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## 갈등의 극복과 자아의 발견; 스타인벡의 소설 “에덴의 동쪽”의 주인공 갈렙(Caleb)에 근거한 연구

### Conflict-Overcoming and Self-Discovering: A Study of Caleb, the Protagonist in Steinbeck's Novel “East of Eden”

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**요약** 우리는 이 논문에서 존 스타인벡(John Steinbeck)의 “에덴의 동쪽(East of Eden)”에서 중요한 역할을 하고 있는 주인공 캐릭터인 Caleb Trask (또는 Cal)의 삶을 통해 얻은 교훈을 연구한 결과를 제시한다. Caleb의 삶은 자아, 타인, 그리고 사회와의 갈등을 극복하며 자아 발견의 과정에서 하나의 좋은 예를 제공해 주고 있다. 그는 여정 동안 자신의 감정을 인정하고 표현하는 법을 배우며 감정을 관리하고 이해하는 중요성을 강조한다. 욕망과 갈등에 직면하는 경우에는 자신이 생각하는 도덕적인 판단을 내려 행동하고, 윤리적 결정에 기반한 자기 결정의 중요성을 투명하게 보여주면서 자신의 진솔한 감정 표현과 수용은 감정 관리와 이해의 핵심 가치를 강조한다. 더불어 그의 이야기는 인간 관계에서 이해와 타협의 명확한 중요성을 강조한다. 우리는 이러한 주제에 대한 철저한 탐구를 제시하며, Caleb의 이야기에서 얻은 교훈이 어떻게 우리의 일상생활에 적용될 수 있는지를 고려한다. 이 논문에서 분석한 결과, 우리는 이러한 교훈을 어떻게 실제로 적용하고 실천할 수 있는지에 대한 통찰력을 얻을 것으로 기대한다.

**주요어** : 규범적 윤리철학, 자기 발견, 대인관계 갈등, 자기실현, 정서적 안정

**Abstract** In this paper, we present the results of a study of lessons learned from the life of Caleb (Cal), a significant character in John Steinbeck's “East of Eden.” His life serves as a powerful example of the process of self-discovery, overcoming conflicts with self, others, and society. He emphasizes the importance of managing and understanding your emotions, learning to acknowledge and express them throughout your journey. He makes moral judgments while confronting desires and conflicts, and transparently demonstrates the importance of self-determination based on ethical decisions, while his honest expression and acceptance of his own emotions emphasizes the core value of emotion management and understanding. Additionally, his story emphasizes the clear importance of understanding and compromise in human relationships. We present a thorough exploration of these topics and consider how the lessons from Caleb's story can be applied to our everyday lives. As a result of the analysis in this paper, we expect to gain insight into how these lessons can be applied and put into practice.

**Keywords** : Normative Ethical Philosophy, Self-discovery, Interpersonal Conflict, Self-realization, Emotional Stability

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## I. INTRODUCTION

The novel 'East of Eden' is a work created by John Steinbeck, depicting the growth, transformation, and journey of self-discovery of the protagonist, Caleb (Cal). In the novel, Caleb faces conflicts and difficulties within the family and among siblings, experiencing complex inner emotions and desires. John Steinbeck's "East of Eden" is a narrative novel that explores the intricate web of human relationships across generations and delves into the eternal struggle between good and evil. Set in the Salinas Valley of California, the story unfolds around the intertwined destinies of two families, the Trask family and the Hamilton family. "East of Eden" stands as a profound reinterpretation of the biblical narrative of Cain and Abel, immersing itself in the exploration of morality, free will, and identity. In essence, it invites us to ponder the timeless and universal questions that define the human condition, making it a timeless exploration of the human soul and the intricate dance between good and evil. Steinbeck's prose weaves a profound and insightful narrative, creating a literary masterpiece that explores the complexity of the human soul and the eternal journey towards redemption and understanding [1, 2].

By scrutinizing Caleb's character development in detail, the analysis aims to uncover the novel's profound insights into the intricacies of the human experience, the complexities of moral decision-making, and the inherent dynamics within interpersonal relationships. Through this focused examination, a nuanced understanding will be gained of how Caleb's journey contributes to the broader themes and lessons conveyed by John Steinbeck's 'East of Eden.' The exploration of Caleb's character development promises to unveil the intricacies of human experience, shed light on moral decision-making complexities, and illuminate the dynamics inherent in interpersonal relationships, enriching our comprehension of the novel's profound insights. Readers can draw inspiration from Caleb's story, gaining insights into self-discovery and personal growth, while also understanding the deeper meaning and messages embedded in the work [3, 4].

Steinbeck's works continue to address relevant issues in modern society, and Caleb's story presents readers with an understanding of sibling conflicts, family relationships, moral choices, and human nature and self-realization. Furthermore, the paper delves into the literary merit and societal relevance embedded in John Steinbeck's work, 'East of Eden.' By combining these perspectives, the analysis aims to offer a comprehensive understanding of the intricate layers within the narrative and their broader implications. Through reflections on human nature, moral choices, family relationships, and the discovery of self, the work conveys profound thoughts and emotions to readers [5].

The synthesis of philosophical, psychological, and sociological perspectives enriches our comprehension of the intricate forces that mold individual ethical choices and collective moral frameworks [6]. Synthesizing these various perspectives, one can consider that human ethical choices are determined by a complex interplay of diverse factors and influences. Human nature refers to the inherent tendencies and characteristics that are said to naturally exist in humans, encompassing their thoughts, emotions, and behavior. This term is often used to signify the essence of humanity or 'what it means' for humans to exist. The use of this term has sparked controversy over whether such an essence truly exists. Throughout centuries, philosophical debates on human nature have been a central theme, and the concept continues to be a subject of vigorous philosophical discussions [7, 8].

## II. LITERARY ANALYSIS

In this section, we will analyze the cultural and historical elements of the early 20th century United States, particularly the California region, which serves as the backdrop for 'East of Eden.' This period underwent significant economic fluctuations and societal shocks, and such an environment had a profound impact on Caleb's life, his conflicts, and the process of self-discovery. Furthermore, this paper aims to deepen the understanding of Caleb's character by examining the American family values, ethics, and the roles of individuals and society reflected in

Steinbeck's work.

## 1. AUTHOR JOHN STEINBECK

Born on February 27, 1902, in Salinas, California, John Steinbeck departed from the world on December 20, 1968, in New York, leaving behind a legacy as a significant American novelist. He gained widespread recognition, particularly for his 1939 novel "The Grapes of Wrath," which poignantly depicted the hardships of migrant agricultural workers during the Great Depression, garnering extensive empathy. Acknowledging his literary contributions, Steinbeck was awarded the Nobel Prize in Literature in 1962. Though he attended Stanford University in California from 1920 to 1926, he did not graduate. Before achieving success as a writer, he sustained himself through various physical labor jobs, honing his writing skills. These early experiences lent authenticity to his literary works, where he realistically portrayed the lives of laborers. Much of his life was spent in Monterey County, California, which later became the backdrop for many of his fictional stories [9]. Born on February 27, 1902, and departing the world on December 20, 1968, John Ernst Steinbeck stood as a distinguished American writer. His notable contributions earned him the Nobel Prize in Literature in 1962, highlighting his profound impact on the literary landscape. Steinbeck's literary prowess encompassed a remarkable blend of realism and imagination, characterized by empathy, humor, and keen social awareness. His narrative style, both grounded in reality and enriched by creativity, solidified his reputation as a luminary in American literature. Often hailed as a "giant of American letters," Steinbeck authored an impressive body of work, including 16 novels, 6 non-fiction pieces, and 2 short story collections, demonstrating his versatility and depth as a writer. As readers continue to delve into his extensive collection, Steinbeck's legacy remains a testament to the enduring power of storytelling to illuminate the complexities of the human condition. Many of Steinbeck's works are set in the central regions of California, particularly the Salinas Valley and the coastal mountain

ranges. Themes of fate and injustice, especially concerning oppressed or ordinary protagonists, are recurring elements in his works [10, 11].

## 2. PLOT SUMMARY

"East of Eden" is a novel written by John Steinbeck and was published in 1952. The story unfolds in the Salinas Valley of California, exploring themes such as morality, family relationships, and the human desire for greatness across multiple generations. At the heart of the story are two families, the Trasks and the Hamiltons. Adam Trask, who leads the Trask family, endured a harsh and abusive childhood from his cruel father. His brother Charles, fueled by jealousy, eventually betrays him. After the death of their father, Adam falls in love with Cathy Ames, a cunning and devilish woman with a dark past. Despite marrying and having twins, Cal and Aron, Cathy eventually abandons them to become a prostitute. Ultimately, the novel suggests that despite the inherent flaws and potential for significant harm within individuals, they also harbor the ability to conceal goodness and positively influence the world. "East of Eden" remains a powerful and thought-provoking story that examines profound questions about human nature [12].

## 3. Caleb Trask,

Caleb Trask, commonly referred to as Cal, emerges as a crucial figure within the intricate tapestry of "East of Eden." Positioned as the second son in the Trask family under the patriarchal shadow of Adam, Cal assumes a pivotal role that significantly shapes the narrative landscape. He is a free-spirited young man. However, He feels discomfort witnessing his father, Adam, expressing trust and affection exclusively towards his seemingly more mature and stable older brother, Aron Trask. His character is characterized by profound complexity, underscored by a perpetual struggle with inner conflicts and a web of conflicting emotions. The inner turmoil that plagues Cal becomes a thematic cornerstone of the novel, weaving through the narrative to provide a nuanced exploration of human nature and

morality. His emotional struggles and the intricate interplay of his feelings add layers of depth to the overarching storyline. The novel delves deeply into the psychological landscape of Cal, unraveling the complexities that define his character. In essence, Cal's presence in "East of Eden" extends beyond that of a mere character; he becomes a lens through which the novel examines profound themes and intricacies of the human experience. The rich exploration of his character and development underscores the novel's timeless relevance and its capacity to resonate with readers on a deeply human level.

#### 4. CAL'S CHARACTER AND THE ROLES

He plays a significant and complex role. Here are some key aspects of Cal's character and the roles he plays:

-Central Character: Cal is one of the central characters in "East of Eden," and much of the novel revolves around his experiences, choices, and internal struggles.

-Twin Brother Dynamics: Cal is the twin brother of Aron Trask. The relationship between Cal and Aron is pivotal to the story, and their dynamics explore themes of competition, jealousy, and the impact of sibling relationships on personal development.

-Search for Identity: Throughout the novel, Cal grapples with a profound sense of identity and self-worth. He struggles to define himself in relation to his family, especially in the shadow of his father, Adam Trask, and the expectations placed on him.

-Morality and Guilt: Cal's character is marked by moral ambiguity and a deep sense of guilt. His actions, particularly a significant betrayal, lead to internal conflict as he grapples with questions of good and evil, morality, and redemption.

-Relationship with Father: The relationship between Cal and his father, Adam Trask, is a central element of the novel. Cal seeks approval and love from his father, contributing to his internal struggles and the choices he makes throughout the story.

-Business Ventures: Cal engages in various business ventures, including attempts to grow beans. His

entrepreneurial spirit and financial endeavors are symbolic of the American Dream and the pursuit of success.

Influence of Cathy Ames: The presence and influence of Cathy Ames, the boys' mother, loom large over Cal's life. Cathy's dark and manipulative nature contributes to Cal's internal conflicts and shapes his view of the world.

-Redemption and Growth: Despite his flaws, Cal undergoes a journey of redemption and personal growth. The novel explores whether individuals have the capacity to overcome their inherent flaws and choose a path of goodness and self-discovery.

Cal Trask's character is multifaceted, embodying themes of morality, family dynamics, and the eternal struggle between good and evil. His journey adds depth to the novel and contributes to the exploration of human nature in "East of Eden."

### III. CULTURAL ELEMENTS AND HISTORICAL BACKGROUND

"East of Eden" stands as one of John Steinbeck's masterpieces, set against the backdrop of the Salinas Valley in California from the late 19th to the early 20th century. This historical context plays a vital role in the growth and self-discovery of the protagonist, Caleb. The narrative focuses on his life, communication, and how he perceives and deals with his own good and evil. Throughout this journey, Caleb's story is deeply intertwined with religious aspects, particularly the major themes of Christianity and morality. These cultural elements provide insights into how Caleb understands his own morality and explores ways to transcend it. It is a work where John Steinbeck dedicated himself to exploring the essence of humanity and self through Christian values of 'freedom of choice' and 'redemption.' Through this work, Steinbeck emphasizes the unique condition of humanity, where we all must make choices between good and evil, love and hate, mercy and revenge. In this paper, we analyze the process of Caleb overcoming conflicts and discovering himself in John Steinbeck's 'East of Eden.' In this process, we examine how

the cultural elements and historical background of the work influenced Caleb's growth and self-discovery. Set against California in the early 20th century, "East of Eden" captures a time marked by industrialization and urbanization, leading to significant changes in societal structures and values. California, portrayed vividly in the novel, showcases the diversity of its landscapes, including deserts, rivers, valleys, and mountains. Steinbeck uses these various terrains to express the richness and variety of California. Moreover, the novel reflects the era's agricultural advancements, especially by depicting farms and the lives of farmers around the town, offering a glimpse into the agricultural history of California during that period. The novel also introduces California's diverse races and cultures, portraying the region as a melting pot where people of various ethnicities and immigrants come together. Their diverse experiences and stories unfold, showcasing the social changes, economic growth, and historical events of the United States against the backdrop of California. "East of Eden" is praised as a work that leaves a deep impression on readers by intertwining the rich landscapes and dynamic history of this region [13]. "East of Eden" prominently features Christianity and morality as core themes, exerting a profound influence on characters' actions, decisions, and the overall flow of the narrative. Firstly, Christianity emerges as a key theme in the work. The novel intricately weaves the biblical story of Genesis, particularly the tale of Cain and Abel, into a modern context. The protagonists, Caleb and his brother Aron, can be seen as modern reinterpretations of the Cain and Abel conflict. Caleb symbolizes Cain, and Aron represents Abel, with their relationship mirroring the biblical narrative. In the Genesis Bible story, Cain and Abel are the first and second sons of Adam and Eve. Cain is a farmer, and Abel is a shepherd. The two brothers present offerings to God, but God favors Abel's offering over Cain's. Consequently, in a fit of jealousy, Cain murders Abel, and God punishes Cain with a wandering life. Afterward, Cain resides in the land of Nod (meaning 'wandering'), builds a city, and begets descendants, including Enoch [14]. The story of Cain and Abel has been mentioned in various texts beyond the

Genesis Bible, leading to diverse interpretations. Abel is sometimes considered the first martyr and, paradoxically, the first victim of murder. Cain, on the other hand, is regarded as the first murderer and, to some, a symbol of ancestral evil. Some scholars propose that this narrative may be rooted in Sumerian stories depicting conflicts between nomadic shepherds and settled farmers. Modern scholars often interpret the stories of Adam and Eve, as well as Cain and Abel, as reflections of the development of civilization during the agricultural era. Instead of representing the origin of humanity, the narrative is considered a symbol of the transition from a hunter-gatherer lifestyle to agriculture. Additionally, it is interpreted as reflecting conflicts among nomadic groups and the struggles between nomadic shepherds and settled farmers over land, resources, and divine favor. Theological scholar Joseph Blenkinsopp argues that the characters of Cain and Abel should be understood symbolically rather than historically [15, 16]. Furthermore, the theme of morality plays a crucial role in Caleb's struggle with his own good and evil. Caleb seeks a moral life between good and evil by acknowledging his misdeeds and striving to improve his life through the lessons learned. The novel also emphasizes the significance of the Hebrew word "Timshel" as a crucial motto. Translated as "thou mayest," it conveys the message that humans have the ability to triumph in the struggle against evil. This plays a vital role in Caleb overcoming his transgressions and shaping the course of his life. Therefore, Christianity and morality act as essential elements determining Caleb's character development and the direction of his life. These themes provide readers with an opportunity to contemplate deeply on concepts such as good and evil, choice, and responsibility. The historical background also plays a significant role in Caleb's growth and self-discovery. Culturally, Christianity and morality are prominent themes explored in the narrative. These themes are frequently central in many literary works, often delving into reflections on human moral choices, right and wrong, and the exploration of Christian values and ethical ideologies. Christianity and morality are commonly explored themes in many literary works. These pieces often

delve into reflections on human moral choices, right and wrong, good and evil. They frequently explore Christian values and ethical ideologies. Morality, derived from the Latin word *moralitas* meaning 'manner, character, proper behavior,' involves distinguishing intentions, decisions, and actions between those deemed proper (right) and those considered improper (wrong) [17]. It can constitute a set of standards or principles originating from a code of conduct in a specific philosophy, religion, or culture, or it may stem from a standard believed to be universally applicable by an individual. Morality can also be specifically synonymous with concepts like "goodness" or "rightness." The field of moral philosophy encompasses meta-ethics, delving into abstract topics such as moral ontology and moral epistemology, and normative ethics, which examines more concrete systems of moral decision-making such as deontological ethics and consequentialism. An illustration of normative ethical philosophy is the Golden Rule, expressed as "One should treat others as one would like others to treat oneself." Immorality involves actively opposing morality, i.e., going against what is considered good or right, while amorality is defined in various ways, including unawareness of, indifference toward, or disbelief in any particular set of moral standards and/or principles [18].

#### **IV. PSYCHOLOGICAL ASPECTS AND RELATIONSHIPS OF CHARACTERS**

This paper delves into the psyche of Caleb (Cal) and analyzes his relationships with family members, especially his siblings, to explore his struggles and the process of self-discovery. Caleb experiences psychological conflicts stemming from the clash between his values and desires for others. The intricate dynamics with his family, particularly his complex relationship with his mother, intensify his internal struggles. To overcome these challenges, he learns to acknowledge and express his emotions. Simultaneously, through competition, love, and relationships with his siblings, he gains insights into the importance of understanding and compromise in human relationships.

#### **1. PSYCHOLOGICAL CHARACTERISTICS AND RELATIONSHIPS OF CHARACTERS**

In the forthcoming academic paper exploring the themes of "East of Eden," an in-depth analysis of the psychological characteristics and relationships of key characters will be a pivotal focus. Centered on the farm owner Adam Trask and his two sons, Aron and Cal, the paper aims to delve into the inner worlds of each character and highlight their interactions. Adam Trask's Psychological Characteristics: The interpretation of Adam Trask's psychological traits will delve into his unique philosophy and conflicts with the world, as well as the complex emotions he experiences in his family relationships. The paper will explore how his choices and actions reflect his inner world. Interaction Between Aron and Cal: The dynamics between Aron and Cal will be a crucial aspect of exploring family dynamics. The paper will address the conflicts, camaraderie, and Cal's contemplation of his identity as a son, shedding light on how the relationship between the two brothers shapes the overall meaning of the work. Psychological Traits of Other Characters: The paper will also examine the psychological characteristics of various other characters in the narrative, investigating the influence they wield and their contributions to the themes.

#### **2. PROTAGONIST CALEB'S TRAITS**

Caleb emerges as a character undergoing growth amid imperfect humanity, providing profound reflections on the essence of being human and the journey of personal development. Engaging in sibling rivalry, familial conflicts, and grappling with intricate emotions and desires, Caleb illustrates the quest for self-identity. Conflict-ridden Humanity: Caleb embodies imperfect humanity, navigating through the complexities of sibling rivalry, familial discord, and his own intricate emotions. His inner world is marked by a rich tapestry of conflicting emotions and desires. Journey to Self-discovery: Caleb's character arc is a poignant journey toward self-discovery. Through the trials of conflict, he seeks and finds his identity, learning to comprehend and navigate his emotions in the process. Navigating Moral Judgments: In the midst of

internal conflicts and desires, Caleb develops the ability to make moral judgments. His journey reflects a strong determination to determine his own path in life, showcasing an evolving moral compass.

Implications for Readers:

*Understanding Interpersonal Conflict:* Caleb's experiences with sibling rivalry and familial conflicts offer readers insights into understanding and resolving conflicts within their own relationships.

*Navigating Complex Emotions:* The complexity of Caleb's inner world serves as a reminder that understanding and managing one's emotions is a crucial aspect of personal growth.

*Moral Decision-Making:* Caleb's journey highlights the development of moral discernment amidst personal struggles, encouraging readers to reflect on their own ethical decision-making.

Caleb's character not only represents the nuanced facets of human nature but also provides readers with a guide on grappling with conflict, seeking self-identity, and making moral choices in the complex landscape of life.

## V. LESSONS FROM THE PROTAGONIST CALEB

In John Steinbeck's 'East of Eden,' the protagonist Caleb (Cal) imparts various lessons through his life experiences. Key lessons that can be gleaned from his character include:

**The Importance of Acknowledging and Expressing Emotions:** Caleb learns to acknowledge and express his emotions amid his desires and conflicts. Through this, he grasps the significance of emotional management and understands how honest communication is vital in relationships.

**Ethical Judgment and Self-Determination:** Through his desires and conflicts, the protagonist cultivates the ability to make ethical judgments and independently determine the course of his life. The lesson derived is that independent and ethical choices play a pivotal role in personal growth and development.

**Understanding and Compromise in Human Relationships:** Caleb realizes the importance of understanding and compromise in human relationships through conflicts with family and siblings. The

lessons gained from these conflicts lead him to value elements of understanding and concession in relationships.

**Self-Realization through Conflict and Growth:** The protagonist's life is a series of conflicts and growth. Through this journey, he discovers the significance of self-realization, understanding that overcoming challenges and difficulties leads to personal growth, allowing individuals to become better versions of themselves.

**The Significance of Healthy Human Relationships:** Caleb's narrative underscores the importance of healthy and meaningful human relationships, arising from conflicts within family and sibling dynamics. The lesson conveyed is that mutual understanding and interaction are at the core of human relationships. The lessons from Caleb's life offer readers profound insights into emotion management, ethical decision-making, the importance of human relationships, and the value of growth through adversity. 'East of Eden' provides readers with insights into various facets of life, exploring the complexity and beauty of human nature through the character of Caleb.

### 1. ACKNOWLEDGING AND EXPRESSING EMOTIONS

Caleb's story enlightens us about the importance of acknowledging and expressing emotions. Through competition with his brothers and conflicts within the family, he learns to understand his emotions and discovers ways to overcome them. Rather than hiding or denying his emotions, he makes an effort to acknowledge and comprehend them. This plays a crucial role in his journey of growth. Through Caleb, we learn the significance of acknowledging our emotions and expressing them appropriately. Recognizing emotions is the first step in understanding their origins and realizing their impact on us. It allows us to learn how to cope with emotions, gaining better control over our actions and reactions. Caleb's narrative goes beyond a mere exploration of acknowledging and expressing emotions; it delves into the profound understanding of these emotional intricacies as indispensable facets of personal growth and the dynamics of interpersonal relationships. As Caleb navigates the intricate

terrain of his desires and conflicts, he discovers the profound importance of not just recognizing but articulating his feelings. This introspective journey serves as a transformative experience, offering Caleb insights into the nuanced landscape of his emotional spectrum. It underscores the broader impact of embracing and effectively expressing emotions on the interpersonal landscape. The narrative subtly suggests that the ability to navigate and articulate emotions is fundamental not only to personal growth but also to the cultivation of positive, enriching, and fulfilling relationships. Caleb's story becomes a testament to the transformative power of emotional intelligence in shaping a more connected and harmonious human experience.

## 2. SIGNIFICANCE OF SELF-REALIZATION

Caleb imparts profound lessons on ethical decision-making and the journey of self-realization. His experiences navigating desires and conflicts teach us about the significance of making ethical choices and taking charge of our own destinies. This underscores the importance of exercising control over our lives and the process of discovering and bringing our authentic selves to fruition. Caleb's narrative serves as a guide on how to proactively shape and actualize one's life, emphasizing the transformative power of self-discovery. The story resonates with the concept of self-realization, a notion found in Western psychology, philosophy, and spirituality, as well as in Indian religions. In the Western context, it involves fulfilling the potential of one's character or personality, closely aligned with the concept of self-actualization. Self-realization refers to the process in which an individual deeply understands and develops oneself. This involves identifying personal strengths and weaknesses, as well as discovering the core values and goals of one's own identity. The process engenders emotional stability by fostering an understanding and acceptance of one's emotions, promoting equilibrium and maintaining a positive emotional state through adherence to core values. Furthermore, self-realization enhances interpersonal relationships by

facilitating better communication, fostering healthy connections grounded in mutual understanding and respect. Lastly, self-efficacy experiences a boost through self-realization, amplifying a sense of accomplishment and self-confidence that empowers individuals to confront challenges with resilience. In conclusion, self-realization is a multifaceted journey that shapes self-awareness, goal-setting, emotional well-being, interpersonal relationships, and self-efficacy—an essential component for leading a meaningful and fulfilling life. Self-Understanding and Acceptance: Self-realization marks the beginning of self-understanding. By comprehending and accepting oneself, we can discern what satisfies and brings happiness to us. Goal Setting and Motivation: Self-realization provides the necessary motivation for setting goals and taking actions. Achieving personal desires and objectives contributes to creating a better life. Emotional Stability: Self-realization can offer emotional stability. Understanding and accepting oneself allows for finding emotional balance, and respecting the core values of self contributes to maintaining a more positive emotional state. Improvement in Relationships with Others: Self-realization plays a crucial role in relationships with others. Improved communication with others results from understanding and respecting oneself, fostering healthier relationships. Enhancement of Self-Efficacy: Self-realization can enhance an individual's self-efficacy. Realizing oneself leads to increased feelings of accomplishment and confidence, enabling individuals to face challenges with assurance even in difficult situations [19]. Creativity and Self-Development: Self-realization promotes creativity and enables continuous self-improvement. Through self-realization, individuals can generate and enhance new ideas, fostering ongoing personal growth and development. Self-realization has a positive impact on an individual's life, serving as a foundation for a more meaningful life through continuous growth and development [20]. He grapples with his desires and conflicts, making moral judgments and learning to determine his life based on them. In this process, he clearly recognizes his values and goals, demonstrating efforts to move toward them. Through this, we come to realize the



importance of controlling our lives.

### 3. UNDERSTANDING AND COMPROMISING IN HUMAN RELATIONSHIPS

Caleb's narrative underscores the importance of understanding and compromising in relationships. With each conflict in his family, he strives to understand diverse perspectives, solving problems based on mutual comprehension. This highlights the significance of efforts to comprehend others and communicate effectively, crucial for addressing potential issues and conflicts in relationships. Through his myriad experiences, we glean valuable lessons on comprehending the viewpoints of others, fostering effective communication, and navigating conflicts through compromise. These insights contribute to the cultivation of healthier and more meaningful connections with the people in our lives. Caleb's journey becomes a poignant reminder that the ability to understand, compromise, and find common ground is pivotal for building and sustaining harmonious relationships. This underscores the importance of understanding others and finding effective ways to communicate with them. Such skills are crucial in resolving problems or conflicts that may arise in relationships with others. The effort to understand others' perspectives can contribute to respecting and comprehending their thoughts and emotions, ultimately fostering healthier human relationships. Moreover, Caleb's narrative underscores the critical importance of compromise.

### VI. CONCLUSION

In conclusion, this paper extensively delved into the multifaceted lessons gleaned from the character development of Caleb (Cal), the central figure in John Steinbeck's 'East of Eden.' Caleb's transformative journey unfolds through nuanced conflicts with his siblings and family, providing valuable insights into the intricate process of acknowledging and expressing emotions. Throughout this journey, he demonstrated a clear understanding of his values and goals, showcasing efforts to move towards them.

This has underscored the significance of controlling one's life, teaching us the importance of self-control. Lastly, Caleb's narrative imparts valuable lessons about understanding and compromise in human relationships.

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