
Unraveling Disillusionment: An Examination of Ernest Hemingway's The Sun Also Rises

Mengurai Kekecewaan: Sebuah Telaah atas Novel The Sun Also Rises karya Ernest Hemingway

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ABSTRAK

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Penelitian ini bertujuan untuk menganalisis kekecewaan yang dirasakan oleh tokoh dalam novel menggunakan pendekatan objektif dengan metode deskriptif kualitatif. Dalam metode ini, peneliti mengumpulkan data dari novel berupa kutipan-kutipan yang ada didalam novel tersebut dengan menyimpulkan data-data yang akurat, seperti fakta-fakta dalam cerita dan penggambaran karakter yang menggambarkan kekecewaan. Setelah data dianalisis, pembahasan jurnal ini meliputi karakter-karakter dalam novel *The Sun Also Rises* dan bagaimana mereka mengalami kekecewaan akibat perang dan pergolakan sosial-politik pada masa itu. Hasil dari penelitian ini menunjukkan bahwa konsep kekecewaan dalam *The Sun Also Rises* dapat dipahami dengan baik, hal tersebut menjadi temuan dari peneliti dimana pengungkapan rasa kekecewaan yang mendalam yang merasuk ke dalam kehidupan para tokoh, yang berasal dari dampak Perang Dunia I dan pencarian makna dan tujuan oleh *Lost Generation*. Peneliti juga telah menemukan rasa kekecewaan yang mendalam yang menyelimuti kehidupan para karakter, yang berasal dari dampak Perang Dunia I dan pencarian makna dan tujuan oleh *Generasi yang Hilang*.

Kata kunci: Kekecewaan; Putus Asa; Pendekatan Objektif; *The Sun Also Rises*

ABSTRACT

This research aims to analyze the disappointment felt by the characters in the novel using an objective approach with a qualitative descriptive method. In this method, the researcher collects data from the novel in the form of quotations in the novel by summarizing accurate data, such as facts in the story and character depictions that describe disappointment. After the data is analyzed, the discussion of this journal includes the characters in The Sun Also Rises and how they experience disappointment due to war and socio-political upheaval at that time. The results of this study show that the concept of disillusionment in The Sun Also Rises can be well understood, it is the researcher's finding that the expression of a deep sense of disillusionment that permeates the lives of the characters, stemming from the impact of World War I and the Lost Generation's search for meaning and purpose. The researchers also have uncovered the profound sense of disillusionment that pervades the characters' lives, stemming from the aftermath of World War I and the Lost Generation's search for meaning and purpose.

Keywords: Disappointment; Disillusionment; Objective Approach; *The Sun Also Rises*

INTRODUCTION

The Sun Also Rises is a novel often studied to explore disillusionment in the early 20th century. The book, written by Ernest Hemingway, depicts the lives of expatriates in Paris and Spain and the aftermath of World War I. The novel is well-known for its frank style and the disillusionment theme (Hays, 2010). This study aims to analyze the theme of disillusionment in *The Sun Also Rises* using the objective approach.

The objective approach is a method of literary analysis that focuses on the elements of the work itself rather than the social context in which it was written. Leading literary critic Terry Eagleton explains that an objective approach can reveal how the text functions as a literary work, what language devices it uses, and how it has been structured to create meaning (Eagleton, 2005). Apart from analyzing the style and structure of the novel, the objective approach also involves a study of the characters' motivations, themes, and settings without any bias. The objective approach or objectivism is one of the approaches in literary criticism that focuses on the analysis of literary work and does not rely on the views or interpretations of the individuals who examine the work. This approach emphasizes the importance of objectivity in interpreting literary works. It is based on the belief that real works can be considered objects separate from the author and the reader (Maher et al., 2020).

Literary works have an independent existence separate from the author and the reader. The objective approach emphasizes that literary works are independent of the author and the reader. (Strychacz, 1989) considers literature as an entity that exists in itself, independent of the writer and the reader.

Researchers focus more on objectively examining what is in the text, viewing it as a separate object from the one examining it. (Hays, 2010) views it as a separate object from the one examining it. Objectivism adheres to clear criteria in assessing literary works. Objective researchers believe that text can be measured according to objective standards, such as the use of language, the flow of a story or plot, and character development. (Forster, 2001) sought well-defined criteria for

examining literary works, making an objective 'technical' assessment.

This journal uses Abrams' theory to analyze the disillusionment of the characters in Hemingway's novel, particularly the protagonist Jake Barnes. Disillusionment is a common theme in literature that refers to the feeling of disappointment or loss of faith in something. As a literary theme, disillusionment often portrays characters who are disenchanted with society, the government, or their own lives (Hook, 1949).

In *The Sun Also Rises*, the characters are disillusioned with their own lives and the society they live in. They feel disconnected from the world around them and struggle to retain their sense of purpose and meaning. (Eagleton, 2005), disillusionment is "a chronic, bitter disease, whose long incubation can be traced through stages, each of which represents a partial failure of faith, and a corresponding loss of vitality, coherence, or meaning." Abrams believes that disillusionment arises from "a significant sense of loss, purposelessness, estrangement, or isolation," which undermines one's belief in oneself, others, or society.

METHODS

This article employs a qualitative descriptive research approach. "Qualitative descriptive research is an approach where the data collected is in the form of words, pictures, and not numbers. These data can be obtained through interviews, field notes, photographs, videotapes, personal documentation, notes, memos, and other forms of documentation" (Kim et al., 2017). This article aims to analyze the novel "*The Sun Also Rises*." The novel is set in the aftermath of World War I, and the characters are grappling with the changes brought about by the war. They experience disillusionment with traditional values, beliefs, and societal norms that no longer apply in the post-war world.

The research employs the following methods for data collection: Primary data-Data directly obtained from the source and provided to data collectors or researchers. In this case, primary data is gathered through interviews or direct observation of research subjects (Eagleton, 2005). Secondary data-

Data collected by researchers from existing sources. This data is used to support primary information and can be obtained from library materials, literature, previous research, books, and other relevant sources (Traber, 2000). This article adopts an objective approach. "An objective approach relies on empirical data and objective analysis to make decisions. It involves using scientific methods such as data collection, measurement, and hypothesis testing to ensure that decisions are based on solid, verifiable evidence" (Victoria University, n.d.). Steps involved in the objective approach: Reading, Understanding, Finding, Analyzing, Dividing, and Validating.

FINDING AND DISCUSSION

While Ernest Hemingway's novel "The Sun Also Rises" explores themes of disillusionment, it is important to note that there is no specific theory coined by an expert solely dedicated to disillusionment in Hemingway's works (William Adair, 2010). However, we can analyze the concept of disillusionment as it relates to the novel and draw insights from literary critics and scholars who have examined Hemingway's portrayal of this theme.

Disillusionment is the disappointment one feels upon learning that what one once thought was good is not as good as it appeared to be (Hook, 1949). Along with many other war veterans, Hemingway had a hard time returning to the beliefs and values they once held before the war, which led to a sense of alienation from society (Strychacz, 1989). "Disillusionment to cause (someone) to stop believing that something is good, valuable, true, etc. Disillusion noun His disillusion with the job was obvious, the condition of being disenchanted: the condition of being dissatisfied or defeated in expectation" (Britannica Dictionary).

Quote 01: *"Disillusionment arises when life experiences strongly discredited positive assumptions or deeply held beliefs. Under these conditions, people feel lost, confused, and disconnected from their social environments, for example: to disappoint someone by telling them the unpleasant truth about something or someone that they had a*

good opinion of or respected". (Psychological).

Jake Barnes, is a war veteran who is disillusioned with his life and relationships. He is unable to have a physical relationship with the woman he loves. Brett Ashley, due to a war injury that has left him impotent. Brett Ashley is disillusioned with her relationships and is constantly searching for something more. Robert Cohn is disillusioned with his writing career and relationships, and he cannot find fulfillment in either. Mike Campbell is disillusioned with his financial situation and is constantly trying to find ways to make money.

In "The Sun Also Rises," the characters experience disillusionment stemming from the aftermath of World War I and their struggles. They grapple with a sense of aimlessness, the loss of traditional values, and the inability to find true fulfillment. This disillusionment is often associated with the broader concept of the lost generation, a term coined by Gertrude Stein to describe the post-war generation that felt disillusioned and disconnected from societal norms.

Literary critic Linda Wagner-Martin, in her book "A Historical Guide to Ernest Hemingway" (2000), discusses the theme of disillusionment in Hemingway's works, including "The Sun Also Rises." She argues that Hemingway portrays disillusionment as a result of the war's impact on individuals, causing a loss of faith in traditional values and a sense of alienation from society.

To provide a deeper understanding, here is a relevant quote from "The Sun Also Rises" that reflects the characters' disillusionment:

Quote 02: *"Isn't it beautiful to think so?"* - Page 195, Chapter 18

The quote "Isn't it beautiful to think so?" on page 195, chapter 18 of "The Sun Also Rises" by Hemingway portrays the underlying sense of disappointment in the protagonist, Jake Barnes. The objective approach to this quote would analyze it solely in its linguistic and literary merits, without considering the wider context of the novel's theme or cultural background.

In this scene, Jake Barnes is in conversation with Brett, the romantic interest of the novel, and they are talking about the

possibility of a future together. Jake, however, knows that their relationship can never work due to his impotence. The quote "Isn't it beautiful to think so?" demonstrates Jake's nihilistic attitude towards their romantic possibilities, as he knows they can never come to fruition. The quote could also be interpreted as a commentary on the futility of hope in a world that has been destroyed by war, a common theme in the novel.

By using an objective approach, the quote can be appreciated for its stylistic and literary value, but the broader social context and Jake's disillusionment are overlooked (Bebic et al., 2009). This approach values the text for its words alone, without taking into account the historical, cultural, or authorial context.

Quote 03: *"What are you supposed to do with it? Leave him alone."* - Page 129, Chapter 13

The quote "What are you supposed to do with it? (page 129, chapter 13) Leave him alone" from "The Sun Also Rises" by Hemingway represents the objective sense of disappointment in the protagonist, Jake Barnes, about the rampant alcohol abuse among the expatriates living in Paris during the 1920s. This quote highlights the objective approach of examining and analyzing the literary work devoid of any historical, cultural, or authorial context.

At this point in the novel, Jake Barnes and Robert Cohn go to a party where they find themselves surrounded by a group of expatriates who are heavily indulging in alcohol. Brett, who is also at the party, is particularly drawn to one of the drunken men, Mike, despite his erratic behavior. When Jake notices that Brett is getting too close to Mike, he advises her to leave him alone. This quote reflects Jake's frustration with the expatriates' nihilistic and hedonistic lifestyle, which he sees leading to their ultimate downfall.

Through this quote, the objective approach analyzes Jake's optimistic belief that he can remain sober and find a meaning or a purpose in life, while the rest of his peers indulge in their vices to cope with their disillusionment. The quote represents Hemingway's objective writing style, which is evident through the sparse dialogue and understated language that nevertheless

effectively conveys Jake's deep-seated disappointment towards his peers.

In conclusion, an objective approach to the quote, "What are you supposed to do with it? Leave him alone," would analyze the stylistic and literary value of the quote without taking into consideration the wider cultural, historical, or authorial context. The quote represents the nihilistic attitude of the Lost Generation, as seen through the eyes of Hemingway's protagonist, Jake Barnes. Through this quote, the objective approach highlights the overarching theme of disillusionment that runs through the novel.

Quote 04: *"You cannot get away from yourself by moving from one place to another."* - Page 19, Chapter 2

This quote intends to illustrate that a person cannot escape from problems or inner discomfort by simply moving himself from one place to another. Even though there may be a change in physical state, such as moving to a different city or country, mental problems or discomfort will still follow a person in the form of emotions, thoughts, and feelings.

This quote can also be interpreted to mean that one should overcome a problem or inner discomfort by consciously initiating change within oneself, rather than trying to avoid the problem by moving oneself to another location. If a person still ignores problems or discomfort within himself, those problems will become an inseparable part of him.

In conclusion, this quote teaches that by avoiding problems, you are not solving problems, and that often only makes things worse because, from one place to another, you will find new problems. However, there is still a feeling of inner discomfort that follows. Fighting problems or discomfort by overcoming and solving them from within will help one to move forward and grow into a stronger and more stable person.

Quote 05: *"Nobody ever lives their life all the way up except bull-fighters."* (Page 45)

The characters in this novel feel disappointed and dissatisfied with the life they live, and they see that most people live within limitations and tend to avoid risks. They feel that many people follow society's social

demands, norms, and expectations without following their desires.

In their view, the bullfighter became an authentic symbol of courage and life. Bullfighters show true courage by facing danger and risk in the arena, and they live in intense and meaningful moments. In this respect, they are considered the exceptions who live wholeheartedly, take risks, and enjoy life with courage and determination.

This quote describes the characters' longing for a more fulfilling and authentic life. They appreciate the resilience and courage of the bullfighters in the face of life's challenges, while they feel trapped in routine, social conformity, and a feeling of unfulfilled emptiness.

By citing the difference between an "ordinary" life and a "full-hearted" life, Ernest Hemingway invites readers to question whether they live passionately, follow their desires, or go with the flow without taking control of their lives themselves.

Through this quote, Hemingway invites us to explore how we can live more passionately, face fear and risk, and pursue what is truly important to us to experience life to the fullest.

Quote 06: *"You cannot get away from yourself by moving from one bed to another."*(Page 120)

This quote reflects the inability of the characters in "The Sun Also Rises" to escape their dissatisfaction by pursuing an intimate, unattached relationship since the real problem lies with themselves.

In the context of this quote, the characters in this novel are often involved in temporary, impulsive, and unstable romantic relationships. They hope that by changing partners or moving from one relationship to another, they will find the satisfaction and pleasure they seek. However, this quote highlights that this strategy will not help them solve their problems or feel happier in the long run.

This quote reveals that the characters' disappointment and dissatisfaction in this novel are not problems that can be overcome by continuously changing partners. The real problem lies within themselves, such as

feelings of emptiness, uncertainty, loss of direction, or unresolved past trauma.

Through this quote, Ernest Hemingway wants to convey that seeking satisfaction and happiness through a temporary romantic relationship is only futile if we do not face and fix the real problems within ourselves. Only with deep introspection and understanding of ourselves can we solve internal problems and seek more lasting happiness.

As such, this quote warns against the dangers of relying on intimate relationships to fill a void or avoid the problems underlying our unhappiness. The key point to make is that true solutions lie in resolution and personal growth, not in external change or mere physical intimacy.

Quote 07: *"I was depressed. I think it was the combination of everything – a woman, Paris, and the war."*(Page 147)

In this quote, the character expresses feelings of extreme depression. They feel trapped in a difficult emotional state, and they attribute this depression to a combination of factors, namely women, Paris, and the experience of war.

First, the female aspect of the quote reflects the conflict and confusion in the characters' love relationships. They are trapped in complicated and unfulfilling relationships, dealing with conflicting feelings of love, betrayal, or difficulty finding meaningful and emotionally fulfilling relationships.

Second, Paris is described as a social background that influences the lives of the characters in this novel. Paris at that time was the center of bohemian life, with a hedonistic lifestyle and hostility to traditional values. The characters feel trapped in this environment that is sometimes empty and shallow, which causes them to feel disoriented and dissatisfied with their lifestyle.

Third, the experience of war plays an important role in the sadness and unhappiness of the characters. The characters in this novel are World War I veterans who suffer deep physical and emotional scars. Traumatic memories from the war haunt them and affect their mental and emotional state, creating a sense of hopelessness, instability, and dissatisfaction in their lives.

By combining these three factors, this quote describes the strong depression felt by the characters in this novel. They are trapped by feelings of sadness, loss of direction, and unhappiness caused by a combination of emotional problems, social life in Paris, and the traumatic effects of war.

Through this quote, Ernest Hemingway illustrates how complex the feelings and influences of the environment are on the emotional state of the characters. These quotes also reflect the themes of grief and loss that pervade the novel and the influence past events and social context have on the lives and well-being of the characters.

Quote 08: *"You are an expatriate. You have lost touch with the soil. You get precious. Fake European standards have ruined you."* (Page 117)

This quote reflects the criticism and judgment that the characters in the novel face for being expatriates and adopting a lifestyle influenced by European culture. It highlights the notion that living outside of one's native country can lead to a disconnection from one's roots and a transformation that is seen as inauthentic.

In the context of the novel, this quote is directed at the protagonist, Jake Barnes, by his friend Mike Campbell. Mike criticizes Jake for being an expatriate, suggesting that he has become disconnected from his American identity and values. Mike believes that Jake has become pretentious and affected, adopting European standards and losing touch with his genuine self.

The novel's concept of being an expatriate represents a larger theme of alienation and dislocation. The characters, many of whom are American expatriates living in Paris, struggle with a sense of rootlessness and searching for meaning in their lives. They find solace in the bohemian lifestyle of 1920s Paris, which is often associated with artistic freedom and unconventional behavior. However, this quote challenges the authenticity of their choices and suggests that they have been influenced by superficial European values rather than staying true to their roots.

Through this quote, the author Ernest Hemingway raises questions about cultural

identity, authenticity, and the impact of societal norms on individuals. It highlights the tension between embracing new experiences and ideals while risking losing one's true self. The characters in the novel are confronted with the dilemma of maintaining a sense of authenticity in a foreign environment where external influences may lead them astray.

Overall, this quote critiques the characters' expatriate lifestyles and their perceived detachment from their origins. It raises crucial questions about the price one pays for adopting foreign standards and the potential loss of one's genuine identity in the process.

Through an objective approach, the quotes above provide an overview of the feelings of disappointment that hit these characters. This can be seen from their dialogue, which has a gloomy tone and is full of hopelessness about the life situation they are experiencing. Explanation and the broader context are not considered, so focusing solely on how the text is conveyed is disappointing.

CONCLUSION

In conclusion, the analysis of disillusionment in Ernest Hemingway's novel, "The Sun Also Rises," using an objective approach provides valuable insights into the characters' experiences and the overall themes of the work. By examining the novel through an objective lens, we have uncovered the profound sense of disillusionment that pervades the characters' lives, stemming from the aftermath of World War I and the Lost Generation's search for meaning and purpose. The objective approach has allowed us to explore the characters' internal struggles, fragmented identities, and futile attempts to find solace and fulfillment in various pursuits. Through this analysis, we have gained a deeper understanding of Hemingway's exploration of disillusionment as a universal human condition. In the future, this article hopes there will be significant research on the new concept of disillusionment in the different forms from the literature.

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