

CHAPTER I

INTRODUCTION

2.1 Background of the Study

Happiness is an important element of life. Happiness is not an option, it is a requirement. However, pursuing happiness is indeed an option. *'Action may not always bring happiness, but there is no happiness without action.'* Benjamin Disraeli (Disraeli; 2012; Sybil). This is one of famous life quotes talking about a happy life. Life offers a quite long time to experience and find what happiness is and how to achieve it. On another hand, people have- different mind-set and perspective that distinguish the meaning of happiness for each of them and how their approaches in dealing when problems arise.

As simple as it may seem, pursuing happiness is not an easy work to do because the best things in life cannot be bought. But since happiness is the best thing we can have in life, we will do anything, even sacrifice what is important for us to reach this state of harmony. There are so many self-help books, psychiatrists, even group helps talking and showing to help people have a balance life where in the end the ultimate goal is to reach happiness and let it live within them.

Elizabeth Gilbert is one example of an independent woman who lives in hassle and bustle city in America, New York. She has a good job as a writer, has published some of her books and married to a decent man who she has years of relationship with. They have almost everything except child that a happy marriage can have. However, she never finds a true happiness within her. Liz's unhappiness

grows and her world begins to crumble. She has been struggling and afraid to take a decision until one day, she takes the biggest decision in her life to find out what happiness is and how to apply it in her life.

This story is one example of how pursuing happiness is supposed to be. Liz endures a devastating divorce followed by a fling with an actor. As we can see here, men are free to pursue all kinds of adventures, while women are expected to pursue men. In a typical big-studio romantic comedy, the heroine's professional ambition may not always be an insurmountable obstacle to matrimony, but woman's true fulfilment – not only her presumed happiness but also the completion of her identity, will come only at the altar. This standard, of course, creates awful scorns from some of her fellow gender for her choice to leave marriage and wanders the world to find happiness. This paradigm is much older than the novel, but it can be refreshing, now and then, to see something different in the multiplex: a novel that takes seriously a woman's autonomy, her creativity, and her desire for something other than a mate. She only wants happiness.

Life and happiness is related like a couple and there are things that must be done and choices that must be made in order to pursue happiness. This is why the writer elevates this topic which is to see and elaborate how a modern independent woman dealing with problems of life and ignore the everlasting dogma about marriage as the only way to obtain a life full of happiness.

Previously, a research for this novel, *Eat, Pray, Love* has been conducted with a topic: “ Elizabeth’s Searching for Self-Identity in Elizabeth Gilbert’s *Eat, Pray, Love* by Yunella Ayu Wibowo in 2013. In that research, the writer focuses on what ways Liz chooses and do to find her self-identity. In this research, the

writer elevates a new topic to complement the previous research by analysing the main conflict in this novel which is happiness.

1.2 Statement of the Problem

Here the writer formulates problem statements as follow:

1. How does Liz define happiness in *Eat, Pray, Love?*
2. What are the cause – effect relationship of Liz’s pursuit of happiness in *Eat, Pray, Love ?*

1.3 Objective of the Study

Seen from the background of the study and problems that arise, the writer would like to convey:

2. Happiness according to Liz
3. The cause and effect of Liz’s pursuit for happiness

1.4 Significance of the Study

By conducting this analysis, the writer expects this study can give some benefits;

- a. Theoretical

The writer truly hopes that this research will be beneficial for those who like reading in order to gain some knowledge. Here is written some useful information about happiness that can be easily be understood by people from all walks of life.

b. Practical

Practical uses are always significant in complementing theoretical uses. That is why the writer expects when theoretical benefits have already been gained, people can apply it to their daily life. Happiness is very close to human life and the writer sincerely hopes students of the English Department who read this can get some insight of how to achieve happiness.

1.5 Scope and Limitation

The scope of the study is *Eat, Pray, Love* and the elements in it. As for limitation, the writer limits the discussion only on the descriptions of happiness according to Liz and the cause and effect of Liz's pursuit of happiness in order to avoid the discussion being too broad.

1.6 Research Method

This chapter gives an overview of the research approach adopted in the thesis. It identifies the thesis's epistemology and theoretical perspective. It further looks at the research methodology and the practical approach adopted to achieve objectives. Case study in the statement of problem is used as the research study as it can distinguish and explore the phenomenon of the problems from different perspectives and focus on relationship and process.

The distinction between qualitative and quantitative research is a methodological issue. The decision to choose a specific methodology should be based on its suitability to answer the research questions (Bryman, 1988). Denzin

and Lincoln (1998) asserted that qualitative research emphasises the process of discovering how the social meaning is constructed and stresses the relationship between the investigator and the topic studied. Berg (2001) discriminated between qualitative and quantitative research arguing that qualitative research referred to the meanings, concepts, definitions, characteristics, metaphors, symbols and descriptions of things, while quantitative research referred to the measures and counts of things.

Snape and Spencer (2003) indicated that qualitative research is a naturalistic/interpretative approach concerned with understanding the meaning people give to the phenomena within their social setting. They outlined a number of key elements which distinguish the qualitative approach, among these: it is the approach which provides a deeper understanding of the social world; it is based on a small scale sample; it uses interactive data collection methods, i.e. interviews; it allows new issues and concepts to be explored.

Accordingly, writer chooses to use qualitative method in this analysis so that the overall aim of the study can be accomplished. By using this method we can compare some theories and information from various sources in order to get satisfactory conclusion. The qualitative method has helped the writer to get a deeper understanding of the issues being investigated. It is a method that has enabled the research questions to be answered by providing a rich picture on the real conditions. Data was collected using qualitative research method; review of documents. It is then looks at the qualitative analysis techniques which are used for analysing the data. As for the approach, the writer uses objective approach as it proposes that one must find what happens within a literary work. The writer also

applies new criticism approach that is marked by concentration on the language, imagery, and emotional or intellectual tension written in the literary work.