

**SELF-TRANSFORMATION THROUGH ITALY, INDIA, AND
BALI IN GILBERT'S *EAT PRAY LOVE***

SKRIPSI

BY

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**ENGLISH LITERATURE STUDY PROGRAM
FACULTY OF LETTERS AND LANGUAGES
UNIVERSITAS KRISTEN INDONESIA
JAKARTA
2024**

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BALI IN GILBERT'S *EAT PRAY LOVE***

SKRIPSI

Presented to the Faculty of Letters and Languages, Universitas Kristen Indonesia
In partial fulfillment of the requirements for the degree of Sarjana Sastra (S.S.)

BY

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JAKARTA
2024**



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ACKNOWLEDGEMENT

All praise and worship to the Almighty God, for the goodness of God has strengthened me to complete this *skripsi*. This *skripsi* is presented to fulfill one of the requirements for obtaining a bachelor's degree in Literature at the Faculty of Letters & Languages, Universitas Kristen Indonesia. Thus, I would like to take this opportunity to express my deep and sincere gratitude to:

1. Susanne A. H. Sitohang, S.S., M.A., Dean of the Faculty of Letters and Languages of Universitas Kristen Indonesia, and my advisor for this *skripsi*, who contributed to guiding me in the process of this *skripsi*, even during my time in university, and always gave me enthusiasm and motivation in every way.
2. Mike Wijaya Saragih, S.S. M.Hum., Head of English Literature Study Program, who also participated and helped a lot in completing this *skripsi*.
3. All lecturers of the Faculty of Letters and Languages, English Literature Study Programme, Universitas Kristen Indonesia, whom I cannot mention here. Thank you for providing me with valuable knowledge and advice during my studies at the Faculty of Letters and Languages, specifically the English Literature Study Programme, at Universitas Kristen Indonesia.
4. Made Mudastra and Ni Nyoman Puspa, as the parents of the writer, and also the sister Ni Made Cahya, who always gives prayers, love, enthusiasm, attention, and support in material, thank you to all those who have been given so that the writer can finish this *skripsi* on time.
5. Rut Monica, Betty Kristina, Reggina Jessisca, and Adelia Kristin, the writer's best friends from junior high school, have always been mentally strong and supported all this time.
6. Floristika Apraluya Flagracia, Novalin Clara Rumanasen, and Eirenopois Timothy always support one another to keep the spirit up while undergoing this 4-year study.
7. Santa Lusiana Tambunan, Chalara Natalia Gultom, and Zefanya Wynona always support and remind each other for guidance, and the spirit of working on the

skripsi also helps them work together.

8. All of my friends from the 2020 batch, seniors who helped and supported me in the process of my study, and all parties that the writer cannot mention one by one.

Hopefully, this *skripsi* will be helpful and provide readers with new knowledge. Therefore, the authors expect constructive criticism and suggestions from readers to help us improve and become better.

Jakarta, 7th July 2024



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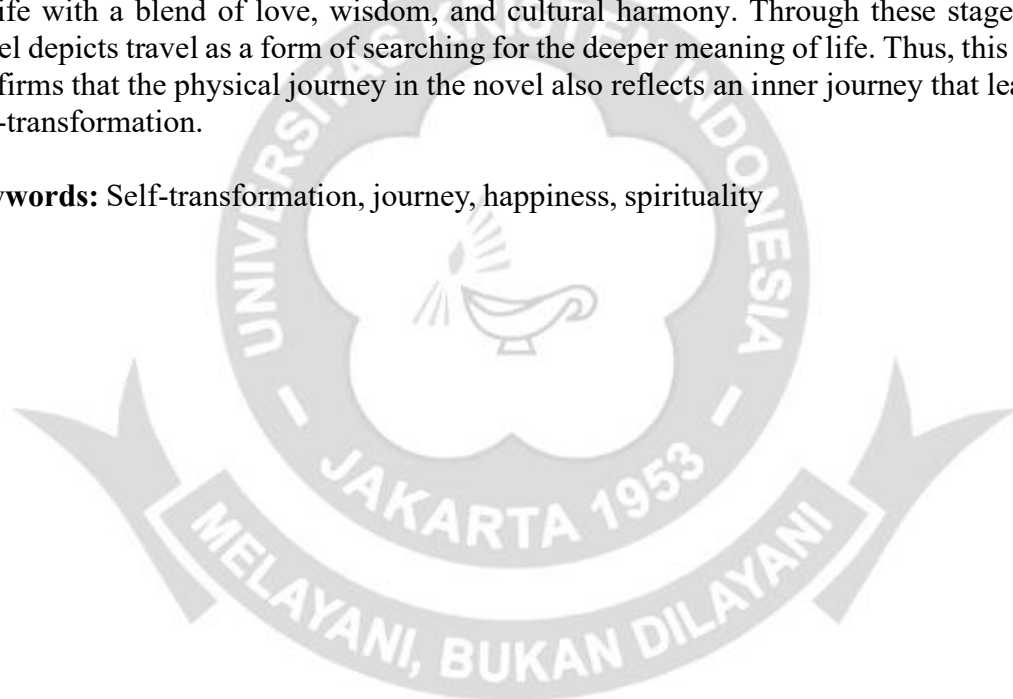
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ABSTRACT

This *skripsi* analyzes the self-transformation experienced by the main character in Elizabeth Gilbert's *Eat Pray Love* through her travels to Italy, India, and Bali. This study aims to reveal how the journey contributes to the main character's search for the True meaning of life, happiness, and spiritual balance. The approach employed is based on the theory of travel and self-transformation in literature, utilizing a descriptive-qualitative method to explore the emotional, psychological, and spiritual changes that occur throughout the journey. The results show that Italy represents worldly pleasures through culinary and language experiences, while India becomes a means of seeking inner peace through spiritual practices and meditation. Bali, on the other hand, symbolizes the balance of life with a blend of love, wisdom, and cultural harmony. Through these stages, the novel depicts travel as a form of searching for the deeper meaning of life. Thus, this study confirms that the physical journey in the novel also reflects an inner journey that leads to self-transformation.

Keywords: Self-transformation, journey, happiness, spirituality



ABSTRAK

Skripsi ini menganalisis transformasi diri yang dialami oleh tokoh utama dalam novel Eat Pray Love karya Elizabeth Gilbert melalui perjalanannya ke Italia, India, dan Bali. Kajian ini bertujuan untuk mengungkap bagaimana perjalanan tersebut berkontribusi terhadap pencarian identitas, kebahagiaan, dan keseimbangan spiritual sang tokoh utama. Pendekatan yang digunakan adalah teori perjalanan dan transformasi diri dalam sastra, dengan metode deskriptif-kualitatif untuk mengidentifikasi perubahan emosional, psikologis, dan spiritual yang terjadi sepanjang perjalanan. Hasil penelitian menunjukkan bahwa Italia merepresentasikan kenikmatan duniawi melalui pengalaman kuliner dan bahasa, India menjadi sarana pencarian ketenangan batin melalui praktik spiritual dan meditasi, sementara Bali melambangkan keseimbangan hidup dengan perpaduan antara cinta, kebijaksanaan, dan harmoni budaya. Melalui tahapan ini, novel menggambarkan perjalanan sebagai bentuk pencarian makna hidup yang lebih dalam. Dengan demikian, penelitian ini mengonfirmasi bahwa perjalanan fisik dalam novel juga mencerminkan perjalanan batin yang mengarah pada transformasi diri.

Kata Kunci: Transformasi diri, perjalanan, kebahagiaan, spiritualitas