Portrait of Id, Ego, and Superego on 'Dear no One' by Tori Kelly: The Understanding for Stress Management

Hani Zakkiyah, Retno Purwani Sari
Faculty of Humanities, Universitas Komputer Indonesia
Jl. Dipatiukur No. 112 Bandung 40132, Indonesia
hani.63720048@mahasiswa.unikom.ac.id

Abstarct. This study aims to examine id, ego and superego reflected in lyrics of a song by American singer Tori Kelly entitled 'Dear No One,' using Sigmund Freud's psychological theory of literature. The song lyrics are defined as poetry that is sung. In addition to functioning as entertainment, song lyrics are created as a form of expression of the feelings of the author's soul. Interpreting each lyric is one way of imbuing emotions in a song. The method used was descriptive qualitative with content analysis techniques and data recording techniques. Adopting psychoanalysis perspectives, the psychological structure in terms of song lyrics in the form of id, ego and superego is described. The data source was the lyrics of a song entitled 'Dear No One' by Tori Kelly itself. The result show that there is a psychological structure in the form of id, ego and superego in Tori Kelly's song lyrics. Ego occupies the highest result in the analysis that consciously raises emotions when listening to the song. Meanwhile, the Ego results dominate because many of the meanings of the lyrics return to reality in accordance to Ego principles based on Sigmund Freud's theory. Since music is a common stress-managing strategy among young people, the findings benefit them to deal with stress resulting in Covid-19 pandemic.

1. Introduction

After the COVID-19 outbreak became an epidemic in China, WHO declared COVID-19 a pandemic Global on 30 January 2020 [1]. After the statement from WHO all countries treated COVID-19 nationally disaster issues included Republic of Indonesia. Government declared COVID-19 disease as an Epidemic in March 2020 [2] [3]. Educational services intended services for children of all ages were also closed, as well as teaching and learning activities from elementary grades and so on were given online [4]. Most activities were closed and many people lost their jobs or experienced a reduction in their income. Brooks et.al claimed that post-traumatic stress level in children who experience quarantine four times higher than children who do not experience quarantine [5]. A preliminary study was conducted in China reported psychological difficulties in children during the COVID-19 pandemic, with fear, attachment, inattention, and irritability as a symptom worst for older children small [6]. The results of the study demonstrates that the quarantine period during the COVID-19 pandemic impact significant effect on parental stress and emotional in children. More understanding about family processes, protective factors, and risk factors in the possible home environment it is important to promote in difficult times this if the welfare of the children wanted.

During the COVID-19 pandemic the stress appears in adolescents may be in the form of fear, anxiety about self-health and the health of those closest to them or family, disturbed sleep patterns, changed eating patterns, difficulty concentrating, to use illegal drugs or narcotics because basically adolescents are individuals who are vulnerable, easily influenced, easily disturbed by exacerbated conditions the

PROCEEDING BOOK
The 6th International Conference on Business, Economics, Social
Sciences, and Humanities 2023
E-ISSN: 2830-0637

854

surrounding environment changes and does not support activities outside the home. According to the journal psychology and mental health more than 75% of those with neurological, mental health, or substance use issues receive no care at all in low- and middle-income nations. The prevalence of major depression increased by 7% during the epidemic, while the prevalence of Post-Traumatic Stress Disorder (PTSD) ranged from 4 to 41% in the general population. Case in student, if student issues are not resolved right away, they may develop into more significant psychological issues like depression [7]. Psychomotor signs of depression include a state of arousal, enthusiasm, activity, and job productivity that tends to decline, as well as a decrease in focus and thinking speed. If the sufferer is a student who actively participates in the teaching and learning process, these psychomotor manifestations may have an impact on learning achievement.

As mental health is increasingly tested, the majority of people end up experiencing symptoms of stress and anxiety. Young people have the opportunity to express themselves through music and find personal solutions to their emotional difficulties, such as anger, sadness, longing and psychological disintegration. Through fun, relaxation, memory enhancement, and social contact, music therapy can improve well-being. In order to reduce everyone's physical and psychological effects, anxiety must be conquered immediately. During a pandemic, listening to music is a great approach to de-stress [8]. While listening to music, being able to understand the meaning of a piece of music from the lyrics, it will increase concentration and also minimize stress [9][10]. It is also good to study music in depth, so listening to music is not only for fun but also for learning many things, one of which is the psychology of literature in a song.

According to research, listening to music to relieve stress during COVID-19 is a typical and appropriate method used by young people as a mechanism to distract bad thoughts, anxiety, as a reference for stress [11]. The results of studies conducted during the pandemic are favourable, and not only because COVID-19 is a lot of popular songs that are often listened to, but many feel nostalgic listening to old songs during the pandemic. For example, during lockdown, Spaniards devoted more time to music-related activities to cope, and they found that listening to music helped them relax, escape, improve mood, and maintain conversations with others. Several other publications have emphasized the usefulness of music as a means of social contact, a means of reducing psychological distress during a pandemic, and a means of increasing well-being during a pandemic. In several countries, the level of nostalgic songs peaked during the pandemic, even in Indonesia old songs have reappeared, whether they appear in the original version or the remix version. It is very effective for relieving stress, there are many songs that turn out to be acceptable after not being in great demand before. Several applications also support listening to music for free, even now music is also combined with choreography. Exercise, rest, and relaxation methods are just a few strategies to reduce stress. One of the developed relaxing techniques is music technique. Listening to music has been shown to have positive effects on the autonomic nervous system, which can lead to a relaxation response. Music therapy is a non-pharmacological therapy that has been studied and tested for its effectiveness worldwide.

Psychoanalytic theory aims to comprehend the genesis and development of personality. This viewpoint favors internal elements like drive, feelings, and other things. This notion holds that when this psychological struggle exists, which happens regularly in all social groupings, especially in adolescence, personality changes happen. Freud [12] created his theory of human personality based on his observations of his patients, his study of his dreams, and his meticulous reading of several scientific and humanitarian works. This encounter provided the fundamental data for the formulation of his hypothesis. He believed that theory comes after observation, and over the course of his final 50 years on earth, he continuously updated his theory of personality.

PROCEEDING BOOK
The 6th International Conference on Business, Economics, Social
Sciences, and Humanities 2023
E-ISSN: 2830-0637

855

Regardless of the development of his theory, Freud [12] emphasized that psychoanalysis could not become eclectic, and his students who did so rapidly deserted him both personally and professionally. He believed that science was what he did. But he had a very different conception of science than do most modern psychologists. Freud focused more on logical reasoning than exact research methods and made subjective observations using a small sample size. He nearly solely used a case study methodology, developing unique concepts based on well-known case facts.

Three elements of literary psychology developed by Sigmund Freud and applied in this study are the id, ego, and superego. The instincts are housed in the id, which is the primordial personality system. Everyone is born exclusively with their unique identification. The unconscious id just craves; it gives no thought to potential dangers or difficulties, instead focusing on the needs that must be met. The ego is an externally-originating executive, command, control, and management structure. The ego thinks practically and logically, and it has previously considered both the positive and negative risks of an idea or desire. The superego, a moral or legal aspect of the soul, determines whether a person's actions are right or wrong. Instead of pleasure, superego refers to perfection. Considering a will while keeping in mind the moral principles that are established in everyone. So, this study aimed to analyze a song that can actually be a way to relieve stress during a pandemic, and in accordance with psychoanalytic studies using Freud's theory [12], we can analyze songs according to 3 elements, namely id, ego, and superego.

As Freud's personality theory [12], there are three stages of consciousness in a person's life: conscious, preconscious, and unconscious. The conscious component in each mental event, such as thinking and daydreaming, is described using this topography, or consciousness map. Until the 1920s, only these three aspects of consciousness were considered in the notion of psychological conflict. The id, ego and superego are three other structural concepts that were only introduced by Freud in 1923. The previous structure was not replaced by the new structure; rather, the new structure complements or enhances the mental image, especially in terms of function or purpose.

The study of energy was at the center of intellectual and scientific advances in the late 19th century, and Freud [13] used the idea of energy to explain human behavior. It is this energy that he calls psychic energy, or the energy that animates various parts of the psychological system. Freud thought that the main source of psychic energy came from unconscious psychological drives or tendencies. Two important instinctive traits are conservatism (or a tendency towards preservation) and repetition (repetition). In other words, instinct repeatedly returns the body to its original state after using the least amount of energy necessary to complete a task. According to Freud's theory, instincts work as mental stimulants that compel people to satisfy certain desires. Another way to think of instincts is as a psychological representation of biological processes at work.

The first personality system, or id, is intrinsic. The ego and superego will then develop from this id. All inherited psychological traits, such as instincts, impulses, and drives, are present in the id at birth. The id is a representation of subjectivity that has never been fulfilled throughout time since it lives and functions in the subconscious. The physical processes of acquiring psychic energy, which are used to power the systems of other personality structures, and the id are intimately linked. The pleasure principle, or the seeking of pleasure and the avoidance of pain, is the basis of id function. For the Id, states of relative passivity or low energy are considered pleasurable, whereas tension or increased energy is perceived as painful. Reflexive behavior and fundamental processes are two ways the principle of enjoying is processed. The id can only describe something because it does not have the ability to distinguish between fantasies and situations that actually satisfy desires. There are no moral taboos and the id is incapable of moral judgment or moral distinction.

PROCEEDING BOOK
The 6th International Conference on Business, Economics, Social
Sciences, and Humanities 2023
E-ISSN: 2830-0637

856

The ego emerged from the id to enable humans to face reality; to operate according to the reality principle; and seeks to satisfy ideas by avoiding re-emergence of tension or delaying enjoyment until a clear solution is found. The reality principle is implemented through a secondary process, realistic planning, and determining whether the plan produces the desired results. Carrying out activities according to a plan that has been seriously thought out is what is referred to as the testing process, or reality testing. The ego is the executive (executor) of personality, and has two main responsibilities. First, it must decide which stimuli to respond to and/or which instincts to satisfy according to priority demands. Next, decide how and when these demands are met based on the opportunity that presents the least risk.

The moral and ethical component of personality known as the superego functions according to the idealistic principle as opposed to the principle of id-gratification and the realistic principle of the ego. The superego grows out of the ego and, like the ego, has no innate vitality. The superego functions in the three realms of consciousness, just like the ego. He shares the same lack of contact with the outside world as the Id, unlike the ego, hence his unrealistic pursuit of perfection (Id is unrealistic in striving for pleasure). A child understands parental beliefs or parental interpretations of societal norms through various prohibitions and instructions, and this element is known as the super ego. Children will accept every action that is not liked, judged as wrong, and punished by their parents as a conscience that contains what should not be done.

The id-ego-superego personality structure is the name for a system of psychological structures and processes that adhere to certain principles; it is not the part that controls personality. Usually, the system operates as a cohesive system under ego control. Abnormal behavior is only possible if there is conflict between the three structures. The id, ego, and superego are all active at the same time we think, just as we experience something.

According to Freud's theory [13], humans have mental energy that motivates them to act and be dynamic. According to Wiraatmadja [14], psychoanalytic personality theory states that the Id, Ego, and Superego function as a source of energy. Psychoanalytic personality theory is the name given to this idea, which aims to improve and change people's attitudes or behavior. The Id serves as the main source of energy that enables humans to survive, followed by the Ego, which operates logically and rationally based on the reality principle and a secondary process in which it is logical to see reality in an effort to find a way. to realistically satisfy the Id's urges, and lastly the Superego, which contains moral values that represent ideal values and defines good and bad boundaries. Adapting Freud's idea [9], physical desire results from the stimulation of psychological activity, and fulfillment is what is desired. These instincts, according to Freud, reside in the ego and Id.

It is impossible to separate psychology from literature, and vice versa. Since both psychology and literature explore our psyche, they are closely related. It is based on the idea that the two theories complement each other by advancing knowledge in their respective disciplines. In this way, the study of literary psychology serves society well as a supporting science.

Desyandri [15] dan Nafia dkk [16] mentioned that literature is the result of an author's creativity which is preserved for aesthetic reasons. Literary psychology is a scientific approach between psychology and literature. Literary psychology is a way of thinking about brain research and its relation to human thought. Literary psychology is the study of the unique psychology experienced by the main characters in literary works in responding to themselves and their environment. This unique psychology is revealed through the behavior of the characters in literary works.

Freud's theory [12] [13] [17] described that the id, superego, and ego systems are located in the subconscious and the most basic part of human personality system known as "sexuality." The evil half of the personality is naturally present in the human subconscious, which also contains instincts, passions, low morality, and turns into "blind energy" because it is out of control. The superego, which is responsible for

PROCEEDING BOOK
The 6th International Conference on Business, Economics, Social
Sciences, and Humanities 2023
E-ISSN: 2830-0637

857

control, is divided into conscious and unconscious parts. The ego is located in the conscious, preconscious, and unconscious realms and acts as a mediator between the demands of the id and the prohibitions of the superego. The superego is a person's moral foundation.

Many psychological phenomena that underlie literary events where behavior is the result of conflict and resolution between the three personality systems can occur using Freud's theory. Overall, if the three work together when working together, they can achieve mental harmonization and combination. The third personality system can then adapt to satisfy basic human needs and desires.

2. Method

This study uses a problematic type of qualitative descriptive research in which the findings are presented without further processing. Qualitative descriptive method is a type of research that produces descriptive information from the items observed in the form of written language sections. This research strategy utilizes literary psychology and focuses on examining the components of the id, ego and superego in the lyrics of Tori Kelly's song *Dear No One*. In addition, this literary psychology technique seeks to help readers understand and appreciate the purpose of the song in question, which is to reduce tension.

The analysis technique used is a qualitative descriptive data analysis technique, namely: (1) listen carefully and examine the song entitled *Dear No One* by Tori Kelly, (2) mark important points, analyze song lyrics, and create a concept of personality traits based on theory Sigmund Freud: id, ego, and superego from song lyrics, and (3) outline which elements are most prominent in a song.

3. Results and Discussion

3.1 Results

The results of the portrait id, ego, and superego on the lyrics of the song Dear No One by Tori Kelly. This lyrical analysis is based on the continuity of the lyrics as well as the elements of id, ego, and superego, not based on each verse of the lyrics. Because it will be easier to understand if it is analysed in accordance with the continuity of meaning.

Dear No One
by Tori Kelly

"I like being independent
Not so much of an investment
No one to tell me what to do"
               Ego
"I like being by myself
Don't gotta entertain anybody else
No one to answer to"
               Ego
"But sometimes, I just want somebody to hold
Someone to give me the jacket when it's cold
Got that young love even when we're old
Yeah, sometimes, I want someone to grab my hand"
               Id

"Pick me up, pull me close, be my man
I will love you till the end"
               Id
"So if you're out there, I swear to be good to you"
               Superego
"But I'm done lookin' for my future someone"
               Ego
"'Cause when the time is right
You'll be here...."
               Superego
"...but for now Dear no one, this is your love song"
               Ego

Figure 1 Lyrics of Dear No One

PROCEEDING BOOK
The 6th International Conference on Business, Economics, Social
Sciences, and Humanities 2023
E-ISSN: 2830-0637

858

Based on the results of the analysis of the song lyrics in Figure 1, it can be concluded with the total id, ego and superego of the song. That ego has the most points, with a total of 4, then id 2, and superego 2. This illustrates that what underlies the meaning of the song is ego, which comes from the reality of a life story with someone. Consciously ego appears when a person interacts with the outside world [17]. In addition, the id plays a role in the song, the feeling of love and affection that arises originally from instinct without thinking about what the future will be like, and also the feeling of desire that one wants to have a lover makes id appear in some of the lyrics of the song. In addition, the superego also appears because in some lyrics it mentions the norms in establishing a relationship and how to maintain a relationship when you already have a partner. However, the id and superego are still inferior to the more dominant ego in this song. All desires in the id and all principles in the superego are broken by the reality of the ego.

3.2 Discussion
In this song, the portrait of id and superego is very interesting. On lyrics that have a portrait id, ego, and superego like:

"But sometimes, I just want somebody to hold
Someone to give me the jacket when it's cold
Got that young love even when we're old
Yeah, sometimes, I want someone to grab my hand
Pick me up, pull me close, be my man
I will love you till the end"
                    Id

There is a desire to be fulfilled, and it appears in the Id, this is very clear in the sentence "But sometimes, I just want somebody …" and "Yeah, sometimes, I want someone …" The image of a very perfect desire when you want someone, to want to be fulfilled when you get someone, that is the nature of the id. Not thinking about risks, norms or morals, thoughts that you really want without thinking about other things that are beneficial or detrimental.

"So if you're out there, I swear to be good to you
'Cause when the time is right
You'll be here"
            Superego

In this lyric include the superego, because mentioned that when the partner is not together, the promises always keep the heart for the partner, it is an act of awareness and it has morals because when in a relationship, it shows a good attitude. In society, as we often hear that having the right partner is at the right time, then this is the superego because there are values in people's lives that are upheld.

"I like being independent
Not so much of an investment
No one to tell me what to do
I like being by myself
Don't gotta entertain anybody else
No one to answer to

But I'm done lookin' for my future someone
…but for now Dear no one, this is your love song"
                    Ego

When the id is fighting with the mind without thinking about anything, then it is accompanied by the superego which thinks about moral values when having a partner, but all of that is broken by reality in lyrics that contain elements of ego. Returning to the reality that is being faced is the nature of the ego, so the id and superego are defeated.

4. Conclusion

The ego dominates the depiction of the id, ego and superego in this song. Because the theme of this song is what was originally intended to fulfil expectations, but then shattered by reality. Sigmund Freud's theory which states that there are three aspects that can occur in a person, namely the id, ego, and superego makes it easier for us to understand the meaning of a song through this study. Human behaviour patterns are generated through the interaction between the id, ego and superego. The id places demand on basic desires, the ego sets boundaries around reality, and the superego instils moral standards into every decision. Another way to reduce mental stress is to listen to songs with clear lyrics. Because all aspects of the id and superego are forgotten when the ego appears, the ego factor in the song is considered very strong in this analysis. The tendency of the ego is to return to the reality that is being faced, namely how the id and superego are subdued. A poetic image with an ego component is aware of one's abilities, one's condition, and chooses to face what is in front of one's eyes.

Acknowledgement

References

[1]   "Coronavirus   disease   (Covid-19)   pandemic."   WHO. https://www.who.int/europe/emergencies/situations/covid-19 (Accessed February. 1, 2022)
[2] Djalante, R., Lassa, J., Setiamarga, D., Sudjatma, A., Indrawan, M., Haryanto, B., ... & Warsilah, H. (2020). Review and analysis of current responses to COVID-19 in Indonesia: Period of January to March 2020. *Progress in disaster science*, *6*, 100091.
[3] Ridlo, I. A. (2020). Pandemi COVID-19 dan Tantangan Kebijakan Kesehatan Mental di *Indonesia*. Retrieved February 11, 2023.

[4] Mardiah, H. (2020). The use of e-learning to teach English in the time of the Covid-19 pandemic. *English Teaching and Linguistics Journal (ETLiJ)*, *1*(2), 45-55.
[5] Brooks, S. K., Webster, R. K., Smith, L. E., Woodland, L., Wessely, S., Greenberg, N., & Rubin, G. J. (2020). The psychological impact of quarantine and how to reduce it: rapid review of the evidence. *The lancet*, *395*(10227), 912-920.
[6] Singh, S., Roy, D., Sinha, K., Parveen, S., Sharma, G., & Joshi, G. (2020). Impact of COVID-19 and lockdown on mental health of children and adolescents: A narrative review with recommendations. *Psychiatry research*, *293*, 113429.

PROCEEDING BOOK
The 6th International Conference on Business, Economics, Social
Sciences, and Humanities 2023
E-ISSN: 2830-0637

860

[7] Yanti, Ni Komang Wijiani. "Dampak Pandemi Covid-19 Pada Kesehatan Psikologis Mahasiswa Dalam Proses Pembelajaran." *Health Care Media* 5.1 (2021): 39-46. Retrieved February 11, 2023.

[8] Latuapo, A., Farid, M., & Ab Rahman, Z. (2020). Pharmaceutical and nonpharmaceutical use of music and al-Quran therapy in preventing the spread of pandemics (covid-19): A systematic review. *Systematic Reviews in Pharmacy*, *11*(12), 1171-1179.

[9] MLA. Simanjuntak, Maffe Robbi, et al. Pemanfaatan Terapi Musik Klasik Dalam Upaya Menurunkan Tingkat Stress Kerja Guru Sd Selama Pandemi Covid-19. *Jurnal Kedokteran STM (Sains dan Teknologi Medik)* 5.1 (2022): 29-36.

[10] Simanjuntak, M. R. (2022). The use of classical music therapy in an effort to reduce the work stress level of elementary school teachers during the covid-19 pandemic. Retrieved February 11, 2023.

[11] Gooding, L. F., & Langston, D. G. (2019). Music therapy with military populations: A scoping review. *Journal of music therapy*.

[12] Fromm, E. (2013). *Sigmund Freud's mission: An analysis of his personality and influence*. Open Road Media.

[13] Freud, S. (1983). *Sekelumit Sejarah Psikoanalisa*. Jakarta: Gramedia

[14] Wiraatmadja, S. (2003). *Pengantar Psikologi Umum*. Unggaran: STT Simpson.

[15] Desyandri. (2014). *Teori Perkembangan Psikoanalisis (Sigmund Freud)*. Retrieved February 11, 2023.

[16] Nafia, H., Azzahra, A. F., Puspitasari, N. A. (2021). *Prinsip Idealistik pada Superego Tokoh Utama Novel Kekasih Musim Gugur Karya Laksmi Pamuntjak sebagai Wanita Kontemporer Berdasarkan Teori Sigmund Freud*. Retrieved February 10, 2023.

[17] Normalita, A. (2020). Portrait of Id, Ego and Superego Listeners on Song Lyrics by Didi Kempot Study Literary Psychology. Retrieved February 10, 2023. Surakarta: Indonesia.

PROCEEDING BOOK
The 6th International Conference on Business, Economics, Social
Sciences, and Humanities 2023
E-ISSN: 2830-0637

861