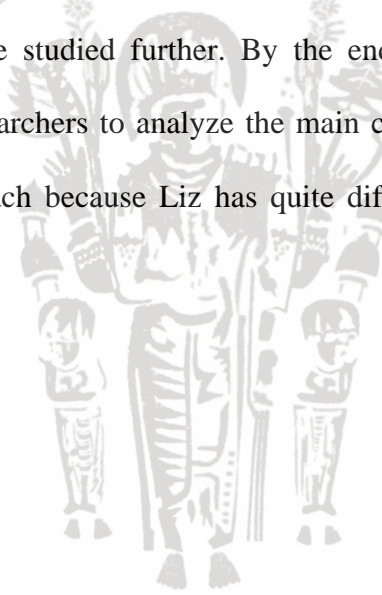
Liz successfully satisfies the highest level of need, that is self-actualization need. It is shown by the changing in Liz's expression from the beginning until the last scene. At first, Liz looks restless because she must face some problems but

after she achieves her need one by one, her face and her life become more peaceful.

This movie mostly uses medium shot because this kind of shot has important influence for the viewer to watch the character's expression and how their emotions are expressed. A journey to find self-actualization is indeed not an easy journey because sometimes people do not know what they exist for.

4.2 Suggestion

The development of the main character in her process to find herself is quite interesting to be studied further. By the end of the research, the writer suggests the next researchers to analyze the main character personality by using psychoanalysis approach because Liz has quite different personality from other characters around her.



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APPENDIX





**KEMENTERIAN PENDIDIKAN DAN KEBUDAYAAN
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Emptiness of Her Life Depicted in *Eat Pray Love*
Movie
5. Tanggal Mengajukan : 31 Januari 2012
6. Tanggal Selesai Revisi : 13 Agustus 2012
7. Nama Pembimbing : I. Juliati, M. Hum.
II. Fredy Nugroho S., S.S, M. Hum.
8. Keterangan Konsultasi

No.	Tanggal	Materi	Pembimbing	Paraf
1	29 Februari 2012	Pengajuan Judul	Pembimbing I	
2	29 Februari 2012	Persetujuan Judul	Pembimbing I	
3	7 Maret 2012	Konsultasi I	Pembimbing I	
4	21 Maret 2012	Revisi Bab I pertama	Pembimbing I	
5	27 Maret 2012	Revisi Bab I kedua	Pembimbing I	
6	29 Maret 2012	Ganti judul	Pembimbing I	
7	3 April 2012	Menyerahkan Bab I baru	Pembimbing I	
8	18 April 2012	Revisi Bab I baru dan menyerahkan Bab II	Pembimbing I	
9	20 April 2012	Revisi Bab I dan Bab II	Pembimbing I	
10	25 April 2012	Menyerahkan Bab I dan II	Pembimbing II	
11	27 April 2012	Revisi Bab I dan II	Pembimbing II	
12	30 April 2012	ACC Bab I dan II	Pembimbing I	
13	1 Mei 2012	ACC Bab I dan II	Pembimbing II	
14	10 Mei 2012	Seminar Proposal	Pembimbing I	
15	10 Mei 2012	Seminar Proposal	Pembimbing II	
16	15 Mei 2012	Revisi Bab I dan II	Pembimbing II	
17	31 Mei 2012	Menyerahkan draft Bab III	Pembimbing I	
18	6 Juni 2012	Menyerahkan Bab III	Pembimbing I	

19	18 Juni 2012	Konsultasi Bab III	Pembimbing II
20	18 Juni 2012	Revisi Bab III	Pembimbing I
21	26 Juni 2012	Revisi Bab III	Pembimbing I
22	27 Juni 2012	Menyerahkan Bab III	Pembimbing II
23	5 Juli 2012	Revisi Bab III	Pembimbing II
24	5 Juli 2012	Menyerahkan Bab IV	Pembimbing I
25	6 Juli 2012	Revisi Bab IV	Pembimbing I
26	12 Juli 2012	Revisi Bab III	Pembimbing II
27	13 Juli 2012	Menyerahkan Bab III dan IV	Pembimbing II
28	18 Juli 2012	Revisi Bab III dan IV	Pembimbing II
29	19 Juli 2012	ACC Bab III dan IV	Pembimbing I
30	19 Juli 2012	ACC Bab III dan IV	Pembimbing II
31	24 Juli 2012	Seminar Hasil	Pembimbing I
32	24 Juli 2012	Seminar Hasil	Pembimbing II
33	25 Juli 2012	Revisi Semhas	Pembimbing II
34	26 Juli 2012	ACC Ujian Skripsi	Pembimbing I
35	26 Juli 2012	ACC Ujian Skripsi	Pembimbing II
36	10 Agustus 2012	Ujian Skripsi	Pembimbing I
37	10 Agustus 2012	Ujian Skripsi	Pembimbing II

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