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## THE MENTAL HEALTH ISSUES REFLECTED IN OLIVIA RODRIGO'S SONG "BRUTAL"

### Abstrak

Kesehatan jiwa merupakan ilmu kesehatan yang fokus pada perawatan jiwa. Dalam masalah kesehatan jiwa ini terdapat gangguan kesehatan jiwa yaitu suatu kondisi yang mempengaruhi pikiran, perasaan, perilaku, suasana hati atau kombinasi lainnya. Kondisi ini bisa terjadi sesekali atau berlangsung lama (kronis). Dalam sebuah lagu terdapat kaitan atau makna dengan masalah kesehatan mental, seperti yang terdapat pada lagu Olivia Rodrigo yang berjudul Brutal. Lagu ini mencerminkan pengalaman banyak remaja yang seringkali merasa tidak aman, cemas dan juga terbebani oleh tekanan-tekanan sosial, seperti ekspektasi masyarakat yang terlalu tinggi dan keraguan terhadap masa depan. Dalam konteks tersebut, lagu ini menjelaskan kaitannya dengan masalah kesehatan mental yang ada. Dalam lagu ini terdapat gambaran masalah kesehatan mental seperti depresi, gangguan kepribadian, dan juga gangguan kecemasan. Penelitian ini bertujuan untuk mengetahui isu kesehatan mental apa saja yang terkandung dalam lagu ini. Penelitian ini menggunakan teori Keliat (2009) yang menjelaskan jenis dan gejala gangguan jiwa. Penelitian ini bersifat kualitatif karena hasil penelitiannya tidak berupa data dan angka. Penelitian ini berbentuk pengumpulan data yang dilakukan dengan cara mendengarkan dan mencatat. Penulis menyimak lirik lagu Brutal dan menganalisisnya dengan menggunakan teori yang ada dan data yang diperoleh akan segera dituliskan.

**Kata Kunci:** Depresi, Kecemasan, Gangguan Kepribadian Antisosial.

### Abstract

Mental health is a health science that focuses on mental care. Within this mental health issue, there is a mental health disorder which is a condition affecting thoughts, feelings, behavior, mood or other combinations. This condition can occur occasionally or last for a long time (chronic). In a song there is a connection or meaning to mental health problems, as is found in Olivia Rodrigo's song entitled Brutal. This song reflects the experiences of many teenagers who often feel insecure, anxious and also burdened by social pressures, such as society's expectations that are too high and doubts about the future. In this context, this song explains its connection to existing mental health problems. In this song, there are descriptions of mental health problems such as depression, personality disorders, and also anxiety disorders. This research aims to find out what mental health issues are contained in this song. This research uses Keliat's (2009) theory which explains the types and symptoms of mental disorders. This research is qualitative because the results of the research are not in the form of data and numbers. This research takes the form of data collection carried out by listening and taking notes. The writer listens to the lyrics of the song Brutal and analyzes them using existing theories and the data obtained will be written down immediately.

**Keywords:** Depression, Anxiety, Antisocial Personality Disorder.

### INTRODUCTION

Literature is also a form of human aesthetic language expression carried out in a written or oral work which is based on thoughts, opinions, experiences, feelings and imagination. (Sudjiman.1990.p.68). Literature is also an oral or written work that has special characteristics such as originality, artistry, beauty and expression. There are many types of literature such as

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poetry, drama, prose and song. Dyke also said that this literature consists of writings that have their own meaning (Miranda Oriza, 2023:p:1).

Rextroth says that the word literature comes from the Latin *littera* which means a letter in the alphabet. (Ferry Setiawan, 2021:p:1). Literature is better shown as a literary work such as: fiction, poetry, drama and songs which has been recognized as having important or permanent artistic value.

Literary work also works that can entertain, stimulate, expand or ennoble us and have an influence on the human soul and mind and invite the involvement of our emotional and intellectual responses. (Roberts and Jacobs, 1987:p:2). And literary work must also have beauty and express an aspect and stimulate the readers' thinking. (Muhro, 1995:p:2). One of the most famous literary works today is songs.

Song is a combination of notes and sounds consisting of a melody, music, arrangement and notation. The song is a literary work that people like the most. This is because songs have their own charm and can be seen through the use of language in the song. Songs have many genres. And one of them is the pop genre. The pop genre is a type of popular music whose modern form originated in the United States and England in the mid-1950s. An example of a song in the pop genre is the song sung by Olivia Rodrigo which is on her album "Sour Album".

This Sour album tells the story of the life of a teenager who experiences the pain of life during love or experiences the bitterness of love. This story of the beginning of a sweet romance and mutual love for each other will end sourly. This happened because one of the parties betrayed her. In this sour album, there are 11 songs consisting of Brutal, Good 4 U, Enough For you, Happier, Jealousy, Favorite Crime, driver license, traitor, déjà vu, 1step forward, 3 steps back and also Hope Ur Ok. However, in this research, the researcher doesn't investigate all the songs. The researcher only uses this song with the "Brutal" title as an object of research. Because according to researcher this Brutal song has mental health issues.

Olivia's songs are so popular because she writes the lyrics then based on her life, including mental health issues. Besides, they are easy to be listened, they have earned Olivia many prestigious awards. Her songs are at the top and have made Olivia a famous young singer in the world. In this album, Olivia expresses the emotions of her teenage years and songs also touch on themes such as anxiety, social pressure and feelings of insecurity. And with Olivia's emotional voice and ,honest lyrics, she has succeeded in creating a strong correlation between her music and existing issues. And this song also has meaning for us to care and to talk about everything we feel.

Based on this explanation, researcher uses this song as a research object because it is related to mental health and social issues. Moreover, in this research, the researcher uses a literary psychological approach.

Literature as a humanities science has several genres as areas of study, starting from philosophy, psychology, sociology, anthropology, and also religion. Psychology is a part of literary studies which examines human psychological problems contained in literary works. (Aras Ahmadi, 2015:p:2)

Psychological study is a study that relies more on a person's ability to interpret and also reconstruct a person in psychological terms. one can judge a person's psychology if he or she really has good psychological abilities. (Aras Ahmadi, 2015:p:24)

Pradnyana said that psychology is a science that studies humans through their mental, thoughts, and actions or behavior. (Nastiti, 2022:p:2). Psychology and literature both discuss about humans, the difference is that literature discusses about humans through their creators, while psychology discusses about real humans. Literary psychology is an expression that is create from the author's thoughts and psychology unconsciously and is poured into a form of literary work consciously. (Nastiti, 2022:p:2) And this makes literary psychology very important to study because it is seen from the perspective of the creator of a literary work who has to fantasize about something and then to put it into his work.

In this study, researcher also uses mental health theory. According to Maramis, what stands out are the psychological symptoms of the psychic element. According to Keliat (2009), there are several types of mental disorders such as organic and symptomatic mental disorders, schizophrenia, schizotypal disorders, somatoform disorders, behavioral syndromes related to physiological disorders and physical factors, personality disorders and behavior in adulthood.

She also says that are several types of mental disorders: depression, anxiety, clinical personality disorders. (Handayani, 2022:p:135)

Depression is a disorder of human functioning associated with sad feelings and accompanying symptoms, including changes in sleep patterns, appetite, fatigue, feelings of hopelessness and helplessness and suicidal thoughts. Depression is also defined as a form of mental disorder in the emotional realm which is characterized by melancholy, laziness and lack of passion for life. Depression resembles sadness that arises as a result of certain situations such as someone's death (Handayani, 2022:p:138). While anxiety is a normal and normal psychological experience that has been experienced by someone in order to trigger the individual to overcome the problems faced as well as possible. A situation where someone feels worried and afraid is a form of reaction to a threat that has no specific cause or source, usually unknown or unrecognized. Stuard and Sundeen range anxiety responses into 4 levels which include mild, moderate, severe anxiety and panic anxiety (Handayani, 2022:p:140). The last is clinical personality disorders show that the symptoms of personality disorders or psychopathy and the symptoms of nerosa are almost the same in people with high or low intelligence, so that personality disorder nerosa and intelligence disorders are largely independent of each other or uncorrelated. This classification of personality disorders consists of paranoid personality, affective personality, antisocial personality, and aggressive phase personality. (Handayani, 2022:p:140)

The researcher provides three previous studies and shows the differences between this study and each previous study. The first relevant research is conducted by Yulan Putri. A, Erik Candra P, Siska Hestiana with the title "Classification of Emotions in Brutal Songs By Olivia Rodrigo". The similarity between this research and previous research is both researches use qualitative methods and the same object, song by Olivia Rodrigo entitled Brutal. Meanwhile, this research has different problems from the previous research. The reserachers, in the previous study, discuss about the classification of emotions contained in the song, but this research focuses on the mental health and social problems.

The second relevant research is conducted by Gabrielle Victory Nathania, Daniel Kurniawan S, and Jacky Cahyadi (2023) with the title "Analysis Of Mental Health Messages In The Music Era BTS Video "Love Myself and Love Yourself". This research and previous research use same methods and problems. They are qualitative methods and a person's mental health issues. On the other hand, their research has different objects from this study. They analyze Fake Love and Singularity songs, whereas, this research uses Brutal song by Olivia Rodrigo.

The third relevant research was conducted by Verisa Rizki A, and Rina Sari K, entitle "Semiotic Analysis Of Mental Health Disorders In BTS Magic Shop Lyric". This research has similarities with previous studies. Both of them apply qualitative methods, the same objects and issues. Meanwhile, they have different theories to analyze the problems. They use semiotic theory, whereas, this research use theories about mental health and social problems.

Related to the things explained above, researcher is interested in using the song from Olivia Rodrigo's sour album entitled "Brutal" as the object of research in writing the article because the researcher can find problems related to mental health and social problems in Olivia's song.

## **METHOD**

### **1. Method of The Research**

In this research, researcher uses qualitative methods. Strauss and Corbin explain that qualitative research is research that does not use statistical and quantification methods (Syahrur, 2012:p:3). In this study, the researcher reveals Brutal mental health and social problems contained in Olivia's song. The resulting data is descriptive data, which is explained using written words, not using numerical methods. Therefore, the researcher uses a qualitative descriptive method as his research method.

### **2. Time and Place of Research**

The researcher investigates this research by selecting a film to be analyzed, doing important steps such as watching the film, collecting data, understanding and evaluating the

data, refining the findings, and making a conclusion. The study was conducted in January - March 2024.

### 3. Data Source

In this study, researcher use data sources from primary data because the data used by researcher came from direct source. Meanwhile, the primary data used by researchers in this research is Brutal song by Olivia Rodrigo. Several journals and articles as well as books are taken to be secondary data.

### 4. Technique of the Data Collection

In this research, the researcher uses listening and note-taking data collection techniques. According to Mahsun (2018) the note-taking technique is a technique which information is obtained by paying attention to the use of language. This technique is used to focus on the language used in song lyrics which describe mental health and social problems. Note-taking technique is also a technique that is carried out by recording data that has been obtained. And after listening to and analyzing a song's lyrics "Brutal", the researcher writes and records the data obtained.

### 5. Technique of the Data Analysis

The stages carried out by researcher are listening to the song that are used as the object in this research. Besides, the researcher also reads and analyzes the song lyrics applying the theory used. The assessment is carried out in detail. And the researcher records the results of the data after getting them. The achievement in data collection depends on the researcher's ability to understand and to analyze the things discussed in this research. Researcher must also be able to observe the things to be studied in the real context.

### 6. Research Instruments

In this research, researcher uses several research instruments such as books and journals. Researcher also uses theories about mental health to help with this research. This research uses qualitative methods and the researcher also uses Olivia's song entitled "Brutal" as a research instrument.

## RESULTS AND DISCUSSION

Mental disorders are a condition where a person or human experiences difficulties in their perception of life, relationships with other people and their attitude towards themselves. According to Keliat there are several psychiatric disorders such as depression, anxiety and clinical personality disorders. (Handayani, 2022:p:135).

This analysis of the relationship between Olivia Rodrigo's song and mental health uses theory (Keliat, 2009) which explains what is included in the types of mental illness as discussed above. To obtain data, researcher investigates the Brutal song to find out what types of mental disorders contained in this song.

### 1. Depression

According to Keliat (2009), depression is a disruption in human function related to the emotional world and is accompanied by several other symptoms including changes in sleep patterns, psychomotor appetite, concentration, fatigue, feelings of hopelessness and feelings of suicide. Depression is also a form of mental disorder in the emotional realm which is characterized by several symptoms such as moodiness, laziness, lack of passion for life, feelings of uselessness and hopelessness. Depression is also a sad feeling related to suffering. Not only that, usually someone who is depressed will lose interest and joy, and have reduced energy and usually people who are depressed will feel tired easily and have reduced activity. (Handayani, 2022:p:135). The depression can be shown in stanza 1 line 2. The researcher writes the lines below.

**I want to be like messy. (Intro)**

**That I'll die before I drink.**

**(Brutal, stanza 1, line 2)**

In line 1 I want to be like messy is the intro of the Brutal song. The subject I refers to the the writer of the song. It show that she feels that she is a mess. The word messy here reflects mood disorders and an unstable mental state. As said by Keliat (2009), someone who has depressive disorder has disturbances in their natural feelings such as loss of concentration, psychomotor disorders, feelings of sadness and also loss of interest and joy.

In the line 2 That I'll die before I drink. This sentence means that subject I feels hopeless and meaningless because she even feels like she will die before she even drinks. This shows that I refers to the writer of the song feels hopeless before she even tries or does something. As stated by Keira (2009), one of the symptoms of someone experiencing depression is feeling like they are useless and hopeless.

## **2. Anxiety**

According to Keliat (2009), anxiety is a feeling of worry and fear as a reaction to a non-specific threat. The cause is usually unknown. The intensity of anxiety is differentiated from high level to low level. Stuart and Sundeen also says that anxiety is divided into 4 levels, namely mild, moderate, severe and panic anxiety. (Handayani, 2022:p:140). The anxiety is seen through stanza 2 line 4 and 5.

**“Enjoy your youth,” I’m gonna cry.**

**I’m anxious and nothing can help**

**(Stanza 2 line 4 and 5)**

In the lyrics of the song above, researcher found a type of mental disorder, namely anxiety in the lyrics Enjoy your youth I'm gonna cry. The line tells us to enjoy our youth because this it cannot be repeated. However, it shows that subject I cannot enjoy her youth because she feels sad so, she is unable to do something to pleasant for herself. Her feeling is seen through the line 4 I'm gonna cry. Cry refers to her sadness. And in the next line of the song I'm anxious and nothing can help, shows that she is worried about her teenage life because she feels she is alone and no one can help her. Nothing can helps means that no one can help her to lose her sadness. This is in accordance with the theory stated by Keira (2009) that this anxiety is a reaction to non-specific feelings of anxiety and fear. Those lines show that the writer doesn't have nice moments in her teenage times because of she has fear and the anxiety. Besides, the researcher finds the anxiety symptoms in stanza 4 line 1 and 2.

**I feel like no one wants me**

**And I hate way I’m perceived**

**(Stanza 4 line 1 and 2)**

The line 1 I feel like no one wants me, describes that the subject I refers to the writer has excessive anxiety because subject I feels that no one is on her side and cares about her and she feels that she lives alone because no one wants her. Meanwhile, the line 2 And I hate the way I'm perceived shows that subject I also has anxiety that has different she views about other people. This is what makes her feel excessively anxious. This is in accordance with the theory stated by Keliat (2009) which states that anxiety is a reaction to non-specific feelings of disappointment and fear. This can be seen through the subject I whose excessive feelings of anxiety just which her thought patterns make her think negatively. Moreover, the researcher also finds the symptom of anxiety in another stanza. It is stanza 1 line 1.

**I’am so insecure, I think.**

**(Stanza 1 line 1)**

The line above shows that subject I feels that she is insecure and the subject I always feels lacking, but in her insecurity feeling is caused by her own mindset. Excessive anxiety and this feeling of anxiety has something to do with herself (inner circle). This is in accordance with Keliat's theory (2009) which states that this anxiety reaction is not specific and it can be seen from subject I who feels insecure because of her own anxiety (inner circle).

## **3. Antisocial Personality Disorder**

Keliat (2009) says that the symptoms of personality disorders (psychopathy) and the symptoms of neurosis are almost the same in everyone. So it can be said that nervous personality disorders and intelligence disorders are largely independent of one another or can be said to be not correlated with each other and one of the classifications of personality disorders mentioned by Keliat (2009) is antisocial personality disorder. (Handayani, 2022:p:141). It is shown in stanza 1 line 6 and 7.

**Quite my job, start a new life.**

**And they’d all be so dissaappointed.**

**(Stanza 1, line line 6 and 7)**

The line 6 Quite my job, start a new lifes shows that subject I feels tired with her work life. Subject I feels like withdrawing from her work environment because subject I thinks that

subject I can't adapt to that environment. In the line of the song, subject I avoid her social life, perhaps because subject I thinks she is uncomfortable or angry with the ways of people treat her, so subject I leaves her work environment. Meanwhile, in the line 7 And they'd all be so dissappointed, shows that subject I has already known what risks she will face if she takes this decision, she causes that people will be disappointed in her and other people will definitely have bad thoughts about her. This is in accordance with the Keliat's theory which says that one classification of personality disorders is antisocial personality disorder.

The resecher finds the antisocial personality disorder in stanza 3 line 5 and 6.

**They say these are the golden years**

**But I wish I could dissappear**

**(Stanza 3 line 5 and 6)**

The line 5 They say these are the golden years shows that they think that this year is a lucky year surrounded by people or things they like but not for subject I because subject I here wants to show this year is the same as the previous year. Meanwhile, the line 6 But I wish I could disappear shows how subject I disappear because subject I feels tired with her social life with other people. This is in accordance with the theory of Keliat (2009) which states that one of the classifications of personality disorders is antisocial personality disorder which can be seen from subject I who wants to withdraw from social life.

## CONCLUSION

### 1. Conclusion

The song brutal is a song related to mental health, because this song describes the feelings of a teenager who feels depressed and burdened by social pressure and expectations from the surrounding environment. The lyrics in this song also shows the struggle of a teenager who may be experiencing mental pressure. She feels unable to meet other people's expectations and thinks that they are in a life they don't want. This song also shows the singer (Olivia Rodrigo) expresses her desire to be herself and tries to appreciate and to accept herself as a whole.

From the research that has been caaried out, it can also be concluded that the song Brutal reflects the experiences of many teenagers who often feel insecure, anxious and also burdened by social pressures, such as society's expectations that are too high and doubts about the future. In this context, the Olivia Rodrigo songs is related to mental health problems and mental illnesses such as depression, personality disorders and also anxiety disorders and in this research the researcher used a psychological approach and Keliat's theory (2009) which states the types of mental disorders and their symptoms and in this research the method used by researchers is qualitative methods.

### 2. Implication

This research can provide information about the relationship between the song Brutal by Olivia Rodrigo and existing mental health issues and mental illnesses. The researcher also hopes that this research can help researchers authors in completing their research.

### 3. Suggestion

The reseracher has suggestions for readers who want to learn about existing mental health and mental illnesses issues. They must know and read more deeply in order to know what mental health and mental illnesses issues and to understand this. So that, we can be more concerned and aware of mental health because there are still many people think that mental health problems are taboo, such as most people or the surrounding communities think that people who have mental health disorders are people who don't believe in religions and they have a negative stigma towards people who have mental health disorders so people who have mental health disorders feel ostracized or discriminated against in society.

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