

ABSTRACT

Stress Response Syndrome in Elizabeth Gilbert's *Eat, Pray, Love*

Irma Yulianti

16111098

This Research discusses a novel which written by Elizabeth Gilbert entitled *Eat Pray Love*. *Eat pray love* is an New York betsseller novel that represents psychology of literature. The main characters in the novel is Elizabeth Gilbert. The aims of this analysis are to find out the symptoms of stress response syndrome suffered by Elizabeth Gilbert in *Eat, Pray, Love* and to describe the main character ways to heal stress response syndrome in the novel *Eat Pray Love*.

For achieving those objectives of the study, qualitative method, psychological approach and theories of stress response syndrome are used in this analysis. This thesis applies psychological approach in order to look at the relation between psychology and literature. Further, The writer applies a psychological approach especially stres respons syndrome theory by Timothy in Erica.

From this research, two findings can be clarified as the statement of the problem. The writer found that the novel "Eat Pray Love" by Elizabeth Gilbert, showed the symptomp of stress response syndrome experienced by the main character. The writer found five symptoms of Elizabeth Gilbert's strees response syndrome suffered. Those are lack of concentration, anxiety, sadness or hopelessness, crying or angry, and feeling of isolation. Stress response syndrome suffered a feel painful which can make her feel anxiety, sadness and hopelessness. The writer also found the way of character healing stress response syndrome depicted by the main character in the novel *Eat Pray Love* such as emotional support and medication. In Indonesia the healing process begins. Gilbert meets with people who understand his situation and help to get better life. In this novel there are several characters that help her like; felipe, Wayan, Ketut Liyer, Mario, Richard, Etc. But the writer focuses on Wayan, Ketut Liyer and Felipe Characters who provide emotional support to Gilbert. However, everyone who has stress response syndrome will face the symptoms and ways to heal it. Further, the writer hopes this research will perfectibility by next research in same discuccion topic.

Keywords: stress response syndrome, adjusment disorder, eat pray love, psychology of literature