

Semiotic study of the meaning of *Evaluasi* song lyrics from Hindia

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Abstract

This research was motivated by the problem of how the song Evaluasi popularized by Hindia (Baskara Putra) was released in March 2019 which raised the issue of mental health problems, namely overthinkers. Music is used as a means to reach the masses by using it as a message or simply for entertainment by the listeners, but music is listened to not only for pleasure, but music is also able to have an influence on thoughts and emotions, especially mood. The aim of this research is to find out the meaning of Sign, Object and Interpretant as presented in the lyrics of the song Evaluasi popularized by Hindia (Baskara Putra). The research method used in this research is a qualitative descriptive approach with data collection techniques through observation, documentation, and literature study. The paradigm in this research uses a critical paradigm. The results of this research show that the lyrics contained in the song Evaluasi by Hindia are known to have levels of meaning Sign, Object and Interpretant. The results explain that mental health is important even as important as physical health. This Evaluasi song emphasizes the importance of Self Awareness accompanied by positive suggestions. The limitation of this research is that there is still a lack of discussion about mental health problems, so the recommendation that needs to be made for further research is to develop similar research using a different paradigm in order to find novelty in the research results.

Keywords: Hindia; Music; Semiotics Songs

INTRODUCTION

As already known, music is a crucial part of human life. This can be said to be closely related to human daily life. The philosopher, Plato, explained that music is a flight for the imagination, wings for the mind, giving soul to the universe and life to various things (Moreau, 2017). Likewise, music, according to David Ewen's explanation, is the art and science of combining instrumental and vocal, tones and rhythm, consisting of harmony and melody as an expression of various things to be said, especially regarding emotional aspects. (Hidayatullah, 2019). A songwriter chooses words and arranges them into a beautiful and meaningful series. Next, the singer will convey this meaning to the listener through a distinctive rhythm.

Music can also be a reflection of conditions in people's lives. A songwriter, through the lyrics of his song, conveys various messages packaged around several special themes. There is a meaning to each message in the music or song lyrics conveyed by the singer or songwriter to the listener. This message can also take the form of an aspiration or outpouring of one's heart about

something, for example family conditions, social justice, the environment, a sense of nationalism, and a message of love and can even be a media for meditation to reduce stress, fatigue, and even for self-healing (healing oneself) (Shuker, 2001).

One of the components in a musical work that plays an important role is the lyrics of the song. Lyrics are an element that is quite important in a musical work or song, therefore in the lyrics the creator of the lyrics/song can be a medium for conveying messages or it can also discuss concerns about whatever the creator is experiencing that becomes his concentration (Hanning, 1998). There are also several types of messages that researchers know about, such as love life or those related to romance, criticism of a tragedy, criticism of tyrannical policies, even messages about mental health that can touch the psychological area of someone who listens (Prier, 1993).

There are a lot of musicians in Indonesia who are involved in the pop genre and certainly bring their own characteristics. For example, Baskara Putra or popularly known as Hindia is one of the talented young pop musicians who is enlivening the world of music in Indonesia. Hindia started to become a hot topic among young people in early 2019. Hindia is the stage name used by Baskara (Daniel Baskara Putra) in his side project. Baskara was born on February 22, 1994 in Jakarta. He is a graduate majoring in Communication Science from the University of Indonesia. Baskara's career began as a vocalist for the band Feast in 2014, then he decided to become a solo singer or soloist in 2018. This was done for the reason that he wanted to channel his personal story which he could not convey through the band. According to Baskara, he could not use the Feast band to express his ideas personally. Feast band has become a common property. It means that the stories in Feast band songs are criticism and stories that reach the wider community. Therefore, if Baskara forced his personal story to be included in the songs of the band, he would feel unethical and selfish.

Baskara also said that all the songs he wrote in his side project were pure concerns that came from his personal experiences throughout his life which turned out to have many similarities and relevance to the stories of many people's life journeys. Hindia also released their first album entitled "Menari dengan Bayangan" in the same year. Hindia released 15 songs on their first album, including *Evakuasi*, *Besok Mungkin Kita Sampai*, *Wejangan Mama*, *Dehidrasi*, *Jam Makan Siang*, *Voice Note Anggra*, *Untuk Apa/Untuk Apa?*, *Belum Tidur*, *Secukupnya*, *Membasuh*, *Apapun Yang Terjadi*, *Mata Air*, *Rumah ke Rumah*, *Evaluasi*, and *Wejangan Caca*. One of the singles that can be said to be listened to quite a lot by listeners is the song *Evaluasi*.

This *Evaluasi* song was first released on March 22, 2019. Hindia released the Official Music Video and Official Lyric & Commentary Video on its YouTube account. The release of the Official Music Video for the song *Evaluasi* was watched 6.2 million times via the Hindia YouTube account. Meanwhile, the Official Lyric & Commentary Video was watched 1.5 million times via the Hindia YouTube account. What is unique about the Official Music Video for the song *Evaluasi* is that Hindia created a competition for the audience to compete to capture moments of daily activities in video form. Hindia packaged moments of activity from its audience before the arrival of the COVID-19 pandemic into a Music Video for the song *Evaluasi*. Hindia released the song in the midst of the COVID-19 pandemic which was raging in Indonesia at that time, so the message that Hindia wanted to convey through the song was very meaningful for its listeners.

Evaluasi is one of Hindia's single releases which can be said to have received a lot of attention and even received a lot of praise because the meaning in the lyrics has relevance to many people, especially generation Z. This generation is our current generation or many also call it generation overthinker. Some music analyst said, this song very relevant to a generation that

often experiences pressure, whether it is pressure from parents (family), work, education, friendship, or even pressure from love. All this pressure can even lead mentally disturbed. This song is also often nicknamed as '*medicine*' for self-healing of its listeners from a series of events that have occurred to make a person's condition very devastated and even feel '*down*'.

A condition where when our mind is in a calm and peaceful condition, so that we are able to appreciate the people around us and enjoy everyday life is good mental health. Problems in everyday life can cause mental illness, not only can they damage relationships or interactions between individuals. Mental illness can also reduce work productivity and reduce performance at school. Therefore, it is time to adopt a healthy lifestyle.

Urbanites are busy carrying out the same routine, so they often experience pressure from their work, school or family, sometimes making them unable to avoid mental illness. The increasing awareness of urbanites on this matter makes them often try to use self-healing methods. Self-healing that can be tried easily includes listening to songs that have meaningful lyrics and a calm tone, so that listeners will be able to absorb the lyrics and in the end it will help heal the wounds in their hearts.

The song lyrics are interesting because of their ability to touch the listeners' hearts as they express emotional pains. Researchers are interested in revealing the meaning of this song, because this song contains lyrics that can touch the hearts of listeners which have relevance or connection to experiences of serious emotional pain or life problems that have been experienced or are even currently being experienced. Therefore, to interpret and understand the lyrics of the song as a whole and to find out what the true meaning is contained in the lyrics of the song, as well as to prove that the song can be an antidote for the listeners. Because of that, it is important to uncover the hidden meaning in the song's lyrics which must be revealed so that the public can understand and can be used as a method of therapy for mental health disorders (Fearon, 1999).

The lyrics of the song are not just written text. They can even be interpreted more deeply. Interpreting a song about mental illness so that people are more aware of mental health issues and can use this song as a medium for contemplation. According to Hall (2003), meaning is a difficult thing apart from conveying messages through the media. When a meaning is produced and constructed, a process of marking with meaning will be formed. Meaning is a tool or medium used to give meaning to something that appears through another form. The images formed will have different meanings and there is no certainty that these images will correspond to how they were created. This means that each sign has a different meaning and each sign that is interpreted does not always function as expected.

Based on the explanation above, the researcher explains that the lyrics of this Evaluasi song have messages that are relevant to the conditions of many of its listeners. Therefore, researchers are interested in knowing and analyzing the meaning of the message from the lyrics of the song Evaluasi by Hindia. By taking the title The Meaning of Evaluasi Song Lyrics (Study of Semiotic Analysis of Evaluasi Song Lyrics Popularized by the Hindia).

METHOD

The paradigm adopted in this study is critical paradigm which sees and views media as something not independent and neutral. Media is a tool used by the dominant group. The critical paradigm is a view that sees media is a tool used by the dominant group to manipulate and strengthen power by marginalizing non-dominant groups (Guba, 1990), (Hidayat, 2008).

This type of qualitative research was used in this research. According to (Patton, 2002), qualitative research is research intended to understand a phenomenon about what research subjects experience, such as those related to actions, motivation, behavior, etc. holistically and

with descriptions in the form of language and words, by utilizing methods. natural and certain natural contexts.

This research uses a qualitative research type and a descriptive study with the aim of describing what is in this research in the form of open words with numbers which are limited to containing certain events and do not test hypotheses, but are intended to provide a description of the characteristics of an event that occurred (Henning et al., 2020), (Lune & Berg, 2017). This research uses Charles Sanders Peirce's semiotic analysis (McGuigan, 1999), (Sobur, 2013). Data were analyzed using the semiotic framework of Charles Sanders Peirce's.

The song *Evaluasi* and the object of research is the meaning of the lyrics of the song *Evaluasi* which was popularized by the Hindia is the subject of this research. Data collection techniques in this research are observation, document study, recording of text (song lyrics), sounds, symbols or symbols contained in song lyrics *Evaluasi* by Hindia.

RESULTS AND DISCUSSION

It is the same as what was done by Hindia / Baskara Putra who tried to describe a socio-cultural reality regarding the lack of awareness and attention to one's own mental health condition, especially the problem of overthinking, which is a condition where we think too much about something which has an impact on our own response. We are also excessive in responding to a problem, and this condition is also experienced by individuals from the Hindia themselves, it turns out that many people feel the same way as the Hindia feel. Then, through the song *Evaluasi*, Hindia conveys a message to help open minds and make people aware of the social reality that is occurring, in Indonesia the issue of mental health problems is still common, even the young generation who are the next generation of the nation also experience mental health problems. This must be handled and the young generation must not become victims because this generation is the hope for advancing the nation which must have good mental health conditions.

Considering the importance of this mental health problem, attention, awareness and understanding from the community is needed. One of them is from the cultural perspective of society. Cultural factors play an important role in mental health, this indicates whether a person can be said to be mentally healthy or sick depending on their culture. The culture that emerges in society can be said to be supportive but on the other hand it can also hinder a person's mental health because that culture is able to provide certain roles to people with mental disorders. Because Indonesia is a multicultural country that has a variety of different ways of treating mental health disorders, we can see the influence of culture on the treatment of people with mental disorders, one example of which is shackling. However, according to Hindia, viewing a culture that has emerged in society regarding mental health is too far away, therefore through the song *Evaluasi* from Hindia, it is presented and made into a monologue which is able to give a message and at the same time create a culture of self-awareness which can be formed starting from ourselves.

The data then went through semiotic analysis of Charles by using a triangle of meaning to explain and answer the focus of the research. The following is the meaning of the message contained in the song "*Evaluasi*" by Hindia.

Table 1. Meaning of Sign, Object, Interpretant in Verse in *Evaluasi* Song

Sign	Lyrics: "What cannot be cured, let it dry itself, decorate the body and"
Object	(Hope) Someone who has the hope of healing from a heart wound that is scratched because of something that happened before can heal quickly over time even though it is difficult
Interpretant	The composer of the song wants to convey the advice that as ordinary humans we must have our own problems and every problem that has ever come into our lives has definitely left a wound that remains in our hearts and is difficult to forget. Therefore, let the wounds that cannot be healed heal by themselves. Over time, we will surely recover.

Based on the research in the table above, it is explained that every human being must have a hope for himself and his life for the future. If humans have no hope in life, then it can be said that humans are in a state of death in life. Even people who are chronically ill, even in a state of death, can have great hopes for recovery and if they must die, they can hope to be given the best place in the phase of life after death. The expectations that come to a person are influenced by their environment, experience, abilities and so on. Allah SWT created humans very perfectly compared to other creatures, humans are given the advantage of reason, thoughts, and feelings. Hope is a common thought that all humans must have, but if we are hoping for something, do not forget the abilities we have, do not expect too much of something that might exceed our abilities, especially if we hope for humans.

Table 2. Meaning of Sign, Object, Interpretant in Stanza II of *Evaluasi* Song

Sign	Lyrics: "The only person who evaluates your body is you."
Object	Everyone who is or has faced a life problem should evaluate themselves for the mistakes they have made so that they do not face the same problem again.
Interpretant	There must be a reason for the problems that arise in our lives because of the mistakes we have made before. Therefore, we are the ones who are able to correct and evaluate our own mistakes so that we become better individuals in facing problems in the future.

Based on the research in the table above, when we are experiencing unexpected bad events, we will definitely experience severe shock or surprise, this will definitely be a very lasting experience and can even cause trauma. When people experience trauma, they usually try to avoid things that could cause the bad incident that happened to them a second time and must evaluate themselves for the mistakes they have made.

Self-evaluasi is a way to assess the achievement of a business for yourself. The goal is to correct ourselves so we can become better people. It is important to evaluate ourselves so that we can understand our weaknesses and strengths. By having this awareness, we are able to build higher self-confidence, increase our ability to make the right decisions and can create closer relationships with the people around us.

This self-evaluasi is a way of assessing the achievements of our efforts. We can consider our own abilities and qualities. Evaluating ourselves is not only done when our goals and plans do not meet expectations or even fail. But even when we succeed, we must be able to assess our

own condition. Because it is possible that one day we will experience failure and that is because we have shortcomings and mistakes that must be corrected.

Table 3. Meaning of Sign, Object, Interpretant in Stanza III of *Evaluasi* Song

Sign	Lyrics: "They can't go through what you have gone through, every day changes, the obstacles you face"
Object	(Self-confident) Feelings of confidence in yourself to be able to overcome all the problems that come in life
Interpretant	The songwriter wants to convey that everyone must have high self-confidence for themselves, especially when it comes to facing problems because every time and every time we are faced with different problems. Be confident that we are capable of solving life's tough problems, even other people may not be able to face the same problems we face.

Based on the research in the table above, it explains that Hindia also wants to convey that every time a problem arises in our lives, we are required to be confident that we are able to face and overcome this serious problem. Be assured that the problems we are facing do not necessarily mean that other people are also able to face the same problems as us. Because without the belief that is present within us, life's problems will never be resolved. Every problem that comes has a lesson behind it.

Table 4. Meaning of Sign, Object, Interpretant in Stanza IV of *Evaluasi* Song

Sign	Lyrics : "Troublesome problems, fragile feelings, this is not the half of it, it's normal, you're okay"
Object	Feelings of being destroyed due to facing difficult life problems
Interpretant	Everyone who has ever been faced with a serious life problem must have felt that their life was falling apart because they felt they could not overcome that problem. But the songwriter wants to convey that don't feel that your life is destroyed and there is no point, be an ordinary person when facing a problem but with efforts to overcome a problem that is being faced because in reality the problem that comes is still nothing, and you are able to get through it.

Based on the table from the explanation above, it can be concluded that the feeling of sadness that makes our hearts break is a form of expressing an emotion. A person who has emotions and feelings is a gift from God to his servants. Humans who do not have emotions and feelings within themselves do not deserve to be called humans. However, God gave this gift to us as humans, the most perfect creatures and equipped with reason and thoughts, we must also be smart in controlling the emotions and feelings given to us.

Table 5. Meaning of Sign, Object, Interpretant in Stanza V of *Evaluasi* Song

Sign	Lyrics: "Those who always want to take part, only compete to be sadder than you, sick of being pushed aside, equalized, your heart is completely hurt"
Object	Many people around us only want to listen to our sad stories without caring about our feelings.
Interpretant	Basically, humans are social creatures who need help from other people, especially when we are sad or down. However, we also cannot completely rely on other people as medicine to heal our wounds, instead of healing they actually add pain to our feelings.

From the explanation in the table above, it can be concluded that when we are sad because we are facing a problem in our life, we want to tell our sad story to people we consider close, but the response given by the people closest to us is not always positive. Sometimes it actually makes us even more sad and devastated because of the response given by the people we tell about our problems. Therefore, it is important for our learning that being a good listener is not as easy as we think because we do not yet understand how someone feels when facing a problem. Then the lesson that can be taken from all of this is that we should not always rely on other people to help lighten our burdens, but we must be able to face the problems that come in our lives under our own feet and within our own control. Believe that we are able to face it and resolve everything.

Table 6. Meaning of Sign, Object, Interpretant in Stanza VI of *Evaluasi* Song

Sign	Lyrics: "It's a long journey, you wake up to bet, the day isn't finished yet, it's normal, you're fine"
Object	Life is a long journey to take, so we must be able to overcome the problems that accompany us every day.
Interpretant	Each person has their own life and the problems they face are also different. Therefore, in our lives we are required to bet so that our lives must continue, in every journey we will definitely encounter failure and we should not continue to cry about things that make us sad because the days are still long and there are still many things we will face. In the future, be a calm person and then we have to rise to be even better than before.

Based on the table above, the conclusion that can be drawn is that every process of our life must go through many bitter and sweet stories. If we often experience failure, we are advised not to get too caught up in the sadness, but we must be able to get up and correct ourselves so that we can become even better. Then we must be able to find the meaning and purpose behind the journey of our life process. Try to always think positively in everything, including God's good intentions behind everything we experience, then everything will definitely become more calming. What often makes it so difficult for us to face the various situations we experience is that we find it difficult to think that God provides wisdom behind everything we experience so that we can become better. Then, we end up having bad prejudices as if everything we experience is because God hates us and our fate is unlucky. So we have to keep moving forward while enjoying every process by making peace with ourselves and always thinking positively about everything.

Table 7. Meaning of Sign, Object, Interpretant in Stanza VII of *Evaluasi* Song

Sign	Lyrics: "Bilas muka, gosok gigi, evaluasi. Tidur sejenak menemui esok pagi, walau pedihku bersamamu kali ini, ku masih ingin melihatmu esok hari"
Object	(Rest and Evaluasi) In one full day we have carried out tiring activities. Humans need time to rest and self-evaluate what they have gone through in one day.
Interpretant	We have gone through the tiring daily routine and are faced with various kinds of problems that come our way. As normal humans, we also need time to rest our bodies, correct ourselves for what we have done to welcome a better tomorrow than the previous day.

It can be concluded from the explanation in the table above that taking a break from all the activities we have been through is important even though many things happen that we did not expect. All the feelings of sadness, disappointment, destruction, loss that we have faced or

are currently facing will one day surely come to light, no matter if it is in the near future or in the future, we are required to continue living and not give up on the very problems. complexity that is present in our lives, because as ordinary humans we will definitely be given trials by the Almighty, these trials are normal and normal things experienced by ordinary people. As we always assure together, God will not give problems or trials that are not in accordance with the abilities of His servants. However, for every problem that arises in our lives, we must be able to evaluate ourselves and improve ourselves so that we become better, and every trial that we go through will hopefully make us become higher level human beings and we will be wiser in responding. an existing problem. Lastly, Hindia wants to convey that rest assured that God will not be that evil, God does not want to see his servants who give up easily, He wants to see his servants be better in tomorrow

The Meaning of Signs, Objects, and Interpretants in Overall Song Lyrics Evaluasi According to the View of Positive Psychology

In this research, researchers found that the message markers and signifiers of the importance of self-awareness and mental health contained in the lyrics of the song Evaluasi from the Hindia contain a meaning that conveys various moral messages. There are many life values that we can take and apply to our own lives through this song. The sign meaning of the song Evaluasi presented by Hindia through its lyrics can be connected to Hindia's intention in giving the title of this song Evaluasi, which means that if we are facing a problem or burden in our lives, we are advised to take a break and evaluate ourselves on what we have done. we have done so far, and try to be a better person tomorrow, because as we believe, the best human being is someone who regrets their mistakes and wants to change to be better than before (Ramdhani, 2011).

Then the meaning of the object contained in this Evaluasi song is that the life problems experienced by Hindia or the author are apparently related to those experienced by most people, where these problems make many people sad, regret their mistakes, despair and overthinking. This is very bad for our own mental health. By carrying out self-evaluasi and continuing to try to be better in the future and trusting that the creator has a good plan for us in the future is a form of caring for ourselves and our own mentality when facing a problem. The interpretant contained in this Evaluasi song is how listeners interpret the meaning or message conveyed by Hindia through this Evaluasi song. An example of one of the lyric quotes is "Troublesome problems, fragile feelings, this is not the half of it, it's normal, you're okay", this sentence can be interpreted in many ways, if the listeners are mature age workers, maybe there are people who are facing problems at work, or if the listener is still at the educational level then it can be interpreted as problems that exist in the teaching and learning process or regarding their friendship environment at school (Sarmadi, 2018).

With that one sentence, Hindia can generate many kinds of interpretations from each listener that adapt to the listener's condition at that very moment. But the form of interpretation from the Hindia itself that wants to be conveyed is that we are obliged to be strong and must be able to take a normal attitude and not overdo it if we are facing a complicated problem so that our feelings are destroyed.

If it is related to the song Evaluasi from the Hindia, positive psychology has a role in helping listeners understand this song Evaluasi so that they become more aware and sensitive to the situation they are feeling (self-awareness) and their mental health is maintained. The influence of positive psychology on the choice of words in the lyrics aims to further explain how important it is to evaluate yourself and correct yourself from past mistakes and act normally and not overdo everything (Oltmans, 2013).

Findings of Escapism in the Lyrics of the Evaluasi Song popularized by Hindia

In the lyrics of the song *Evaluasi* which was popularized by Hindia, researchers found that there was an invitation from the songwriter to carry out escapism to find a way out of the problems someone is facing. The meaning of the word escapism is the desire or tendency to avoid reality by seeking entertainment and peace in fantasies or fictional situations. When we are facing a tough job or are trapped in an unhealthy (toxic) environment, of course there is a desire that arises within us to escape from reality. This action is not carried out because we are cowards, but this action actually needs to be done occasionally in our lives so that life becomes happier (Pratama, 2018).

This act of escapism must of course be carried out in the right way, a person who carries out this act of escapism generally has a traumatic experience so will naturally try to escape temporarily from this so that he can avoid stress and psychological damage. That way, the person will be free from burdensome experiences in their life. This action is also carried out if we are trapped in a circle of worry, anxiety or depression, then all that is needed is for us to get out of these thoughts. There is no harm in stepping back and running away from the bitter reality for a while, even though the problems we are facing will still return, but we will see the problem with a much better perspective and be much more focused on overcoming it (Purwaningtyas, 2020).

If this act of escapism is carried out in the right way, it will have a positive influence. When we do escapism, we tend to rest and make ourselves stronger to face the existing reality. But on the other hand, escapism carried out excessively will also bring bigger problems. This action must be accompanied by good control because this action can make us forget and continue to want to hide from the reality we are facing. Therefore, we should not be lulled by this escapism. Take these actions sufficiently to make yourself better when facing life's problems. There are many kinds of activities that can be done for escapism, such as sports, reading books, traveling, pursuing hobbies, shopping, etc. that can make us happy.

In the lyrics of the song *Evaluasi* which was popularized by Hindia, the researcher wants to criticize the absence of any sign in the lyrics of the song *Evaluasi* which describes an escapism activity to avoid the life problems that a person is facing. Most of the meaning of the lyrics of the song *Evaluasi* is to persuade listeners to rise from failure and evaluate themselves on what they have done.

CONCLUSION

After conducting research and discussion in this research, there are conclusion points. First, the song with the title *Evaluasi* that Hindia performed has messages that have positive content and emphasize the importance of self-awareness and mental health even though we are facing and experiencing various problems as humans. Such as about how we see and handle failure and feel hurt because we are disappointed by the situation, about the recommendation not to give up easily, the recommendation not to give up, the recommendation not to always blame ourselves, the recommendation to be able to make corrections to ourselves so that to be better tomorrow, and the suggestion that we have confidence in God that all the trials given to us will one day be given a better replacement, whether in the near or long term. We just need to keep trying to rise from all adversity and keep trying to always move forward, whatever the outcome, just leave it to God Almighty.

Second, this *Evaluasi* song also explains how important it is for us to always be aware of ourselves. Because when someone can be aware or aware of themselves, their mental health will automatically be maintained. Apart from that, Hindia as the songwriter chooses the words that are written into the lyrics with the intention of inviting listeners to always evaluate themselves

for all the failures and problems they are currently facing or have ever faced. We are invited not to get lost in sadness but rather to enjoy the process. That's so that you become a better person in the future. Like the title used by Hindia for the song, namely *Evaluasi*.

Third, the song *Evaluasi*, which Hindia popularized, has the meaning of inviting listeners to carry out the escapism described in the lyrics of this song. Hindia as the songwriter wants to suggest that it is okay to run away or escape temporarily from the realities and problems that are present in our lives. We are invited to look for activities that can entertain ourselves, activities that can make us happy and forget about the problems in our lives to face the existing reality again. Because we also need to prepare ourselves mentally and mentally to solve the problems that are in front of us again in a much better condition than before.

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