

## AN ANALYSIS OF THE EDUCATIONAL VALUE IN NOVEL THE LAND OF FIVE TOWERS

Astirini Swarastuti

Akademi Bahasa Asing Dian Cipta Cendikia

astirini@dcc.ac.id

**Abstract.** The object of this analysis is the problem of seeking a balanced life by Elizabeth Gilbert in Italy, India, and Indonesia. The most important aspect that drives people to take control of their lives is balance. There must be a balance between physical and mental needs. the author concludes that Elizabeth Gilbert's experiences with her are part of society. For this reason, the author considers a sociological approach appropriate to analyze this novel.

*Keywords: social norms, novel, balance life*

### A. INTRODUCTION

Literature is a medium through which a person can express his or her thoughts and challenge various social norms. Works dealing with common themes are particularly purposeful. An author can communicate with the reader of a literary work if the reader can understand what the author wants to convey. Authors express their feelings, thoughts, ideas, or arguments about social issues by writing these issues in the form of literary works. A literary work has two main elements that can be analyzed. They are the intrinsic factor or objective approach and the extrinsic factor. The essential elements (objective elements) are the elements of the literary work that build the structure of the literary work itself. Plot, characters, setting, theme, perspective, style, and atmosphere are examples of essential elements.

The essential element is the sum of the elements that make up a literary work. Literature is the personal expression of human beings, specifically thoughts, feelings, enthusiasms, and concepts in a particular account. Anything that can be used as a communication medium. Language is a

highly artistic medium or material in all literature. Used to represent content. Literary works are different from everyday words. Literature is one of the elements of culture used to express human thoughts and ideas. There are four types of modern literary works. They are short stories, novels, poems, and plays. They have their own histories, formats and claims. In order to appreciate them, it is necessary to understand them, or to understand and enjoy them, that is, to judge the value of literary works. In order to understand and enjoy literary works, it is necessary to read them over and over again, to try to understand them, to analyze or judge their value, and to communicate the results of those judgments to others.

Man is a creature of God. God gives people many abilities to face the world. There are many obstacles that people in the world will face. You have to face the problem yourself and solve it. Sometimes I feel happy and other times I feel unhappy for various reasons. In the world, most people want a balanced life. When they get happiness and inner peace in their life, they can lead a balanced life. However, it is impossible for them to achieve happiness and inner peace every time as human beings. They are looking for those things but do not know how to get them. Happiness can be obtained by acquiring happy conditions from external factors such as health. But they do not guarantee inner peace. Inner peace in life is the state of being able to maintain balance and harmony with God, the environment, and other people. There are many ways people do to get it. For example, they work hard to earn a lot of money, visit some beautiful places, spend time with their friends, etc. They believe that having a lot of money, a big house, and a high position in society will lead to a balanced life. In fact, these aren't really happy moments. True happiness is not measured by money, work or fame. Moreover, these will lead them to arrogant people. May true happiness and inner peace come to you as you draw nearer to God. There are factors that people ignore while concentrating on their professional and professional activities. The factor is the relationship between humans and their God. According to Capalla

(2008), a simple distinction between 'intrinsic wealth' and 'external wealth'. ``Internal" as a dimension of wealth related to the mental, moral and spiritual capacities of an individual and ``External" as a dimension of wealth that is primarily material and derives its value from established social norms. target". From the above quotes it is clear that people need to satisfy his two sides of wealth. They are outer wealth and inner wealth. As humans, we must realize that we must balance our outer wealth needs with our inner wealth needs. Both are two important things in our lives. On the one hand, we are members of society who should exist in society. On the other hand, we are human and should have a good relationship with God. It's called the spiritual aspect.

To achieve true happiness and inner peace, we must balance both sides of our lives. Elizabeth Gilbert wrote a very funny and insightful novel about her personal life. she has everything in her life. She has her successful career, lovely husband and gorgeous home. In the end, she feels unhappy. She decided to travel to Italy, India and Indonesia. After her divorce, Elizabeth experienced panic, confusion, and severe depression that led to weight loss. This is the story of how she traveled and explored three different cultures to find balance in her life. She first experiences pleasure in Italy. She enrolled in an Italian language course and immersed herself in the beauty of this romantic language and Italian culture. She eats gelato in the morning, discovers the best pizza in Italy and shares Sardinian wine with her friends. Upon leaving Italy, she announced that she was relieved of her nagging depression and naturally returned to her normal weight. She then travels to India, where she practices hours of silent meditation. Through hours of silent meditation practice, she saw God in meditation and learned that God was within her. To find her peace, she must return to herself. This is the most important account of their journey. Your time in India is described beautifully and honestly. Elizabeth finds her love in Bali, Indonesia. Elizabeth met Ketut, India's 9th generation medical practitioner. She then explains to him that not only does she want to learn

to live in this world and enjoy its joys, but she also wants to learn to devote herself to God. A reference to Elizabeth Gilbert's novel *Eat, Pray, Love* shows us that everything we do in this world must be in balance. Wealth and everything we have in this world will one day be lost. Of course, meeting material needs alone does not bring true happiness. Harmonizing your physical and mental needs is the best way to achieve true happiness and inner peace. Based on the above description, in Elizabeth Gilbert's novel *Eat, Pray, Love*, the author focuses on finding a balanced life.

## **B. RESEACH METHOD**

In this case, literary analysis is an attempt to explore knowledge and carefully and continually define it in relation to literary cases. This means that literary analysis is a science with distinct aims, methods and approaches. Literature analysis as a scientific activity must be systematically supported. A method is a procedure, specifically a regular and systematic way of getting something done. Method also means a working method for understanding the subject and goals of the science involved. According to Harsono (2006), methodology is the science that involves learning about methods, procedures and research techniques. By this definition, methodology in this case is one of the most important parts of research and analysis. The authors use several methods to conduct the analysis. These are analysis design, data sources, data collection techniques, and data analysis. The author analyzes the novel using descriptive-qualitative methods.

A descriptive qualitative method means that the author describes the results of the analysis in the form of words or sentences. Based on the explanation above, qualitative methods focus on describing in more detail the main issues analyzed from a particular literary work. In this analysis, authors use library surveys to gather data from specific books. The author uses her 2010 novel *Eat, Pray, Love* by Elizabeth Gilbert as her source of data for this analysis. There are also some books that the author used to

collect some data from the theory. The facts for this analysis are expressions, phrases and statements from Elizabeth Gilbert's novel *Eat, Pray, Love*. The writing of this analysis is done entirely through library research. Data are collected from libraries at several locations where relevant books are available to provide more detailed information to support the content of this analysis. As mentioned above, the data required for this analysis are citations from novels. Specifically, the data collected from the source is the novel *Eat, Pray, Love*. In this analysis, the authors follow several techniques.

First, the writer read the novel "*Eat, Pray, Love*". The author then summarizes the story. The author then focuses on data relevant to the theory and searches several sources to obtain a theoretical framework. The next technique is analysis of the collected data. Specifically, the facts of this analysis are quotes from Elizabeth Gilbert's novel *Eat, Pray, Love*. Once meaningful data is collected, the authors analyze the experience of finding a balanced life, as reflected in Elizabeth Gilbert's novel *Eat, Pray, Love*. Second, the author reads the novel to find citations on the subject of analysis and tries to interpret and explain it in the context of the theoretical framework. The data are presented in a descriptive manner consisting of describing facts about the novel, which focuses on Elizabeth Gilbert's spiritual and secular life.

### **C. FINDING AND DISCUSSION**

The problem is formulated on how does the author describe a balanced life in her novel and the purpose of this analysis is to describe a balanced life as revealed in the novel by Elizabeth Gilbert. The subject of this analysis is the author's personal life, Elizabeth Gilbert. The object of this analysis is the problem of seeking a balanced life by Elizabeth Gilbert in Italy, India, and Indonesia. The most important aspect that drives people to take control of their lives is balance. There must be a balance between physical and mental needs. As you know, balance can be understood as the ability

to move or stay in one position without losing control. This means that people should be in control of their goals. They need to know what their purpose in life is. On the one hand, we must satisfy our bodily needs, and on the other hand, we must maintain our relationship with God. When these are in harmony, a balanced life is born. According to Duert (1998), *Balance His Life* covers his three basic requirements: harmony between humans and society, harmony between humans and their environment, and harmony between humans and their relationship with the Supreme God. Duert says a balanced life consists of his three key aspects of human life. Harmony between people and society, between people and the environment, and between people and God. This shows that the three aspects should be treated equally. The author can state that a balanced life requires a process to build it and lead people to a meaningful life. A balanced life does not come instantly. If you can achieve that, you will experience a change in your life. In the novel *Eat, Pray, Love*, Elizabeth Gilbert must make a long journey to find out exactly what her purpose in life is in this world in order to live a balanced life. She experiences physical difficulties in Italy and goes to India to get closer to God. Our final destination is Bali, Indonesia. Finally, she gets her love and gets her meaningful life. She finally knows how to balance her life between physical and mental hardships.

People in this world have to meet their physical needs. The first physical needs are physiological needs. Physiological needs are the physical needs that humans need to survive. If this requirement is not met, the human body cannot function properly and will eventually fail. Physiological needs are considered the most important and should be met first. Examples of physiological needs are air, water, and food. Another physical need that humans must meet in order to lead a balanced life is the need for safety. Security needs include personal security, economic security, health and well-being, and safety her nets against accidents and illnesses and their adverse effects. After physiological and safety needs are

satisfied, the third level of human needs is interpersonal, involving a sense of belonging. According to Maslow (1943), people need to feel included and accepted in a social group. For example, some large social groups may include clubs, employees, religious groups, professional organizations, sports teams, and gangs. Examples of small social ties include family, intimate partners, mentors, co-workers, and best friends. Humans need to love and be loved by others, sexually and non-sexually.

In relation to the above explanation, we know that there are at least three aspects of a human being that must be fulfilled in order to satisfy his bodily needs. First, we need food, water and air as our primary requirements for physical needs. Second, you need security. The third is love. Satisfying your physiological needs, creating a comfortable environment, and building positive relationships with others will help you lead a balanced life. Featured in Elizabeth Gilbert's novel *Eat, Pray, Love*. On her long trip to Italy she understands her own life and enjoys it happily. However, as the author has previously stated, people need a process to lead a balanced life. Then he has one aspect that people should fulfill. It's a spiritual necessity. Elizabeth Gilbert will escape spiritual needs in her novel *Eat, Pray, Love* after traveling through India and Indonesia. she draws closer to God.

A balanced life deals with mysticism. Maintains a relationship with higher powers, not limited to material things. Spirituality can play an important role in helping people maintain good mental health, live with and recover from mental health problems. To build true happiness, people need to approach the Almighty by turning their hearts to God. In fact, there are several ways people can focus their minds on God. The meditation Elizabeth Gilbert does in her novel *Eat, Pray, Love* brings her closer to God. According to Chiappalone (1998), meditation does not mean thinking about what many people misunderstand. It is a process of seeking

harmony, understanding oneself better, and transforming all emotions into meditative stillness.

Based on the above quotes, the author can infer that meditation is a way of achieving harmony between humans and their gods and satisfying our spiritual need to be closer to God. Maintaining relationships is very important. One of the most important things to maintain this relationship is prayer. Through prayer one can communicate with a higher power, God. Elizabeth Gilbert, on the other hand, in her novel *Eat, Pray, Love*, talks about knowing God through meditation and yoga. Meditation and yoga are two methods that Elizabeth Gilbert uses to know God.

The author chooses harmony as the theme of his analysis of Elizabeth Gilbert's novel *Eat, Pray, Love*. According to Krishnananda (2003) harmony means adapting oneself to the external environment. When one thing is not properly aligned with another, it is called inharmonious. Right coordination, principle, fact, purpose, when a person works smoothly with another, we think of harmony. Based on the quote above, there are two sides to her in achieving harmony. Treatment should balance both aspects. The aspect is that people must be able to deal fairly in both their worldly pleasures and their relationship with God. Those who think only of worldly pleasures and do not approach God cannot attain true happiness. However, a person who satisfies only his spiritual need for God, without balancing his worldly or physical needs, will face difficulties and problems, and both are willing to maintain harmony in their lives. I have to. In summary, he has two components in seeking a balanced life or harmony. They are:

1. We love our work, our families and our environment
2. Draw closer to God

The author analyzes the personal life of the author of Elizabeth Gilbert's novel *Eat, Pray, Love*. Private life is part of society. Society can affect



Elizabeth Gilbert's personal life. For this reason, the author applies a sociological approach. According to Stryker (1990), a sociological approach to understanding the self and its parts (identity) implies that the society in which the self-acts must also be understood, the self always being the other's self. I have in mind to act in the social context that I want. Existence. From the above quote the author concludes that everyone in this world needs to understand their society. It means that you need to know how to behave around people. If you can put yourself in the right place in society, you will not face difficulties in society. From this novel, the author concludes that Elizabeth Gilbert's experiences with her are part of society. For this reason, the author considers a sociological approach appropriate to analyze this novel.

#### **D. CONCLUSION AND SUGGESTION**

People in this world have to meet their physical needs. The first physical needs are physiological needs. Physiological needs are the physical needs that humans need to survive. If this requirement is not met, the human body cannot function properly and will eventually fail. Physiological needs are considered the most important and should be met first. However, a person who satisfies only his spiritual need for God, without balancing his worldly or physical needs, will face difficulties and problems, and both are willing to maintain harmony in their lives.

#### **E. REFERENCES**

- Duerto, Franklin. 1998. Accessed "The concept of harmoniousity".  
<http://robeeon.net/search/ISLAM+,+RELIGION+,+HARMONY+AND+PEAC>  
E. Accessed on May 8 2022.
- Gilbert, Elizabeth. 2010. *Eat, Pray, Love*. New York: Penguin Group ( USA ).
- Harsono, Siswo. 2006. *Metodologi Penelitian Sastra*. Semarang: Deaparamtha.