

CHAPTER I INTRODUCTION

This chapter presents the introduction of this research. It consists of the research background, research problem, research purposes, research significance, previous study, and definition of critical terminologies

1.1 Research Background

One of the psychological materials that is very familiar in our daily lives is the emergence of emotions. Many people consider emotions to be a bad thing, something that is identified with anger. But actually emotions are not just angry, emotions can also be in good things. Sadness is an emotion that is felt when a person experiences something disappointing and hurts their heart. Also experiencing the loss of something loved or cherished, such as a breakup or experiencing the death of someone close to you. The feeling can lead to deep sadness and more complex like melancholy. Sadness can be the beginning of melancholy if the feeling is not addressed properly or if the individual is experiencing prolonged emotional stress. However, not all sadness develops into melancholia. Melancholia usually requires the presence of additional factors such as genetic predisposition, past trauma, or prolonged psychological distress.

Melancholia comes from the Greek words *melas* and *khole* which literally means black bile, which is then interpreted as sadness (Berrios, 1988). Melancholy is characterized by a state of depression and physical inactivity, often making the sufferer unenthusiastic and tends to blame himself. In its journey, melancholy can be in both physical and mental forms, becoming one of the many main causes of a person becoming depressed and ending his life (Lubis, 2009). Melancholia is often considered a counterproductive character, even categorized as one of several subclasses of acute depression (Parker & McCraw, 2017)

The most common traits of melancholy, according to Freud, are bitterness stemming from severe heartbreak; blaming oneself, others, or situations; losing interest in interacting with the outside world; losing the ability to love; feeling impeded in all activities; and a decline in self-assurance that results in actions of self-deprecation and condemnation. (Freud, 1917). In Freud's view, melancholy is a phenomenon that is closely related to the structure of human personality consisting of id, ego, and super ego. The deep feelings of sadness in melancholy are not only a response to loss, but also a symptom of an internal conflict that involves self-evaluation and morality. The superego, which acts as an internal moral watchdog, may exacerbate melancholy by inducing feelings of guilt or low self-esteem. Melancholia can have a bad impact on a person's physical and mental health, although sometimes it is more likely to be somatic than psychogenic (Freud, 1917). Melancholic individuals will be more sensitive, difficult to get along with, loners, and often deceived by their own feelings. Most even drown in constant thoughts. Young people now usually term it with *overthinking*. Thinking about things excessively is what negatively affects psychological development.

Melancholia has been a pro and con in several studies. Some artists produce masterpieces after experiencing depression due to the loss of someone they love. Others even experience a decrease in productivity after experiencing depression to suicide. However, on the other hand, art can even be a therapy to overcome melancholy or other severe depression with the BAPNE method (Salerno et al., 2017). This method is a solution for the treatment of depression in a more pleasant way for patients. A study by Herbert W. Helm Jr. even concluded that melancholic personalities, although they have negative sides such as restless, emotional, and moody, have positive sides in the form of creative, cautious, perfectionist, and sensitive traits (Helm Jr., 1980).

Olivia Rodrigo is a female musician whose work is influenced by her personal experience. The album's lyrics explore complex feelings, including love, disappointment, insecurity, and the healing process. Through her lyrics, Olivia Rodrigo manages to explore various aspects of melancholia, highlighting emotional power, but also a complex set of feelings that can be felt by many people. Her album

Sour became a powerful representation of her experience in dealing with love, loss, and personal growth.

Olivia uses song as a medium to convey thoughts, just as poets do with poetry, as Somad (2010) points out. Moreover, poetry evolved into the most profound medium through which poets could convey their anxiety in reaction to a circumstance. According to Luxemburg (1989), lyrical definitions of a poem or song can be considered equivalent since they both capture the core of the work. Freud (1920) said that, a poet uses a mispronunciation or several mistakes as a means of poetic presentation. This fact proves that the poet considered the error to have meaning. He wants to explain something to the viewer by mispronouncing it and the viewer can check what exactly it is, whether he shows that what he is talking about is distracted or tired.

A literary work is a representation of the attitudes, thoughts, knowledge, and responses of a person or society. According to Noor (2004) literary works are works of art that use language as their media element, and are realized based on several other elements, namely the author's experience, techniques for processing or concocting the experience into the form of text, aesthetic concepts or art concepts, and socio-cultural systems that allow the text to obtain a certain position or role. Therefore, each literary work has a different genre, depending on the life view and individual imagination of its author.

According to Pradopo (2009), in literature there are types of literature (genres) and varieties; Types of prose and poetry literature, prose has a variety: short stories, novels, and romances (the main variety). The genres of poetry have a variety: lyric poems, verses, rhymes, sonatas, ballads, and so on. In essence, the language of songs is poetry because there are elements of sound, rhyme, diction and so on. The language of poetry is a distinctive language. This means that the language used is concise and concise, using symbols and symbols, sounds, rhetorical means so that an aesthetic effect is obtained (Hermintoyo, 2014)

Song is a form of literary work composed of language and art. According to Teeuw (1984) it can be approached from two quite different aspects: literature as a language art by talking about the problem of its linguistic aspects and also

literature is an art form that emphasizes its artistic aspects. Songs can be one of the means of conveying all thoughts that arise from the author or creator to the listeners. In addition, songs are also useful for listeners as a means of entertainment and fatigue relief.

Several studies using Sigmund Freud's psychoanalytic studies often analyze characters in literary works. These fictional characters are studied for their personality and psychological behavior as if they were real characters. On this occasion analysis of the melancholy experienced by the singers. A melancholic person can experience pressure, dissatisfaction, and even vent because they feel unfamiliar with their situation. Freud (1920), the inability to escape from the past makes oneself alienated from ongoing reality and unable to extricate oneself from trauma. Olivia Rodrigo made her part of Generation Z, where everything is easily accessible and known. In the span of her life, there are probably many things that influenced her later he poured into her work.

This research focus on *Sour* Album consists of 11 tracks *Brutal, Traitor, Drivers License, 1 Step Forward 3 Step Back, Deja vu, Good 4 U, Enough for You, Happier, Jealousy Jealousy* and *Favorite Crime*. The album was written by Rodrigo himself, describing his feelings and experiences in adolescence while experiencing first love and heartbreak. Therefore, this album became the object of research. The form of melancholia through language in these objects is worth studying to find out the sadness experienced by the author.

In general, feelings of heartbreak, betrayal, disappointment to toxic relationships are some of the things experienced by teenagers. What happens in the social environment influences the author in pouring his work. Rodrigo is no exception. What Rodrigo faced and experienced shaped him and arose her melancholia desires that manifested in his work. From what he produced, it is likely that Rodrigo had the anxiety he felt as a result of what he experienced. Therefore, this research was carried out by examining the language that Rodrigo poured into his work. Here researchers conducted a study titled: "**Melancholia in Olivia Rodrigo *Sour* Album**"

This research is inspired by several previous studies. This research has some similarities with some previous studies that discuss similar topics. First previous is a thesis by Martogi Sinaga from the University of Surmatra Utara entitled “*Analisis Tipe Kepribadian Tokoh “Aku” dalam Cerpen “Maukah Kau Menghapus Bekas Bibirnya di Bibirku Dengan Bibirmu?” Karya Hamsad Rangkuti (Tinjauan Psikologi Sastra)*” (Sinaga, 2022). This research highlights the character in the short story “Maukah Kau Menghapus Bekas Bibirnya di Bibirku dengan Bibirmu?” Hamsad Rangkuti's work, using Hippocrates' personality type theory and Sigmund Freud's psychoanalytic theory. Through this analysis, the research describes the personality type of the character “I” and its overall personality system in Freud's psychoanalysis, namely Id, Ego, and Superego. These findings provide deep insight into how the characterization in the short story reflects various aspects of human psychology.

The second previous is an article journal by Arief Darmawan from Walisongo State Islamic University Semarang entitled “*Karakteristik Melankolisme Lirik Lagu Denny Caknan dalam Perspektif Mourning and Melancholia Sigmund Freud*” (Darmawan, 2023). This research provides a significant contribution to the understanding of melancholism in the context of Javanese pop song lyrics, specifically those composed by Denny Caknan over the past four years. By employing a descriptive qualitative approach and library research methods, this study carefully examines the melancholic characteristics embedded in these lyrics. The findings of this research offer valuable insights into the emotional and psychological dimensions of melancholic expressions in Javanese pop music.

The third research is a thesis from Wulandari from Sunan Gunung Djati State Islamic University Bandung with the title “*Depression of the Main Character in Sylvia Plath's The Bell Jar*” (Wulandari, 2016). This research makes a significant contribution to the understanding of the depression experienced by the main character in the classic novel “The Bell Jar”. This research formulates two main problems: the symptoms of depression that appear in the main character in the novel “The Bell Jar” and the factors that cause this depression. By using Sigmund

Freud's psychoanalytic theory which includes the concepts of id, ego and superego, as well as the melancholy theory related to depression, this research connects literary criticism with depression theory to answer this problem. The results of the research show that the depression experienced by the main character is caused by two main factors: loss of love and uncertainty of the future.

The fourth research is a journal article by Sitti Hardianti from Muhammadiyah University Luwuk entitled "*Gangguan Kejiwaan Melancholia Dalam Cerpen An Imaginative Woman Karya Thomas Hardy dan Novel half Of A Yellow Sun karya Cimamanda Gozi Adichie: Studi Perbandingan*" (Hardianti, 2022). The focus of this research is on the classification and analysis of aspects of the mental disorders mourning and melancholia as well as the destructive effects experienced by the main character, Ella Marchmill. Using Sigmund Freud's psychoanalytic theory of mourning and melancholia and descriptive qualitative research methods, this research analyzes data in the form of words, phrases and dialogue from the character Ella Marchmill. The research results showed that Ella Marchmill experienced mental disorders which included prolonged depression and abnormal emotions, which are characteristics of mourning and melancholia.

The current research is consistent with previous research on depicting melancholia in literary works. This study differs from previous research on the topic which centers on the song lyrics on Olivia Rodrigo's *Sour* album, which is intended to emphasize Rodrigo's melancholic motifs as a writer. Previous research has examined literary works extensively, but this study limits its focus to analyzing Rodrigo's lyrics, with the aim of achieving a better understanding of depicting melancholia in her songwriting.

The purpose of this study is to show how melancholia is portrayed in Rodrigo's work through an analysis of the psychoanalysis used in his songs. His celebrity research has explored topics relevant to the current study. However, this research provides a scholarly contribution that concentrates on the specific context of the song lyrics in Olivia Rodrigo's album *Sour*. This research aims to enhance the understanding of the depiction of melancholia in popular culture. Thus, the two be examined separately. This research focus on melancholia in the album *Sour*,

namely: tracks *Brutal*, *Traitor*, *Drivers License*, *1 Step Forward 3 Step Back*, *Deja vu*, *Good 4 U*, *Enough for You*, *Happier*, *Jealousy Jealousy* and *Favorite Crime*. This research analyzed using Freudian psychoanalysis by looking for id, ego, and super ego that appear in each song.

1.2 Research Problem

This study attempted to examine Olivia Rodrigo 's way of presenting the elements of the melancholia presented in the lyrics of songs on the album *Sour*. Therefore, the research problem is framed in the following questions:

1. How are Id, Ego and Super Ego of Olivia Rodrigo portrayed in the song lyrics of the album *Sour*?
2. What are the characteristics of Olivia Rodrigo's melancholia in the song lyrics of the album *Sour*?

1.3 Research Purpose

The analysis of the unconscious in the lyrics of songs on Olivia Rodrigo's *Sour* album in this study has several objectives, which include:

1. To find Id, Ego and Super Ego which are portrayed in the song lyrics of the album *Sour*.
2. To discover the characteristics of Olivia Rodrigo's melancholia in the song lyrics of the album *Sour*.

1.4 Research Significances

This research is intended to provide use to readers who are involved in melancholia in song lyrics. This study has the potential to be used as a reference example for similar research purposes. The combination of various theoretical literary devices in this research indicate the need for further research. In addition, this research inspire researchers who intend to investigate elements related to lyrics.

This research aims to provide practical applications for analyzing melancholia in song lyrics, enabling educators, students, and literary enthusiasts to apply psychoanalytic concepts in their analyses. Additionally, songwriters and music critics can utilize the insights from this research to deepen their understanding of lyrical content and its emotional impact.

In addition, this research is considered to offer new features or contributions. This research is expected to provide substantial insight and information regarding melancholia in song lyrics. As a result, readers find several combinations of theories needed to examine song lyrics, especially regarding melancholia.

1.5 Definition of Key Term

To avoid misconceptions in conceiving the terms in this research, the researcher makes clarification of key terms to explain some words:

- 1. Melancholia:** In the context of the research "Melancholia in Olivia Rodrigo's *Sour* Album," melancholia refers to a state of profound sadness and despair that is often accompanied by feelings of hopelessness, emptiness, and worthlessness. This state of mind is often associated with loss, disappointment, or betrayal.
- 2. Id:** In Freudian psychoanalysis, the id is the primitive and unconscious part of the mind that is driven by basic instincts and desires. The id operates on the pleasure principle, seeking to satisfy its needs and impulses without regard for reality or morality.
- 3. Ego:** The ego is the part of the mind that mediates between the id and the superego. It is responsible for developing realistic plans to achieve the id's desires while also conforming to the superego's moral standards. The ego operates on the reality principle, trying to balance the demands of the id and the superego.
- 4. Super Ego:** The superego is the part of the mind that represents internalized moral standards and conscience. It is formed through the process of socialization and is responsible for judging the id's impulses and ensuring that they are in line with societal norms and values. The superego operates on the moral principle, striving for perfection and adherence to ethical standards.