

Pursuing Happiness in Eat Pray Love Movie (2010) Directed by Ryan Murphy: a Psychoanalytic Approach

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ABSTRACT

This movie is true story of Elizabeth Gilbert's life that adapted from her novel. This movie tells about Liz's journey for a year that visit three counties to pursue her happiness. The research is proposed to analyze pursuing happiness of Liz Gilbert's personalities in facing her depression with Psychoanalytic Approach. The objective of the study is to analyze the film based on the psychoanalytic approach. This study is a descriptive qualitative study, using the movie of Ryan Murphy's Eat Pray Love. And Eat Pray Love's major character as the object of analysis of the study. The researcher makes an analysis of Liz Gilbert's id, ego, and superego. The researcher uses the theory of Psychoanalytic by Sigmund Freud because it is relevant to the problem. Based on the analysis, the outcome of this study shows the following conclusion. Firstly, there is a close relationship between a work of literature and Psychoanalysis Phenomena. Secondly, the general conclusion of psychoanalysis of humans is when people get desperate then they pursue the happiness.

Key Word : Elizabeth Gilbert, Pursuing Happiness, Psychoanalytic.

Introduction

The stories in the films are usually inspired by reality life. Most of writers or directors write their own experience or the journey of their life, sometimes also their story or experience from other person in their society, it can be from their mind and feel. In this century, many people get depression or stress in their life. Most of them get depression caused by their work, love, economic, also family problem. So, many people find the way to get happiness. Happiness is a mental state of well-being characterized by positive emotions ranging from contentment to intense joy, for example, get vacation; leave their job temporary, and other ways. People have right to pursue the happiness in their life.

In *Eat Pray Love* movie, Elizabeth Gilbert as first character gets depression from her love problem, she is divorced from her husband and could not feel happy anymore, although she has a new boyfriend. Elizabeth Gilbert is an American, and thus views it as a given that she has the inalienable right to pursue happiness. As a suburban New Yorker, she is unspeakably depressed, and decides to go on a

year-long journey through Italy, India, and Indonesia in searching of the personal fulfillment to get happiness.

There are four reasons why the writer is interested to study this movie: first is because it is the realistic movie. Second is because of its conflicting value. Third is because attractive setting. Fourth is because pursuing the happiness that becomes the main issue of the film is reflected well.

The first reason is because it is the realistic movie. The story of the movie is the reality experience of Elizabeth Gilbert's life that is adapted by Ryan Murphy as director. It tells Gilbert's love depression, and the journey to find the happiness.

The second reason is because of its conflicting value. Murphy can cover the psychology problem strongly. The movie shows Gilbert's depression clearly and the struggle to find the problem solver in her life by the long journey in a year to pursue the happiness.

The third reason is attractive setting. This movie shows beautiful scenery in each setting of place, the beauty building in Italy, good religion and also culture in India, good

tradition, beautiful beach and views in Bali, Indonesia.

The fourth reason is because pursuing the happiness that becomes the main issue of the film is reflected well. In this movie, Murphy covers the journey of Gilbert to pursue the happiness for a year. Because of her depression in her life that results panic, confusion and weight loss.

The writer uses the psychoanalytic theory as an approach to analyze this movie, because the story of the film is about pursuing the happiness, which relates to the psychology problem. Elizabeth Gilbert is pursuing happiness for a year in three country because of her depression. It relates to wants and needs that are focussed on her psychology problem. By so doing, the writer gives the title: *Pursuing Happiness in Eat Pray Love Movie (2010) Directed by Ryan Murphy: a Psychoanalytical Approach*

The problem statement of this paper is "How the pursuing happiness reflected in *Eat Pray Love* movie?". Dealing with the problem statement above, the objectives of the study is to analyze the film based on the psychoanalytic approach.

The writer finds a reseacher, Angraini, Dyta Deasy (Universitas Sumatra Utara, 2010) conducted a study entitled *An Analysis of Searching True Identity in Elizabeth Gilbert's Eat Pray Love (2010)*. The writer discusses about the effort of Elizabeth to discovering her true identity. She tries to explain the journey of Elizabeth Gilbert after her decision to divorce from her husband.

The differences between research above and this research are : the issue of this research is pursuing happiness and research above is searching true identity, the research above discuss about the effort of Elizabeth to discovering her true identity, and this research discuss about the way of Elizabeth pursue her happiness. The similarity is the object of the research that is *Eat Pray love movie*.

Research Method

The type of research, which is used by the writer, is descriptive qualitative research. The object of research is pursuing *happiness* in Ryan Murphy's *Eat Pray Love* movie, which was premiered in United Stated on August and

in Indonesia on October 13, 2010, produced by Columbia Pictures. The primary data sources in this research are the film and the script film of *Eat Pray Love* that directed by Ryan Murphy. Secondary data source are taken from other materials related to the data required such as from internet, some of guided books, and the notes which taken by the writer when watching the film.

The method of collecting data is library research by collecting both primary and secondary data. The writer also involves some required steps to collecting data is as follows: watching the film repeatedly to get deep understanding, determining the character that will be analyzed, reading some related books to find out the theory, data, and information required, taking notes of important part either primary or secondary data, classifying and determining the relevant data, arranging, researching, and developing the selected material into good unity toward the topic of the study. Data analysis in the research are consists of three steps, classifying the data, verifying the data and interpreting the data based on underlying theories into conclusion.

Finding and Discussion

A. Structure of Personality of Elizabeth Gilbert

According to Freud the personality is divided into three major systems, they are *id*, *ego*, and *superego* (Hjelle and Ziegler, 1992: 33). Although these aspects have each function, component, principle work and self dynamic, but they are having relationship each other. *Id*, *ego*, and *superego* are the unity and human being behavior is the result of these aspects.

The three elements take a big role in developing the idea of Liz's mind. The *Id* is the motivation of Liz to find her happiness whatever the way she does; the *Superego* is the controller of her wishes. It shows the impact if she does what the *Id* wants to do. It causes her feel the anxiety. And the *Ego* is the judge of her to decide what to do.

1. Liz's *id*

The first *id* of Liz is she wants to have a kid because she thinks that without kid her life is never complete. Liz desire arises when she goes home from Delia's party of

her daughter. In Delia's bedroom Liz asks about Delia's desire to have kid.

Liz: how did you know you wanted a baby? Was there an actual moment when it kicked in for you?

Delia: I can't remember—I mean I've had the box since before we got married.

Liz: what box?

Delia: I've been filling it with baby clothes for years waiting till Andy was ready to be a father. (EPL, 6P)

Liz's second *id* is she gives up in her life because desperate of her love condition. She is divorced from Stephen and not long time her relationship with David is broken. It makes her lose desire to eat and causing weight loss also panic. She feels tired with her unsuccessful relationship. And she wants to refresh her life by traveling in twelve months.

Liz: Right. You're right. I need to find out who the hell I am. I can't expect to make another relationship work until I figure out a way to have relationship with my self. I'm not getting any younger, it's twelve months out of my life..... (EPL, 22P).

The third *id* of Liz is she wants to get her desire to eat again, that causes weight loss. It is caused by her desperate in her love. She wants to enjoy delicious foods in Italy.

The fourth *id* of Liz is she refuses when Felipe asks her to go to romantic island and talking about their relationship for the future. She also refuses Felipe's idea that asks her to try making a life that is divided between two places. She feels regret after refusing Felipe's plan.

2. Liz's *Ego*

She feels anxiety when her *id* says that she wants to have kid but in fact her husband never wants to have kid. Because of her anxiety, she tells her problem to God and asking help. Finally, her *ego* decides to divorce.

Stephen: you don't want kids.

Liz: I don't want to be married. (EPL, 9P)

Her *id* says that she should refresh her life from her desperate for twelve months. Ketut Liyer, the medicine man in Bali ever says to Liz that she will come back to Bali in 10 month and stay for 3 up to 4 months in Bali. She thinks that Bali is perfect place for holiday and refreshes her life. And she goes to Bali, but she visits Italy and India before.

Ketut Liyer: you will come back to Bali and live here for three or four months and teach me English and I will teach you everything I know. (EPL, 3P)

Italy is one of beautiful country that has delicious foods. Italian foods are delicious and can raise desire to eat. Italy has many kinds of food, such as, Spaghetti, Pizza, Napoleon, Lasagna, etc. Italian foods are Liz's favorite, so she decides to go to Italy to return her desire to eat. Finally, her *ego* follows her *id*.

Actually, Liz *ego* realizes that she loves Felipe very much but she still has traumatic of love relationship. And she never wants to hurt anymore. So, she makes reason to refuse Felipe who asks her to go to the little island. She thinks that refusing him is the best decision. Liz makes reason to refuse Felipe because; she is not ready yet to make serious relationship. She doesn't want to hurt again and she does not feel confidence to be loved.

3. Liz's *Superego*

On the way from Delia's home, her *id* raises that she wants to have kid, but the *egos* know that her husband never wants kid. Then her *superego* realizes that she should be divorced.

Her *id* says that she should refresh her life from her desperate for twelve months. Her *ego* realizes that Ketut ever reads her hand palm and says that she will visit Bali again and stay for 3-4 months. And her *superego* realizes that she should go to Bali, but she wants to go to Italy and India before to recover her hurt.

Her *id* is when she wants to go to Italy to return her desire to eat. Her *ego* realizes that Italian foods are very delicious, and can return her desire to eat again. Then, her *superego* realizes that she should go to

Italy for four months, to eat delicious foods and learns to speak Italian language.

Liz's *id* raises when Felipe asks her to go to little island with him and she refuses it. Her *ego* realizes that she loves him very much but she has traumatic of love relationship. Few days later, she feels regret and run to find Felipe. Finally, she decides to accept Felipe and begin new life with him. Then, they go to little island by boat.

When Liz runs to meet Felipe and go to his house, he is not in home. So, she props the note on a table. It reads: 'meet me at our dock at sunset. Liz'. She waits him patiently, and finally he comes, then she asks him to go. Felipe takes her hand and step in to the boat.

4. Pursuing Happiness of Elizabeth Gilbert

Elizabeth Gilbert is an American, and thus views it as a given that she has the inalienable right to pursue happiness. She decides to recover her hurt of love and pursue happiness. Liz Gilbert's pursuing happiness can be seen when she feels desperate then she decides to go to three countries for twelve months to recover her hurt also refresh her life.

Liz: Right. You're right. I need to find out who the hell I am. I can't expect to make another relationship work until I figure out a way to have relationship with my self. I'm not getting any younger, it's twelve months out of my life..... (EPL, 22P)

She goes to Italy just for return her desire to eat and learn to speak Italian, because she assumes that Italian is beautiful. Actually, she doesn't need to learn Italian, but she imagines that it's joyful to learn beautiful language, like Italian. Second country where she visits is India. She wants to be closer to God, so she goes to India and stays in Guru's Ashram. In the ashram she learns how to meditation well and pray to God. It makes her calm. Bali is the last country where she visits. In Bali, she meets Ketut and learns about everything that he knows. She needs sharing with Ketut and his advice. She learns to get happiness, by smile and balance. Ketut says that she must smile

from her heart and get the balance by meditation.

Liz's pursue the happiness also can be seen when she meets Felipe and asks him to cross over to the little island. She cancels her flight to New York to pursue her love. And also she forgets her traumatic of love to begin new life with Felipe. She decides to meet Felipe and accept his plan. Because she realizes that she loves Felipe and also ketut gives her advice. So, she asks Felipe to go to little island.

B. Discussion

Analysis of structure of personality of Liz Gilbert and pursuing happiness of Liz Gilbert shows that each classification of them gives the important roles in building the major character's mental condition. So, it is necessary to collect and relate them into discussion of the analysis.

The first *id* of Liz is she wants to have a kid because she thinks that without kid her life is never complete. Liz desire arises when she goes home from Delia's party. In Delia's bedroom Liz asks about Delia's desire to have kid. But in fact her husband never wants to have kid. Because of her anxiety, she tells her problems to God and asking help. Then her *superego* realizes that she should be divorced.

Liz's second *id* is she gives up in her life because desperate of her love condition. She is divorced from Stephen and not long time her relationship with David is broken. It makes her lose desire to eat and causing weight loss also panic. She feels tired with her unsuccessful relationship. And she wants to refresh her life by traveling in twelve months. Ketut Liyer, the medicine man in Bali ever says to Liz that she will come back to Bali in 10 month and stay for 3 up to 4 months in Bali. She thinks that Bali is perfect place for holiday and refreshes her life. And her *superego* realizes that she should go to Bali, but she wants to go to Italy and India before to recover her hurt.

The third *id* of Liz is she wants to get her desire to eat again, that cause weight loss. It is caused by her desperate in her love. She wants to enjoy delicious foods in Italy. Italy is one of beautiful country that has delicious foods. Italian foods are delicious and can raise desire to eat. Italy has many kinds of food, such as,

Spaghetti, Pizza, Napoleon, Lasagna, etc. Italian foods are Liz's favorite, and then her *superego* realizes that she should go to Italy for four months, to eat delicious foods and learn to speak Italian language.

The fourth *id* of Liz is she refuses when Felipe asks her goes to romantic island and talking about their relationship for the future. She also refuses Felipe's idea that asks her to try making a life that is divided between two places. Actually, Liz *ego* realizes that she loves Felipe very much but she still has traumatic of love relationship. And she never wants to hurt anymore. But few days after that she feels regret and run to find Felipe. Finally, she decides to accept Felipe and begin new life with him. Then, they go to little island by boat.

Liz Gilbert's pursuing happiness can be seen when she feels desperate then she decides to go to three countries for twelve months to recover her hurt also refresh her life. She goes to Italy just for return her desire to eat and learn to speak Italian, because she assumes that Italian is beautiful. Second country where she visits is India. She wants to be closer to God, so she goes to India and stays in Guru's Ashram. Bali is the last country where she visits. In Bali, she meets Ketut and learns about everything that he knows. She learns to get happiness, by smile and balance. Liz's pursue the happiness also can be seen when she meets Felipe and asks him to cross over to the little island. She cancels her flight to New York to pursue her love. And also she forgets her traumatic of love to begin new life with Felipe.

Conclusions

Based on the structural analysis, it is apparent that in this movie Ryan Murphy wants to deliver a moral message that happiness should be pursued and it efforts to get a change in the life. In doing so the major

character of Elizabeth Gilbert successfully gets much impression for action movie; the continually plot from the beginning, the middle, and the end; the point of view have been done in all ways and precisely appropriate applied in the story in the most setting of place; then visualization from *mise-enscene*, cinematography, editing, and the other technical elements have the unity and successfully related to one another.

Based on the psychological analysis, it is apparent that in this movie Ryan Murphy reflects phenomenon of psychological that shows the effort of someone to get happiness whatever the way. Murphy employs the major character Elizabeth Gilbert as describes desperate woman who need happiness in her life. In this movie, we can see that the major character's personality has changed. The writer wants to give more understanding that everyone need to be happy. People should be pursued happiness to make life more joyful and colorful.

This research is far from perfect because of the researcher's limited knowledge and understanding on the literature. The whole analysis represents the researcher understanding of the film based on the pursuing happiness psychoanalytic approach. The movie *Eat Pray Love* by Ryan Murphy is an interesting movie. It's suggested to the other researchers that use this film; they may use different approaches such as sociological approach and feminism approach. He or she needs to make a deeper analysis to enrich the acknowledgement about literature. In sociological analysis the other researchers can analyze the background, culture, or even the religious element of the film between the reality and the film itself or between the real stories with the film.

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