

THERAPEUTIC COMMUNICATION IN “DREAM” SONG LYRICS CREATED BY PUTRI ARIANI

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Abstract	Article Information
<p><i>This article aims to analyze therapeutic communication in the lyrics of the song “Dream” by Putri Ariani. This research methodology uses a qualitative approach with Van Dijk’s discourse analysis method. The results showed that the lyrics of the song “Dream” have macro and micro structures that interpret the hope to be achieved as the main theme, and the super-structure consists of verse 1, verse 2, reff 1, verse 3, reff 2, reff 1, reff 2, coda. The lyrics of the song “Dream” by Putri Ariani provide therapy to listeners because it contains a message about the journey to achieve dreams will face difficulties that need to be faced by surrendering to God and always being grateful will lead to happiness. At the end of the song, the lyrics emphasize the belief to the listener about the existence of happiness as a therapeutic form of anxiety on the journey of life.</i></p> <p>Keywords: <i>Communication; Therapeutic; Lyrics; Songs; Dreams</i></p>	<p><i>Received:</i> 08/03/2024</p> <p><i>Revised:</i> 11/03/2024</p> <p><i>Accepted:</i> 12/03/2024</p>

INTRODUCTION

The development of music studies in the modern era is characterized by studies that discuss the structure, ideas and meaning of music. In line with the reality that music is the most widely used communication medium by humans today. Listeners can enjoy music as a way to describe and express moods, because of the meaning of music as a medium of communication (Cahya & Sukendro, 2022). Communication media is the process of delivering messages or information in the form of ideas, attitudes, or emotions from a person or group of media to convey communication, one of which is through music (Yuliarti, 2015). In general, music is a medium of communication to express feelings, thoughts and experiences, through melody rhythm, harmony and lyrics to the listeners in a complex manner. In addition, musical elements such as tone, tempo and dynamics can produce works to give meaning to life (Irhamurrahman & Juwita, 2024).

Nowadays, music studies are increasingly developing not only as a medium of communication, but music has developed as a good communication therapy in daily life practices

(Raglio, 2019). Previous studies have shown that music therapy can produce effects on the physical and psychological state of the listener, through communication that can evoke and regulate mood or emotion (Auliya' & Yudianto, 2023; Geraldina, 2017). The opinion of Bruscia (2014) explains that music therapy is a process of conducting recovery and healing treatments for physical and psychological problems carried out by music therapists and according to procedural practices. In this context, music therapy can provide physical and psychological benefits to listeners that can help in the process of physical and psychological healing and recovery (Blichfeldt-Ærø et al., 2019).

Therapeutic communication is the process of interaction between a therapist or mental health provider and their clients. The goal of therapeutic communication is to create a strong bond between therapist and client, facilitate understanding, and promote change and recovery (Nguyen et al., 2023). While songs do not directly serve as a therapeutic communication tool in the traditional sense, music has strong emotional power and can be used in a therapeutic context. Humans have a strong emotional and psychological connection with music, and through its melodies and lyrics, music can convey the emotions we experience to cope with stress (Sofia et al., 2019). In general, music can be an effective tool in supporting therapeutic communication and psychological recovery, as it has emotional power that can be used in a therapeutic context.

Songs as therapeutic media through lyrics, meaning and meaning can convey messages to the feelings of listeners. In line with the reality that someone who is listening to a song will be able to understand and absorb the message that the creator wants to convey, so that deep communication is established (Gunadi, 2023). Therapeutic communication in a song can convey a variety of meanings to listeners such as joy, motivation, sadness and disappointment. In line with the reality that by listening to songs it will be easy to get carried away and relate to the atmosphere and conditions being faced such as motivation, with motivation will affect a person's feelings to enthusiastically achieve a goal (Cahya & Sukendro, 2022). One of the songs that can have a therapeutic effect is a song called "Dream" by Putri Ariani because it has a motivational meaning that can affect a person's feelings to be enthusiastic in achieving dreams.

Putri Ariani is the 18th contestant on America's Got Talent (AGT) to get the golden buzzer from Simon Cowell, and she is Ariani's daughter. Putri Ariani's mesmerizing voice on the AGT stage managed to amaze the judges. Putri's blindness did not stop her from pursuing her dreams, despite the obstacles in her way. Judges Simon Cowell, Heidi Klum, Howie Mandel, and Sofia Vergara were impressed with Putri's performance at AGT, and she was given a standing ovation. The next song Putri Ariani was asked to sing was Sorry Seems Like the Hardest Word by Elton John. Putri received the golden buzzer and advanced to the AGT semifinals after singing two songs. Putri triumphed in Indonesia's Got Talent 2014 before joining AGT (DetikNews, 2023).

The song with the title "Dream" created by Putri Ariana uploaded on her Youtube account has been listened to more than 757 thousand times within 5 months. The song became famous after being disseminated by Rafi Ahmad, who is one of the famous actor families in

Indonesia. Some of the songs that trended the song “Dream” received a lot of positive responses, many of the people felt calm and re-energized in living life after listening to the song performed by Putri Ariana, one of which was a comment from the account @Nurlella-Junaedi who felt that the song performed had very positive lyrics, listening to the song with her eyes closed made her feel excited in living life.

This research will analyze a song entitled “Dream” by Putri Ariani as an example of a song that can have a therapeutic effect. This song is considered to have motivational meanings that can influence a person's feelings to be enthusiastic in pursuing their dreams. Through its lyrics, the song “Dream” conveys a message about the importance of maintaining dreams and enthusiasm in facing challenges. The music and lyrics create an uplifting and optimistic atmosphere, which can help listeners feel more motivated and excited to pursue their dreams. Therefore, the song shows potential to be used as a therapeutic tool in increasing one's motivation and passion in achieving their life goals.

Kriswanto's research (Kriswanto, 2020) explains that music as an intervention medium can help influence patients in overcoming fear, anxiety and pain both before and after medical treatment. In addition, intervention through music therapy shows that it can bring up self-confidence and posited energy in undergoing medical treatment experiences. In line with research by Cahyani (Cahyani, 2023), shows case studies of the use of traditional music therapy can have a positive impact on emotional regulation and self-expression. The cultural relevance and effectiveness of integrating music therapy in traditional medicine, which shows music therapy as a comprehensive and holistic approach.

This study aims to analyze therapeutic communication in the micro, macro, and superstructure of the lyrics of the song “Dream” by Putri Ariani, focusing on how communication in the song lyrics can increase life motivation to be enthusiastic in achieving dreams. Novelty gap is seen in that some previous studies tend to focus on the therapeutic effects of music in a medical context, while the proposed research emphasizes more on the potential of therapeutic communication in song lyrics in increasing life motivation in general. The novelty of this research is to broaden the understanding of how music, particularly song lyrics, can be used as a therapeutic tool to motivate individuals in achieving their life goals.

LITERATURE REVIEW

Music Therapy

The music therapy trajectory initially developed in the 18th century, although traditionally it has long been used as a healing medium because music has therapeutic properties. Historically, it is explained that music can be used as a healing medium in some scriptural literature and ancient manuscripts such as in Arabia, China, Greece and Rome (Djohan, 2016). Music therapy is a non-invasive natural intervention that can be applied simply does not always require the presence of a therapist, is affordable and does not cause side effects (Aizid, 2011). Music therapy is a health therapy using music where the aim is to increase or improve physical, emotional, cognitive, and social conditions for individuals of various ages

(Yuliarti, 2015). Another explanation states that music therapy can improve, restore and maintain physical, mental, emotional and spiritual health (Rasyid, 2010).

Song Lyric

The definition of lyrics can be interpreted through two meanings, namely, literary works (poetry) or the composition of a song, both of which contain the meaning of the creator's feelings (Setiawati & Rusmawati, 2019). Moeliono's view explains that lyrics are again the work of a poet or creator who produces works of art from a combination of language art and sound art, involving melody and the meaning of a creator. Song lyrics are a composition of words in which each line has a certain rhyme or taxation (Bayuardi, 2019). Song lyrics are a form of expression of a person from within about something that has been seen, heard or experienced. Song lyrics have similarities with rhymes, but only in song lyrics also have their own specificity because the pouring of ideas through song lyrics is reinforced by melodies and rhythms that are adjusted through song lyrics (Natalia & Irsyad, 2022).

RESEARCH METHODOLOGY

This article is a paper produced through the literature study method. This method is a descriptive qualitative study using studies in scientific literature, such as books, journals, articles, and other sources as the main material analyzed. According to Synder (2019), literature review is a method that can integrate several empirical case findings as material to answer research questions. The stages carried out in this method, (1) the author collects articles that have relevance and suitability to the topic discussed; and (2) all articles are "read" and analyzed using the perspective of therapeutic communication. A literature review can be conducted for a variety of purposes, including understanding recent research developments, identifying gaps in knowledge, or developing a theoretical basis for new research.

FINDINGS

Therapeutic Communication in the Macrostructure of Dream Song Lyrics

Van Dijk's discourse describes three dimensions namely text, social cognition, and social context in which all dimensions are combined into one analysis (Thobroni et al., 2021). In the macro structure, the lyrics of the song Mimpi have a theme about someone who is optimistic that they can achieve their goals or hopes. This is written contextually in the title of the song entitled Mimpi because in this case when read as a whole related to the contents of the Mimpi text, the dream in question is not related to experiences that occur while sleeping but to the hopes to be achieved.

The word dream in the song Mimpi can be a therapeutic communication for music listeners and lyric readers, especially in the song Mimpi sung by Putri Ariana who is blind, but she can achieve her dream of becoming one of the singers who qualify for America's Got's Talent and Putri Ariana's dream can come true, namely wanting to be seen by everyone even though she cannot see. The message conveyed in this title again even though it only

consists of one word but can provide motivation for the audience. As written by the owner of the account @vickyfitraza8050 in the comments column of the music video *Mimpii*- Putri Ariana:

“From stage to stage, lyric by lyric, her talent has been groomed for years by her amazing parents, and it's time to fly across the world (v@vickyfitraza, 2023)”

The title of the song "Mimpi" directly draws the listener's attention to the motivational and aspirational themes underlying the lyrics. The message contained in the song may focus on the importance of maintaining dreams and passion in the face of obstacles and encourages listeners not to give up in achieving their life goals. In the context of therapeutic communication, the song "Mimpi" can be an effective tool to convey motivational messages that encourage individuals to overcome challenges and achieve their dreams, thereby supporting the therapeutic process and psychological recovery. Through its lyrics, the song can evoke enthusiasm and optimism, and provide emotional support for listeners on their journey towards better psychological well-being.

Therapeutic Communication in the Microstructure of Dream Song Lyrics

Microstructure discusses how the semantics of the text, namely the meaning to be emphasized in a text, besides that what is considered in the microstructure is syntax or how sentences, namely the form of composition chosen such as sentence form, pronouns used, then stylistics or how the choice of words used in the text, and rhetoric, namely how and in what way the emphasis is carried out (Setiawati & Rusmawati, 2019).

Looking at the microstructure related to semantics contained in the lyrics of the song *Mimpi* provides details of learning that we should not hesitate to dream as high as possible because in achieving dreams on every journey there are always good things that come. We just need to have faith in the good thing that God always gives happiness to those who can be grateful for the process of their life journey so that happiness is always there. The first stanza of the lyrics of the song "Dream" is:

“The dusk that comes at the end of the sky Presents a brilliant orange Like the warmth of the sun I smile to enjoy it. I carve all my dreams In a beautiful wishful thinking I struggle from the pain Shed the doubts in my heart.”

This interpretation looks at the chosen sentence form (syntax) of the song lyrics at the beginning of the verse, where in the first and second stanzas it can be interpreted that at the end of every journey there is always something to learn. The reality of life's journey is not always smooth, there is always pain in it and it cannot be denied but all of that is not a barrier. This sentence can be a medicine for those who feel down in their lives, who always feel that the darkness in life is always present at every step.

Refers to the emotional bond that exists between a therapist and a client in the context of therapy. Therapeutic aims to facilitate personal growth, self-understanding, and positive change. In a therapeutic context, listeners can identify with these lyrics and use the song as a

tool of unspoken emotional expression. This can assist the listener in understanding and sharing their emotional experience with the therapist. In addition, song lyrics can be the foundation for this shared experience, where the therapist and client can share moments of togetherness and strengthen their bond through music.

The next therapeutic communication from the lyrics of the song *Mimpi* is found in the chorus, because entering the chorus of Putri Ariana's song in the lyrics there are sentences that can provide motivation on how to face all obstacles:

“Like a seagull I will fly through the clouds
Free me from fear I pray that good things will come
And happiness will always be with me.”

The selection of sentences in the first verse chooses the metaphor of a seagull flying freely, which is to free oneself from all doubts that exist within and entrust it to God through prayer and the belief that happiness is always there. The addition of therapeutic lyrics is contained in the third verse, where through the lyrics it is dissected that the singer has the same condition until the second chorus there is an inculcation of the solution offered from a problem that can be considered by the listeners. In line with the lyrics written as follows:

“Turn sadness into a smile, for your brighter day,
let time teach you to realize all your dreams.
I fly hope through the sky, I trust my heart to lead me,
my dream will come true, and happiness is always there.”

The lyrics of the song *Mimpi* illustrate that sadness does exist in humans, but we don't need to always dissolve in sadness because sadness can become a smile. Putri Ariani enters the coda in the second chorus emphasizing that when humans have great hope it can be an encouragement for their lives, so there only needs to be a little stronger belief to arrange happiness. The interpretation is taken from the observation of the lyrics of the song which in the next stanza contains an emphasis on the belief in hope that can be realized until the coda of the lyrics of the song *Mimpi* consistently emphasizes the belief that a happy life always exists.

The therapeutic communication that is owned in the lyrics of the song *Mimpi* as a whole is connected to the previous discussion, namely in the first and second stanzas, until the coda all leads to healing the heart that feels hopeless, especially in achieving dreams. The lyrics provide motivation that with belief in the realization of dreams and through God's power nothing is impossible and for those who can be grateful for all life's journey both joy and sorrow will feel happiness in it.

Therapeutic Communication in the Superstructure of Dream Song Lyrics

In a therapeutic context, song structures can be used to create regular, repetitive patterns. This can provide a sense of stability, predictability and comfort to individuals who may be experiencing anxiety, stress or emotional discomfort. Regular musical patterns can also help regulate breathing, reduce heart rate, and relieve muscle tension .

Apart from the song structure, focusing on the lyrical structure, songs have their own structure, namely verse, chorus, and coda. First, the verse or stanza as the basic structure of the song that is present in the writing process or simply as an opening lyric to enter the core

of the lyrics. Second, the chorus is the core of the song that serves as the theme of the story to be told and is usually repeated. Finally, the coda is the closing part of the song which is usually the lyrics taken from the previous part or the chorus (Lestari, 2021).

The structure of a song lyric can be used in therapeutic communication to build a narrative or story involving individuals undergoing therapy. For example, the intro can be used to build expectations or introduce certain themes. The verse and chorus can represent conflict or emotional change, while the bridge can be used as a point of transition or reflection. This structure helps individuals frame their experiences in a musical context and gain a better understanding of their emotions.

In relation to the superstructure of the lyrics of the song *Mimpi*, there is a lyrical framework that is independent of the musical framework itself, starting from verse 1 & 2, chorus 1, verse 3, chorus 2, chorus 1, which is closed with a coda. The detailed explanation of the superstructure of the lyrics of the song *Mimpi* is contained in the following table:

Table: 1 Dream Song Lyrics by Putri Ariani

Title	Dream Song Lyrics
Verse 1	The dusk that comes at the end of the sky, Presents a brilliant orange, Like the warmth of the sun, I smile to enjoy it.
Verse 2	I carve all my dreams, In a beautiful wishful thinking, I struggle from pain, Dispel the doubts in my heart.
Reff 1	As a seagull flies through the clouds, Free me from fear, I pray that good things will come, And happiness will always be with me.
Verse 3	Turn sadness into a smile, For a brighter day, Let time teach you to realize all your dreams.
Reff 2	I fly hope through the sky, I believe my heart leads me, This dream of mine will come true, And happiness is always there.
Reff 1	Like a seagull I fly through the clouds, Free me from fear, I pray that good things will come, And happiness is always with me.
Reff 2	I fly hope through the sky, I trust my heart to guide me, My dreams will come true, And happiness is always there.
Coda	And happy is always there, And happy is always there,

DISCUSSION

Song lyrics can help clients to express and understand their emotions. Melodies, lyrics, and tones in songs can be a means to feel and describe feelings that are difficult to express verbally. In this regard, there are several things that become the focus of discussion, namely

Therapeutic Communication in the macro structure, superstructure, and micro structure of the lyrics of the song “Dream” by Putri Ariana. This research uses Van Dijk's discourse analysis, we can see three main dimensions: text, social cognition, and social context, which are combined to provide a deeper understanding of the messages contained in the lyrics of the song “Dream” by Putri Ariani.

Macro-structurally, the lyrics of the song “Dream” have a theme about one's optimism in achieving their goals or hopes. The word “Dream” in the title of this song does not refer to the experience of sleeping, but rather to the hopes to be achieved. The message of optimism and enthusiasm in the face of obstacles is strongly embedded in the lyrics of this song, providing encouragement for listeners not to give up in achieving their dreams.

The lyrics of “Dream” also evoke strong social cognition, especially through the life story of Putri Ariani, a visually impaired singer who achieved her dream of becoming a recognized singer. Despite facing physical obstacles, Putri Ariani still managed to reach for her dreams and achieve success, inspiring listeners to transcend limitations and follow their dreams without knowing obstacles.

The social context in the lyrics of the song “Dream” is reflected in the comments expressed by social media users in the music video comment section. Social media users expressed appreciation for Putri Ariani's life journey and viewed her as an inspiring example of how perseverance and faith can overcome obstacles and achieve dreams. This shows how song lyrics and the stories behind them can shape people's opinions and perceptions about the importance of determination and passion in facing challenges.

Overall, the lyrics of Putri Ariani's “Dream” emerge as a powerful form of therapeutic communication. The message of optimism, perseverance, and passion in achieving dreams are the main elements conveyed through this song, providing encouragement and motivation for listeners to live life with hope and confidence.

While the microstructure analysis of the lyrics of the song “Dream” by Putri Ariani, shows that therapeutic communication is conveyed through semantics, syntax, stylistics, and rhetoric in the song text.

The lyrics of the song “Dream” give a strong message about the importance of optimism and belief in achieving dreams. This message is reflected in the verses that emphasize the importance of seeing the good side of every life journey, and believing that God always gives happiness to those who are grateful for their life process. The semantics presented in the lyrics of this song provide a positive message that is able to motivate listeners to remain enthusiastic in pursuing their dreams.

The syntax of the lyrics of the song “Dream” is carefully chosen to convey motivational messages. The sentences chosen have a structure that reinforces the message of optimism and belief. For example, in the first and second stanzas, the syntax of the sentences illustrates that every end of life's journey always has a valuable lesson. This teaches listeners to remain optimistic and positive in the face of obstacles.

The choice of words in the lyrics of the song “Dream” is also packaged in an inspiring and motivating style. The use of metaphors, such as in the chorus which likens oneself to a seagull flying freely, gives a strong image of how one can free themselves from doubts and pursue their dreams with confidence.

The rhetoric used in the lyrics of “Dream” mainly focuses on emphasizing motivational messages and beliefs. In the verses and chorus of the song, emphasis is placed on the importance of turning sadness into a smile, entrusting hope to God, and understanding that happiness is always present for those who have strong faith.

Overall, through the analysis of the microstructure of the lyrics of the song “Dream”, it can be seen how therapeutic communication is conveyed effectively. Motivational messages, optimism, and belief in achieving dreams are presented through carefully chosen semantics, syntax, stylistics, and rhetoric in the lyrics of this song. This makes the song “Dream” a powerful tool in motivating and inspiring listeners and helping them on their journey towards better psychological well-being.

In this context, therapeutic communication in the lyrics of the song “Dream” by Putri Ariani, analysis from a superstructure perspective involves understanding the overall structure of the song, including patterns of repetition and looping that affect the overall message conveyed.

In the lyrics of the song “Dream”, there is a consistent repetition pattern, especially in the chorus. The repetition of the phrase "Like a seagull I'll fly through the clouds, Free me from fear, I pray that good things will come, And happiness is always with me" in Reff 1 and Reff 2 emphasizes the main message of letting go of fear, believing in goodness, and belief in happiness. This creates a strong effect and reinforces the message to be conveyed to the listener.

In addition to repetition, there is also a repetition pattern in the lyrics of the song “Dream”, especially in the chorus and coda. The phrase “And happiness is always there” repeated at the end of Reff 1, Reff 2, and also in the Coda, gives a strong emphasis on the message of happiness that is always present. This repetition reinforces the overall message of the song and gives a deep impression to the listener.

Analyzing this superstructure perspective, it can be concluded that the overall structure of the lyrics of the song “Dream” effectively communicates messages about faith, hope, and happiness. The repetition and repetition patterns used in this song create a strong impression and strengthen the therapeutic messages to be conveyed to listeners. This shows that the lyrics of the song “Dream” are not only a musical work of art, but also an effective therapeutic communication tool in delivering motivational and inspirational messages to listeners.

CONCLUSION

The lyrics of the song Mimpi kayra Putri Ariani provide therapeutic to the listeners this is written in the comments left by the listeners on the Youtube channel @gomusicgroup with the title Putri Ariani- Mimpi. Looking at the macro structure, the dream song lyrics

choose the editorial dream which means the hope to be achieved as the main theme. Looking at the superstructure of the lyrics, which consists of verse, chorus, and coda and each turn of the structure gets emphasis seen from the text correlation. As for the micro structure of the lyrics of the song Mimpi, it contains a message that in achieving dreams there is certainly bitterness in it but when we have faith in God's power, and can free ourselves from fear, all dreams can be achieved even in the end of a bitter struggle when gratitude is planted then happiness is always there. It can be concluded that in the rhetorical aspect of the lyrics of the song Mimpi, the sentence happy there is always gets emphasized by repeating it twice as a cover.

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