

# CHAPTER I

## INTRODUCTION

### A. Background of the Study

Al-Bukhari narrated in a Hadith, “Each child is born in a state of Fitrah (pure Muslim nature), then his parents make him a Jew, a Christian, or a Zoroastrian...” (Ghareeb 75). Based on that Hadith translation, from the words “his parents make him” shows the determinant factor of parents (external factor) in forming child’s identity since the child was born. The identity that is used here refers to answer the question, “Who are you?” psychologically and socially that may be asked implicitly or explicitly to oneself or others (Vignoles 1). As the matter of fact, children tend to imitate someone that they have interaction with. As parents are the first figures that have direct interaction with the child, parents give major influence about behaviorism to the concept of who they are, as an individual. It is strengthen in a journal that said, “...the interplay of personality and social relationships, and process sequences are described as social interaction units made up of interconnected interaction partners’ behavioural (i.e. interaction behaviors) and mental states (including self...” (Geukes et al. 45).

As the child grown up, they will get more influence from other people such as teachers, friends, colleagues, and so forth. During the time of personality development, in order to live and adapt to certain social norms, people play several roles depending on the situations. For instance, a teacher has other roles such as a daughter, a mother, a wife, a friend, and other social roles that oblige her to behave

differently in each role. If she is at school, her attitude will be different from the time she is at home. At school, other colleagues have an expectation of how a teacher should handle their mood, action, behavior, and thinking. As the result, persona is used to fulfil such expectations.

Carl Gustav Jung, an influential expert related to Personality Theory, used persona as a term referring to a mask used by people in order to take part in the role playing conducted by the society. He defined persona as a complicated system of mask that was designed to make certain impression to other people, but at the same time hide the true nature of the individual (Jung 192). Based on Jung definition of persona, it can be seen that the use of persona can be a problem. If people keep building their persona through imitating their society and believe it as their real personality, they will suppress their true nature of who they really are. Jung explained that persona is built from the continual imitation from the process of adaptation to the society that the ego absorb it as personality (Stein 4). He added, “The persona is actually a ‘segment of the collective psyche’, but it mimics individuality” (Jung qtd. in Stein 4). Hence, people need to realize that their persona is not their real personality and discover more about themselves by uncovering their mask as the beginning. In addition to persona, *Jung’s Map of Soul: An Introduction* book stated two sources of persona. Firstly, it comes from the demands and expectations of the society. Secondly, it comes from individual’s social ambitions (Stein 106). Therefore, it can be said that people may use persona forcefully or purposely.

In contrast to the persona, people also have a compensatory structure named anima/animus that also need to be acknowledged. It is because with so many influences that someone has got, the ego will absorb so many new contents that affecting on the purity of “I-ness” that make he/she loses his/her unique individuality (Stein 106). In short definition related to gender, anima is the feminine side of a male while animus is the masculine side of a female (Tyagi 138-141). It means that a feminine woman has masculine (animus) side within her. In her persona, she might look receptive, warm, nurturing, and embracing, while within her lie masculine traits such as hard, critical, aggressive, and domineering. Similarly, male in his persona may look very masculine that he is hard-driving, tough-minded, detached, and aggressive, but his inner personality is sentimental, touchy, easily wounded, and vulnerable (Stein 125).

In his book, Stein said that persona is functioned as a bridge to the outer world whereas anima/animus functioned as a bridge to the inner world (Stein 118). In other word, if people want to get to know more about who they really are, they need to not only discover about their persona, but also they need to discover deeper to their anima/animus.

...for the purpose of individuation, or self-realization, it is essential for a man to distinguish between what he is and how he appears to himself and to others, so it is also necessary for the same purpose that he should become conscious of his invisible system of relations of the unconscious, and especially of the anima, so as to be able to distinguish himself from her. (Jung 194)

Then, by identifying and embracing their persona and anima/animus as their uniqueness, people can have a balance life and can be fully functioning individual. As they not only refer to the outside world –conscious–, but also to the inner world –unconscious. Jung claimed that people who want to have better social performance, they need to accept their uniqueness or to strive for individuation. The definition of individuation was written in a journal,

Individuation means becoming an ‘in-dividual’, and, in so far as ‘individuality’ embraces our innermost, last, and incomparable uniqueness, it also implies becoming one’s own self. We could therefore translate individuation as ‘coming to selfhood’ or ‘self-realization’. (Jung 173)

Based on the definition above, it can be understood that Jung believed everyone is unique that make them become who they really are as an individual. Thus, they need to realize the fact that they have potential to be unique, or just let the unconscious to pave the way to find what has been neglected. While, according to its etymology, the word individuation comes from the Latin *individuus*, that have meaning ‘undivided’ or ‘indivisible’. Jung suggested this term to describe the process of psychological development, that he defined as becoming a unified and also unique personality (Lemmens par.1).

The explanations of Jung’s individuation concept above is in line with the condition of Liz, the main character in *Eat, Pray, Love* novel, who starts her journey to seek for psychological balance. Liz has been living her entire life conservatively and strictly while imitating her mother as the figure example. She is convinced that

woman must be able to nurture others. Her mother becomes Liz's model figure of how woman should behave and act as a wife and a mother. Then, it leads her to finally settle down when she turns thirty. In her thirty she has a husband; lives in a big house; and she only needs to wait for having kids, but she suddenly realizes that she does not want all of that anymore. She finds out that she actually just puts on her masks to fit in the society's conformity. Liz is always seen as the happiest independent American woman by her family and friends, but when she is alone she shows the opposite traits of her personality. It is because she lets her ego to dominate her life and absorb her persona as a nurturing type of woman as her real personality. This kind of identification creates psychological imbalance. The superiority of her conscious caused her unconscious to start striving for its existence by giving sign to her through nightmare and neurosis. In the middle of her crisis, she realizes that she does not look like herself anymore. Therefore, in order to discover more about herself and create a balance life, she goes traveling to Italy, India, and Indonesia.

Based on the explanation above, this study entitled, **“The Representation of Jung’s Individuation Theory in Liz as the Main Character in *Eat, Pray, Love* Novel”** uses Jung’s individuation as the underlying theory. This study focuses on the character psychological development by revealing the reflection of Liz’s persona, the portrayal of Liz’s animus, and the representation of Liz’s individuation in the novel.

## **B. Limitation of the Study**

In the *Eat, Pray, Love* novel, it represents Jung's theory of individuation on the main character, Elizabeth Gilbert or Liz. Hence, this study limits its focuses on the portrayal of Liz's persona, animus, and the connection between persona and animus as a form of individuation in the novel.

## **C. Problem Formulations**

This study analysis is focusing on the following problems that have relation to the main character and the author of the *Eat, Pray, Love* novel, Liz Gilbert:

1. How is Liz's persona reflected in the novel?
2. How is Liz's animus portrayed in the novel?
3. How is Liz's individuation presented in the novel?

## **D. Objectives of the Study**

The objectives in analyzing *Eat, Pray, Love* novel in this study are as follows:

1. To analyze Jung's term of persona in the main character, Liz, as has been reflected in the novel.
2. To analyze Liz's animus that has been portrayed in the novel.
3. To analyze the connection between Liz's persona and her animus as form of individuation that has been presented in the novel.

## **E. Significance of the Study**

The result of this research is expected to give benefits to further researchers who are interested in Jung's theory specifically individuation theory. It will give sufficient explanations of Jung's individuation that can be used as future

researchers' guidance in conducting the same topic. The use of Liz's case as the main character of *Eat, Pray, Love* novel that is experiencing individuation in the research, may give deeper understanding to the theory. The research also provides details information about Jung's concept of persona, animus, and its relation that help readers understand the theory thoroughly. It is also intended to rise readers' awareness of individuation phenomenon as a part of psychological development that may be sought or happened to anyone.

#### **F. Organization of the Study**

This final project is divided into five chapters. The first chapter is the Introduction that includes Background of the Study, Limitation of the Study, Problem Formulations, Objectives of the Study, Significance of the Study, and Organization of the Study. Next, the second chapter is the Review of Related Literature. It contains the *Eat, Pray, Love* novel Synopsis and the review of Jungian Psychology that includes definition of individuation, persona, and animus. The third chapter is the Research Method that consists of Type of Research, Data Organizing, and Analysing the Data. After that, the fourth chapter presents the writer's Findings and Discussion about Liz's persona, animus, and individuation. Then, the last chapter is Chapter V provides the Conclusion and Suggestions.