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# THE INTERPRETATION OF MENTAL HEALTH ROMANTICIZED IN THE LYRICS OF THE SONG "RAYUAN PEREMPUAN GILA" BY NADIN AMIZAH

#### Abstrak

Lagu merupakan salah satu media yang dapat digunakan untuk menyampaikan pesan kepada banyak orang. Lagu tersebut bertujuan untuk memahami dan mengungkap keseluruhan makna yang terkandung dalam lirik lagu secara keseluruhan. Tujuan dari penelitian ini adalah untuk mengetahui lirik romantis semiotik dalam "Rayuan Perempuan Gila" yang berkaitan dengan kesehatan mental. Untuk menganalisis lagu ini penulis menggunakan rumusan model semiotika Roland Barthes, dimana analisis penelitian ini menekankan pada pencarian denotasi, konotasi, dan makna mitis melalui penyempurnaan ekspresi liris dan visual. Penelitian ini menggunakan metode penelitian kualitatif yang bersifat deskriptif dan cenderung menggunakan analisis. Lagu tersebut juga membawa pesan bahwa dukungan, pengertian dan upaya untuk memahami orangorang dengan masalah kejiwaan sangatlah penting.. Hasil penelitian menunjukkan bahwa a). Emosional dan berpikir b). Mencintai diri sendiri itu tidak mudah c). Kecemasan dan kesadaran.

Kata Kunci: Romanisasi, Merasa tidak aman, Kesehatan mental, Kesadaran Mental

#### Abstract

Song is a medium that can be used to convey messages to many people. The song aims to understand and reveal the overall meaning contained in the song lyrics as a whole. The purpose of this research is to find out the semiotic romanticized lyrics in "Rayuan Perempuan Gila" related to mental health. To analyze this song the writer uses the formulation of the semiotic model of Roland Barthes, where the analysis of this study emphasizes the search for denotations, connotations, and mythical meanings through the refinement of the expressions lyrical and visual. This study used a qualitative method of research that is descriptive and tends to use analysis. The song also carries the message that support, understanding and efforts to understand people with mental problems are very important. The results of the research show that a). Emotional and thinking b). Loving yourself is not easy c). Anxiety and awareness.

Keywords: Romanization, Insecure, Mental Health, Mental Awareness

### INTRODUCTION

Songs can be classified as poetic discourse, which has linguistic characteristics like other literary works, one of them is the lyrics. The language of the words in the song is organized by shortening, condensing, and giving a rhythm according to the sound, which is proportional to the choice of words with special meanings or general descriptions. In this casethe language of the lyrics also uses elements of the beauty of literary works.

The beauty comes not only form the wording used in each song, but also from how the words can be well delivered and enjoyed by the listeners. As in poetry, the creation of lyrics is based on certain factors of the author. These factors can be personal experiences, references to something, and much more, which the song aims to convey to the audience using languagestyles that match the characteristics of the author.

A song can be defined as a form of artistic expression that conveys a message, feelingour story through sound and melody. In general, a song consists of a collection of words with a

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melody that consists of harmoniously arranged notes. The melody is usually supported by the musical accommodation of instruments such as guitar, piano, drums, etc.

The song "Rayuan Perempuan Gila" by Nadin Amizah has poetic and deep lyrics. Thesong describes the feelings of a woman who feels abandoned and lost in an unhealthy relationship. The term "Perempuan Gila" can refer to a woman who feels trapped in a complex emotional situation that is difficult for others to understand. The message of the lyrics is about insecurities, bad experiences, determination, strength in the face of love, the importance of loving yourself, and how our own uniqueness can make it difficult, but also make love more precious. Perhaps we can all learn something from "Rayuan Perempuan Gila" that Nadin Amizah conveys through her profound music. As we listen to this song, let us think about the messages hidden in the words.

The lyrics of "Rayuan Perempuan Gila" by Nadin Amizah are not just a string of words. They reflect the deep and complex feelings of love. Nadin Amizah takes us on an emotional journey through her meaningful verses. The message of the song can mean that youdon't have to be trapped in harmful and unhealthy relationships and that everyone, including women, has the right to be valued and treated in a relationship. The song can also remind listeners to understand and support people who may be struggling in difficult or unhealthy relationships.

The song invites listeners to reflect on the true value of love and to appreciate the uniqueness of each other in a relationship that supports and strengthens each other. In this song, Nadin Amizah can use "crazy woman" as a metaphor to convey the frustration and confusion of an unbalanced relationship. His lyrics describe his longing to feel fully appreciated and loved, but they also express the pain and despair that come from being unappreciated.

Songwriters always convey the meaning and message contained in the lyrics of the song in every verse. Song lyrics have a written message in the form of words and sentences that can be used to create a certain mood and imagination in the listener to create different meanings. In addition to being a form of expression for the author, songs can also be a reflection of how the author's understanding of the subject is conveyed in the song. One of theinteresting topics of this study is the importance of mental health awareness.

The first meaning of Nadine Amizah's song "Rayuan Perempuan Gila" is her experience of being able to ask for love from people who thought she was crazy, and many feel that they don't deserve to be loved by others. This is the beginning of Nadine's insecurity. She believed every word her boy said. In fact, the partner's words about everything that concerns him. Thus, he feels insecure, which leads to mental disorders.

Mental health conditions in each individual cannot be generalized. This condition highlights the urgency of discussing mental health and how to empower individuals, families, and communities to be able to find, maintain, and optimize their mentally healthy conditions in dealing with daily life. In addition, disorders in teenagers are also increasing with the new term in mental health in the form of romanticization of mental disorders.

Romanticization mental health glorifies poor mental health as aesthetically pleasing orcool. Constant romanticization triggers coping mechanisms in young people and leads to more serious mental health problems. The rise in romanticization of mental health can have a negative effect on people who actually have mental health problems, making it harder to seekhelp from a doctor or those around them because it's just a joke or attention-seeking.

This song by Nadin Amizah not only expresses the experiences of people suffering from mental health problems but also conveys a message about the importance of mental health. However, the importance of mental health is an integral part of the definition of health. Good mental health enables a person to realize their potential, face normal life stresses, do productive work, and be able to influence their society. It is obvious that the title of this song deals with the topic of women's mental health. Nadin Amizah also created this song from her experience. The lyrics, which describe the stigma associated with mental health issues, challenge listeners to question their own preconceptions about the topic. Nadin Amiza's song conveys mental health awareness well.

Nadin Amizah is a singer and songwriter who was born on May 28, 2000. The Indonesian singer started her career while still in high school. Nadin Amizah started releasingher first work in 2018. Nadin Amizah is known as one of the most talented young singers in the Indonesian

music industry. Nadin Amizah became widely known after releasing her first song, "Rumpang," in 2017. The song won a lot of attention from the audience and introduced her as a promising new singer. After that, Nadin released several more songs like "Berpisah," "Rumpang," and "Bertaut." Nadin Amizah is known for her unique music style, which often combines different music genres such as pop, R&B, and folk. Nadin Amizah's song has strong and poetic lyrics that help her connect with the audience.

The lyrics of "Rayuan Perempuan Gila" have a deep meaning that makes the listeners feel touched. Although the lyrics produced by this song seem dense, the word choice created is really imaginative. The choice of the song, "Rayuan Perempuan Gila," is very meaningful in addition to the aesthetic lyrics of the song. Nadin Amizah conveys a deep message in the lyrics about how it feels to be called "crazy" by a partner. Crazy, it turns into a person with mental instability. Pouring her emotions into the song, Nadin Amizah reveals that her mentalinstability has always been an obstacle in a relationship.

The objective of this study is the song aims to understand and reveal the overall meaning contained in the song lyrics as a whole.

#### **METHOD**

The type of research used is a qualitative study. Bogdan and Taylor define methodology as a research mechanism that produces descriptive data in the form of both written and spoken words about people and behavior that can be observed through research (Moleong, 2002:3).

In this application, qualitative research uses data collection methods and uses non-qualitative analysis methods, such as using in-depth interviews and observation methods. The method that will be used in this research is descriptive analysis which focuses on non-hypothetical research so that in the research stage there is no need to formulate a hypothesis (Arikunto, 1989:194).

In this study, the researcher uses the semiotic theory of Roland Barthes. According to Barthes, the purpose of semiology is to study how humanity interprets things. In this case, meaning cannot be equated with communication. Meaning means that objects not only containthe information they are intended to convey, but also constitute the structure of the sign. (reference)Therefore, Barthes sees meaning as a general process with a structured order. Meaning is not only limited to language, but also to other things outside of language. Barthes considers social life, regardless of its form, as a sign system in itself. This approach uses denotation, connotation, and myth as a key to its analysis to answer the Interpretation of Romantization Mental Health in The Lyrics of The Song "Rayuan Perempuan Gila" by Nadin Amizah

The objective of this study is to find out semiotic aspects of "Rayuan Perempuan Gila" lyrics related to human mentality.

## RESULTS AND DISCUSSION

The following is a description of the exploration data which will explain and answer the focus of this exploration. In this research the researcher will use Roland Barthes semiotic analysis model. At this stage the researcher will explain the data set up for analysis, because the focus of this exploration is agitating women's internal health issues with the lyrics of the song "Rayuan Perempuan Gila", so the data that the researcher presents is only the lyrics and illustrations of the song "Rayuan Perempuan Gila" After understanding the meaning of mental health, the researcher observed the lyrics of the song.

The song lyrics discuss women's mental health issues in the song "Rayuan Perempuan Gila". The lyrics to the song "Rayuan Perempuan Gila" are as follows:

# Rayuan Perempuan Gila – Nadin Amizah Original Lyrics

Menurutmu, berapa lama lagi kau 'kan mencintaiku? Menurutmu, apa yang bisa terjadi dalam sewindu?

Bukan apa, hanya bersiap, tak ada yang tahu, aku takut Tak pernah ada yang lama menungguku sejak dulu

Yang terjadi sebelumnya Semua orang takut padaku, wo-oh-oh

Memang tidak mudah Mencintai diri ini Namun, aku berjanji

Akan mereda, wo-oh-oh, seperti semestinya

Menurutmu, apa benar saat ini kau masih mencintaiku?

Menurutmu, apa yang bisa dicinta dari diriku?

Bukan apa, hanya bersiap, tak ada yang tahu, aku takut Tak pernah ada yang lama menungguku sejak dulu

Yang terjadi sebelumnya Semua orang takut padaku, wo-oh-oh

Panggil aku Perempuan gila Hantu berkepala Keji membunuh kasihnya Penuh ganggu Di dalam jiwanya Sambil penuh cinta Diam-diam berusaha S'lalu tahu Akan ditinggalkan Namun, demi Tuhan Aku berusaha

Memang tidak mudah Mencintai diri ini Namun, aku berjanji Akan mereda seperti semestinya, uh-hu-uh

### Rayuan Perempuan Gila - Nadin Amizah Translation in English

According to you, how much longer will you love me?

According to you, what can happen in a year?

It's not that, just be prepared, no one knows, I'm afraid No one has ever waited for me for a long time since forever

What happened before Everyone is afraid of me

It's not easy to love myself But I promise it will subside As it should

According to you, do you still love me now? According to you, what can you love about me? It's not that, just be prepared, no one knows, I'm afraid No one has ever waited for me for a long time since forever

What happened before Everyone is afraid of me

Call me a crazy woman
A ghost with a head, cruelly killing her love Full of disturbances in her soul
While secretly trying with full of love Always knowing that I will be left But for God's sake, I'm trying!

It's not easy to love myself But I promise it will subside As it should It's not easy to love myself But I promise it will subside As it should

From the entire song, the author took three layers of the song lyrics that will be anatomized. The selection of the song lyrics section is grounded on the mark that will be seenby the researcher. The lyrics part of this song will later be analyzed by the researcher using the proposition that will be used.

#### A. The Data

The section of the lyrics that is scrutinized

No	Song Lyrics	Information
1.	According to you, how much longerwill you love me? According to you, what can happen in a year? It's not that, just be prepared, no one knows, I'm afraid No one has ever waited for me for along time since forever	Stanza 1, Line 1,2,3,4
2.	It's not easy to love myself But I promise it will subsideAs it should	Stanza 3, Line 1,2
3.	Call me a crazy woman A ghost with a head, cruelly killing her love Full of disturbances in her soul While secretly trying with full of love Always knowing that I will be leftBut for God's sake, I'm trying!	Stanza 6, Line 1,2,3,4

#### **B.** Result and Discussions

In this section, the author wants to identify the type of mental health in the lyrics of the song "Rayuan Perempuan Gila". In discussing this problem, the author uses the semiotic analysis of Roland Barthes. However, in this analysis, the author only analyzes three parts, namely Emotional and Thinking, Loving yourself is not easy, Anxiety and awareness, contained in the lyrics of the song "Rayuan Perempuan Gila" by Nadin Amizah.

# 1. Emotional and Thinking

Denotation of the song lyrics in the first subcaste are" According to you, how much longer will you love me?, According to you, what can be ina time?, It's not that, just be prepared, no bone, knows, I am hysterical, No one, has ever awaited for me for a long time since ever" (Stanza 1, Line1,2,3,4), can be associated with a woman who feels insecure in the relationship, so she asks questions. The meaning of the word love, me means that someone expresses or has passions for love towards us. The character" I" in the lyrics is described as a woman who has a sense of instability caused by the numerous demands made by women. Problems endured by women, such as anxiety, depression, fear, poisonous terrain, and so on. Questions about the length of love passions are accompanied by the expressions just preparing, and I 'm hysterical. I illustrated how women can become veritably hysterical about being abandoned after the umpteenth time being dissatisfied.

Connotations in the lyrics of this first layer are emotional and reflect the times. The lyrics to "According to you, how much longer will you love me?" (Stanza 1, Line 1) contains concern or uncertainty about the longevity of love in a relationship. It expresses concern about emotional stability or reflects a desire to know to what extent love will last in the future. "Accordingto you, what can happen in a year?" (Stanza 1, Line 2) The goal is to think about the future in the long term, so within twenty years. It may reflect curiosity, uncertainty, or situation over a significant period of time. The phrase "It's not that, just be prepared, no one knows, I'm afraid" (Stanza 1, Line3) conveys uncertainty, caution and fear about the future or situation. The phrase "that's not

it" can refer to an attitude that tries to downplay or minimize its importance, while "just getting ready" means being ready to face something that may be unknown. The statement "nobody knows, I'm afraid" reflects the fear of uncertainty and not knowing what's going on. The last line "No one has ever waited for me for a long time since forever" (Stanza 1, Line 4) highlights a lack of previous experience or instances of having to wait a long time. So, the general tone of the lyrics in this first layer can suggest a sense of insecurity, fear and a willingness for anything to happen.

Myths in the lyrics of the song "Rayuan Perempuan Gila" (Stanza 1), Reflects the vulnerability of the relationship to time compliance and inevitableloss.

# 2. Loving yourself is not easy

Denotation of the lyrics of this second-floor song, "It's not easy to love myself, But I promise it will subside, As, it should " (Stanza 3, Line 1,2) refer to the knowledge that loving yourself is not easy. The phrase "It's not easy to love myself" reflects an awareness of the challenges or difficulties you may face in creating self-love. But with the following statement, "But I promiseit will subside, As, it should " the singer expresses his determination to overcome these difficulties and believes that these feelings will calm down intime, as they should. These phrases represent the hope and commitment to experience to positive change in the way you feel about yourself.

Connotations The lyrics of this second layer contain deep and personalemotional nuances. The statement "It's not easy to love myself" (Stanza 3, Line 1) creates a sense of the difficult and complex journey of building self- love. The process can come with emotional baggage or discomfort. At the sametime, the saying "But I promise it will subside, As, it should "(Stanza 3, Line 2) brings hope and determination to finish the journey. It is believed that although severe at first, they calm down and change over time in an expected or natural way. The song reflects the hope that it fulfills all mental health needs. Eventually, all people who are aware of their mental health will return to self-awareness, become a proper part of society, and in the process of understanding, society will continue to understand them as part of the social fabric. Overall, the meaning of this phrase creates an intense personal sense of challenge, hope and determination for emotional growth that can meet all mental needs.

Myths in the lyrics of the song "Rayuan Perempuan Gila" (Stanza 3), Full of challenges and trial or transformation growth over time.

# 3. Anxiety and Awareness

Denotation in the lyrics of the third-floor song "Call me a crazy women, A ghost with a head that cruelly kills her love, Full of disturbances in her soul, while secretly try full of love, always knowing that I will be left, But for God's sake, I'm trying!"(Stanza 6, Line 1,2,3,4) These lines literally refer to the situation known as "madwoman", describing the headless ghost and the bad feelings associated with killing her love. There is a contrast between the disturbance of the soul and the quiet search for love. Furthermore, the statement that you always know you will be left behind describes anxiety and awareness of possible loss. Taken together, the sentences form a complex picture of the emotional state of a troubled relationship, where courage meets effort directed at the uncertainty of the future.

Connotations The lyrics in this third layer contain lines that refer to difficult emotional experiences and relational conflicts. The term "Call me a crazy woman" (Stanza 6, Line 1) can have negative connotations and refers to stereotypes or unfair judgements about women who can express emotions oractions that are considered against social norms. In a relationship context, the term can reflect a subjective perception or view of a woman's behavior and the image of a "ghost with a head, cruelly killing his love" (Stanza 6, Line 2) conveys a sense of madness or chaos in a relationship context. The use of the words refers to actions that damage or harm a love relationship, the word killing is not an actual event here, but an emotional manipulation because he is trying to eliminate his emotional interests. "Full of disturbances in her soul" (Stanza 6, Line 3) describes the inner resistance and conflict that this person may experience. In this case, the singer describes herself. That is then highlighted in the lyrics "While secretly trying full of love, always knowingthat I will be left" (Stanza 6, Line 4) to be a woman who always knows that the men who come to see her only enjoy physical beauty. The rest of the men leave. When the music turns off and the night turns to morning, she feels very

cheap in her feelings. In general, the connotations of these lines paint a picture of a complex relationship full of conflicts, strong feelings of love and an attempt to survive in difficult circumstances.

Myths in the lyrics of the song "Rayuan Perempuan Gila" (Stanza 6), Women who experience emotional frenzy or inner conflict as they try to maintain a loving relationship despite cruelty or insecurity.

The objective of this study is to describe the exploration data which will explain and answer the analyzed song "Rayuan Perempuan Gila".

#### CONCLUSION

The conclusion of the lyrics and messages of the song "Rayuan Perempuan Gila" reveals that music is not only a means of entertainment but also a powerful tool to convey messages about mental health. The song expresses emotions that are difficult to express, such as uncertainty, struggle, and inner conflict that people with mental illness often experience, and creates a supportive environment in a society where stigma is still an issue. It allows people to feel heard and understood when dealing with mental health issues. Additionally, this song illustrates the concept of courage and determination in the face of mental illness. It's an important reminder that people struggling with these issues have the strength to keep fighting, seek support, and overcome obstacles. The song emphasizes the importance of supporting those in need. Support and understanding are key to helping people with mental health problems feel supported and not alone. Finally, the song "Rayuan Perempuan Gila" is a clear example of how music can act as a powerful tool for spiritual awareness. The song is a reminder for everyone to be more caring, empathetic, and open to empathy and mental healthissues. Music has the power to remove stigma, encourage open discussion, and provide vital support to those in need. In this way, everyone can work together to create a society that caresmore about mental health.

The results of the above research shows how the romanticization of mental health appears in the lyrics of Nadin Amizah's song "Rayuan Perempuan Gila". From the analysis reveals that a woman who has a sense of instability caused by the numerous demands madeby women. It is not easy to refer to the knowledge that loving yourself is not easy. The phrase "It's not easy to love myself" reflects an awareness of the challenges or difficulties you may face in creating selflove. The last result shows that anxiety and awareness, describes anxiety and awareness of possible loss. Taken together, the sentences form a complex picture of the emotional state of a troubled relationship, where courage meets effort directed at the uncertainty of the future. The song "Rayuan Perempuan Gila" creates powerful and emotionallyrics about the experiences of women facing emotional challenges and complicated relationships. This song has deep emotions, inner conflict and the tension of love.

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