

ABSTRACT

Dafa Arrasya Haniif Ardana. 1185030039. 2023. **Symbol of Mental Stress in the Lyrics of the Songs “Pressure” and “Home” by Draper, and “In My Blood” by Shawn Mendes.** An undergraduate thesis, department of English Literature, Faculty of Adab and Humanities, State Islamic University of Sunan Gunung Djati. Supervisor I: Drs. Irman Nurhapitudin, M. Hum. Supervisor II: Ice Sariyati, S.S., M.Pd.

Mental stress itself is very uncommon to be found in song lyrics, therefore makes people think that mental stress itself is not much of a big deal, which, in reality, is a very dangerous mental condition. Therefore, it is necessary to conduct research on this topic with research questions (1) What are signifiers in the symbols of mental stress in the lyrics of the songs *Pressure* and *Home* by Draper, and *In My Blood* by Shawn Mendes? (2) How are the signifieds and the meaning of the symbols of mental stress in the lyrics of the songs *Pressure* and *Home* by Draper, and *In My Blood* by Shawn Mendes? This research used a qualitative method and the data were analyzed by using the theory from Ferdinand de Saussure (1959) about signifier and signified. From data analysis, Throughout the verses of *Pressure*, the mental stress identified conveyed someone's desperation, as well as their technique on how to utilize the coping mechanism to overcome all their pain and suffering. The verses of the song *Home* depicted someone's downfall caused by excessive mental stress, and the verses of the lyrics of the song *In My blood* depicted someone who were unable to overcome their mental stress. Based on the findings, it shows how humans can become so fragile after intimidated, bullied, and pressured for a prolonged amount of time. Even though humans are fragile, they can develop coping mechanism in order to prevent negative influences from taking over their mind and body.

Key words: *symbol, mental stress, song, coping mechanism*

ABSTRAK

Dafa Arrasya Haniif Ardana. 1185030039. 2023. **Simbol Tekanan Mental dalam Lirik Lagu “Pressure” dan “Home” karya Draper, dan “In My Blood” karya Shawn Mendes.** Skripsi, jurusan Sastra Inggris, Fakultas Adab dan Humaniora, Universitas Islam Negeri Sunan Gunung Djati. Pembimbing I: Drs. Irman Nurhapitudin, M.Hum. Pembimbing II : Ice Sariyati, S.S., M.Pd.

Tekanan mental sendiri sangat jarang ditemukan dalam lirik lagu, sehingga membuat orang berpikir bahwa tekanan mental itu sendiri bukanlah masalah besar, yang pada kenyataannya adalah kondisi mental yang sangat berbahaya. Oleh karena itu, perlu dilakukan penelitian tentang topik ini dengan pertanyaan penelitian (1) Penanda apa yang terkandung dalam symbol-simbol tekanan mental pada lirik lagu *Pressure* dan *Home* karya Draper, dan *In My Blood* karya Shawn Mendes? (2) Bagaimana arti dari petanda dan simbol-simbol tekanan mental dalam lirik lagu *Pressure* dan *Home* karya Draper, dan *In My Blood* karya Shawn Mendes? Penelitian ini menggunakan metode kualitatif dan data dianalisis dengan menggunakan teori dari Ferdinand de Saussure (1959) tentang penanda dan petanda. Dari analisis data, di sepanjang bait lirik lagu *Pressure*, tekanan mental yang teridentifikasi menggambarkan keputusan seseorang, serta teknik mereka dalam memanfaatkan mekanisme koping untuk mengatasi semua rasa sakit dan penderitaan mereka. Bait lirik lagu *Home* menggambarkan kehancuran seseorang yang disebabkan oleh tekanan mental, Sedangkan bait lirik lagu *In My Blood* menggambarkan seseorang yang tidak dapat menyelesaikan masalah tekanan mental mereka. Berdasarkan temuan, dapat disimpulkan bagaimana manusia bisa menjadi begitu rapuh setelah diintimidasi, dirundung, dan ditekan dalam waktu yang lama. Meskipun manusia mudah rapuh, mereka dapat mengembangkan mekanisme koping untuk mencegah pengaruh negatif menguasai pikiran dan tubuh mereka.

Kata Kunci: *simbol, tekanan mental, lagu, mekanisme koping*