



Self-Healing Representation in Song Lyrics: Social Semiotics Study of *Hitam Putih* Album by Feby Putri

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ABSTRACT

Music has long been recognized as an effective medium for conveying human emotions and thoughts. Through song lyrics, music not only serves as a means of self-expression but also conveys profound meaning to those who listen to it. Recently, it has become increasingly common for singers to incorporate themes of self-healing into their music. One such artist is Feby Putri in her second album titled *Hitam Putih*. The lyrics of these songs present several phenomena of self-healing that are particularly intriguing when examined through the lens of Social Semiotics. Therefore, this study aims to (1) analyze the representation of self-healing in the lyrics of Feby Putri's *Hitam Putih* album, and (2) identify the elements of social semiotics used in Feby Putri's *Hitam Putih* album. The method used is descriptive qualitative analysis of the text. The techniques employed include documentation and literature review. Additionally, the data analysis technique selected uses a social semiotics approach, where the analysis stages include identifying symbols within the song lyrics. The analysis process began with a thorough reading of the song lyrics, followed by an analysis of the symbols based on the social semiotics framework, then an interpretation of meaning by linking the symbols to the social context. Finally, the symbols were integrated with social semiotics theory to conclude the representation of self-healing in the lyrics. The results of this album's research reflect the emotional journey of individuals in facing suffering, self-reflection, and the process of finding inner peace. The lyrics in the *Hitam Putih* album contain representations of deep emotional experiences, reflecting interpersonal relationships between the singer and the listener through empathetic and personal word choices, and structured in a way that supports cohesive and coherent meaning connections.

Keywords: self-healing, representation, social semiotics, song lyrics

Representasi Self-Healing dalam Lirik Lagu: Kajian Semiotika Sosial Album *Hitam Putih* Karya Feby Putri

ABSTRAK

Musik telah lama dikenal sebagai medium yang efektif untuk menyampaikan ekspresi emosi dan pemikiran manusia. Melalui lirik lagu, musik selain menjadi sarana ekspresi diri juga menyampaikan makna begitu mendalam bagi yang mendengarkannya. Akhir-akhir ini sering kali ditemukan penyanyi-penyanyi dalam bermusik memasukkan tema self-healing dalam lagu mereka. Salah satu penyanyi tersebut adalah Feby Putri dalam album keduanya bertajuk *Hitam Putih*. Lirik lagu tersebut menyajikan sejumlah fenomena self-healing yang sangat menarik jika dikaji dalam perspektif Semiotika Sosial. Oleh karena itu, penelitian ini dimaksudkan untuk (1) menganalisis representasi self-healing dalam lirik lagu album *Hitam Putih* karya Feby Putri, (2) mengidentifikasi elemen-elemen semiotika sosial yang digunakan dalam album *Hitam Putih* karya Feby Putri. Metode yang digunakan adalah kualitatif deskriptif untuk menganalisis teks. Teknik yang digunakan dokumentasi dan studi literatur. Selain itu teknik analisis data yang dipilih menggunakan pendekatan semiotika sosial, yang mana tahap analisis meliputi identifikasi simbol-simbol dalam teks lirik lagu. Proses analisis dimulai membaca lirik lagu secara mendalam, berikutnya simbol-simbol tersebut dianalisis berdasarkan kerangka semiotika sosial, lalu interpretasi makna berupa mengaitkan simbol dengan konteks sosial. Dan yang terakhir integrasi simbol dengan teori semiotika sosial untuk menyimpulkan representasi self-healing dalam lirik. Hasil penelitian album ini mencerminkan perjalanan emosional individu dalam menghadapi penderitaan, refleksi diri, serta proses menemukan ketenangan batin. Dan lirik-lirik dalam album *Hitam Putih* mengandung representasi pengalaman emosional yang mendalam, mencerminkan hubungan interpersonal antara penyanyi dan pendengar melalui pilihan kata yang bersifat empatik dan personal, serta disusun dengan struktur yang mendukung keterhubungan makna secara kohesif dan koheren.

Kata Kunci: representasi, self-healing, lirik lagu, kajian semiotika

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INTRODUCTION

Music is one of the arts consisting of sounds or sounds arranged in such a way as to produce harmonious rhythms, melodies, and dynamics and evoke certain feelings for the listener. Music has long been recognized as an effective medium for conveying the expression of human emotions and thoughts. As a universal art form, music has the ability to reach audiences from various cultural and linguistic backgrounds (Crooke in Pahlevi, 2024). Song lyrics in music are an important component that can strengthen the emotional message that the songwriter wants to convey. Fitri (2024) mentioned in her research that music can be a means of emotional therapy for individuals to overcome stress, anxiety, and depression. This makes music an effective tool for managing emotions and improving psychological well-being.

In today's digital era, music has started to experience significant development in recent years, especially music with self-healing themes. Many artists have begun to use music as a platform to discuss mental health issues, self-healing, or recounting emotional journeys. This reflects the increasing public awareness of the importance of mental health and emotional recovery (Tyas et al., 2024). In many cases, song lyrics that address these themes provide deep insights into the personal struggles and recovery process of the songwriter. In addition, the theme of self-healing in music is also socially and culturally related. In modern society, where life pressures are often high, music that addresses self-healing themes becomes more relevant and necessary. Research shows that song lyrics that focus on self-healing can help listeners feel more motivated and have a more positive outlook on life (Purnama & Prawiradiredja, 2022; Arifatuzzahra et al., 2024).

Self-healing in psychology refers to an individual's ability to recover emotionally, mentally, physically without external intervention. According to Siegel (2016),

self-healing is a natural process that occurs when individuals use internal resources to cope with stress, trauma, or emotional disturbance. This process focuses on restoring balance and improving holistic well-being. The notion of self-healing also includes the aspect of developing self-awareness. LeDoux (2019) emphasizes that self-healing begins with the recognition of emotions and thought patterns that play a role in shaping one's life experiences. By understanding the sources of stress and trauma, individuals can develop effective coping strategies. Furthermore, self-healing is also closely related to the concept of resilience. According to Bonanno (2021), self-healing is one of the main components in building resilience. Individuals who have self-healing abilities are better able to deal with life pressures and bounce back from failure.

Recently, self-healing themes have also become more dominant in various music genres, especially pop and indie. Artist Feby Putri, through her latest album titled *Hitam Putih*, offers an in-depth perspective on the emotional journey and self-healing. There are 11 songs in the album, namely "Dunia", "Semoga Ada Waktu Luang", "Tangan-tangan Ucap Perpisahan", "Tayangan Oleh Kepala", "Senyum Semu", "Durasi", "Suara Ibu", "Daya Diri", "Turut", "Guratan Tangan", and "Perasa yang Baru Tumbuh". The album, released in 2024, features not only beautiful melodies, but also lyrics rich in meaning, reflecting the artist's emotional journey through migration and the loss of her mother. As one of the young singers and songwriters in Indonesia, Feby Putri has managed to create works that are not only entertaining, but also have a positive influence on the listeners (Aska et al., 2022). The main concept of the album is the duality of emotions depicted through the colors "Hitam" and "Putih", which represent various phases of life full of joys and sorrows. Feby explained that the "Hitam" songs represent the sadness and challenges of life that she



experienced, while the “*Putih*” songs depict feelings of relief, freedom, and sincerity.

With an honest and authentic approach, Feby Putri presents works that depict various aspects of self-healing, from self-reflection to acceptance and growth. The album's lyrics often utilize metaphors and symbols that invite the listener to contemplate deeper meanings. This allows the listener to feel a wide spectrum of emotions, in line with the complex human experience. In this context, social semiotic analysis becomes an important tool to understand the messages contained in the song lyrics, especially in relation to the theme of self-healing.

Social semiotics is an approach in language studies that emphasizes how meaning is produced in a social context. Michael Alexander Kirkwood Halliday, a prominent linguist, developed this approach through his theory of systemic functional linguistics (SFL). Halliday argues that language is not just a sign system, but also a means to interact and shape social reality (Halliday & Matthiessen, 2014). In other words, language acts as the main medium of communication and reflection of the social structure of society. In Halliday's social semiotics perspective, language has three main interrelated metafunctions: Ideational, interpersonal, and textual. The ideational metafunction relates to how language is used to represent the experience of the world, whether physical, social, or mental experiences. The interpersonal metafunction focuses on how language is used to build social relationships and express attitudes and opinions. Meanwhile, textual metafunction deals with how language is organized to create a cohesive and coherent text (Halliday, 1978).

Most previous studies have highlighted the theme of self-healing in music in general without analyzing how the theme is represented through certain symbols in the lyrics. For example, research by Kresovich (2022) provides insight into the emotional

effects of mental health in song lyrics, but does not examine in depth the symbols used in the lyrics and research by Salvia Salsabila & Fidiyanti (2024) shows the importance of social semiotic analysis, through the metafunction framework of language, in uncovering the relationship between song lyrics and social context, but this study focuses more on Western music than Indonesian music.

Therefore, the problem formulation of this research is how self-healing is represented in the song lyrics of Feby Putri's *Hitam Putih* album? and what social semiotic elements are used in the song lyrics of Feby Putri's *Hitam Putih* album to represent self-healing? The purpose is to analyze the representation of self-healing and identify the elements of social semiotics used to reveal self-healing messages in Feby Putri's *Hitam Putih* album. It is expected that this research contributes to the development of social semiotics studies in song lyrics analysis and enriches the study of self-healing representation in music and becomes a reference for musicians who want to convey self-healing messages through their works, as well as providing a new perspective for music listeners, on how song lyrics can function as a medium for self-healing. Thus, this research focuses not only on text analysis, but also on the interaction between text and social context. By using social semiotic analysis, this study aims to identify and explain the symbols in the context of the self-healing theme. Through this study, a deeper understanding of how song lyrics can function as a medium to convey emotional and social message is expected.

METHOD

The method used in this research is text analysis using a descriptive qualitative approach that aims to understand and describe the meaning contained in the lyrics of the song *Hitam Putih* album by Feby Putri in



depth. Qualitative research allows the exploration of social phenomena through the analysis of non-numerical data, such as texts and symbols (Denzin & Lincoln, 2018). In the context of this research, this approach is relevant to explore the representation of self-healing implied in song lyrics.

The object of this research is the album *Hitam Putih* by Feby Putri, which is one of the music albums that contains introspective and emotional themes. The album consists of several songs with lyrics that reflect personal experiences and the journey towards emotional recovery. The lyrics represent a self-healing process that is relevant to be analyzed using a social semiotics approach. The focus of the research is the lyrics in the *Hitam Putih* album. Lyrics were chosen because they are the main medium in conveying messages and emotions in musical works. The analysis of the song lyrics aims to identify symbols that represent self-healing and the social meaning contained in them.

The data sources in this research consist of primary data and secondary data. Primary data is the text of song lyrics in the album *Hitam Putih* by Feby Putri. This data was obtained through documentation of the lyrics of the songs released in the album. Secondary data includes literature relevant to the research theme, including scientific journals, books, and previous research results. This literature was used to support the interpretation of the symbols in the song lyrics as well as to provide an appropriate theoretical framework. As suggested by Bogdan and Biklen (2007), secondary data serves as a complement to strengthen the analysis of primary data.

The technique used to collect data is the documentation technique, which is done by collecting song lyrics from Feby Putri's *Hitam Putih* album, which is available in digital form. Documentation is done by

collecting song lyrics from Feby Putri's *Hitam Putih* album which is available in digital and physical form. This process involved copying and organizing the song lyrics for further analysis. In addition, a literature study was conducted to identify previous studies and theories relevant to the theme of self-healing. This literature study includes books, journal articles, and other documents that support social semiotic analysis (Silverman, 2020).

The analysis process began with an in-depth reading of the song lyrics to identify symbols relevant to the theme of self-healing. Furthermore, the symbols were analyzed based on the social semiotics framework to reveal the implied meaning. The interpretation of meaning is done by linking the symbols with the social context and emotional experience reflected in the song lyrics. The final step is the integration of the results of symbol analysis with social semiotics theory to conclude the representation of self-healing in song lyrics. This approach allows this research to produce in-depth and significant findings in understanding the social meaning of song lyrics in the album *Hitam Putih* by Feby Putri.

RESULTS

1. Representation of Self-Healing in the Song Lyrics of *Hitam Putih* Album

In Feby Putri's *Hitam Putih* album, there are several songs that contain self-healing themes. The song includes "Dunia" which reflects the acceptance of various life events. Lyrics such as "*Tak ada hidup yang serba sentosa / Bila di hari ini terasa lara*" show that individuals must accept feelings as part of the recovery process. The song "Semoga Ada Waktu Luang", reflects hopes and dreams to achieve happiness in the midst of limitations. Lyrics such as "*Semoga ada waktu luang / 'Tuk bertemu sang mimpi*" show how a person still has hope despite being in a difficult emotional condition. Meanwhile, the song "Tangan-tangan Ucap



Perpisahan”, describes the process of separation and how individuals must deal with loss. Lyrics such as “*Katanya tak apa jika tak sempat melahirkan / Rasa bahagia*” emphasize that not all sadness must be immediately replaced with happiness, but can be part of a journey of self-recovery.

The song “Tayangan Oleh Kepala” displays the inner conflict of someone who remembers the past with nostalgia. Lyrics such as “*Baik buruk adanya / Mesti tetap terjamah*” show that reflection on past experiences is part of the emotional recovery process. The song “Senyum Semu”, depicts the pretense of displaying happiness. Lyrics like “*Berikan senyum terbaik / Walau itu semua bohong*” indicate that people often hide their emotional wounds, which is one of the challenges in the self-healing process. The song “Durasi”, meanwhile, highlights the changes that occur over time, especially in human relationships. Lyrics such as “*Perubahan antara kita ada di saat masing-masing menjalani hidup*” reflect how one must adapt to separation and change as part of emotional growth.

The song “Suara Ibu”, depicts the importance of a mother figure in providing advice and emotional comfort. Lyrics such as “*Baik itu kalau masih ada orang tua ta nasehatiki*” remind us that self-healing can also be obtained through family support. Meanwhile, the song “Daya Diri” highlights how a person tries to rediscover their strength. Lyrics such as “*Bersembunyi dalam kenyataannya / Hanya jadi makin menimbun lukai*” show that ignoring problems only worsens emotional conditions, so there needs to be awareness to face reality. And then finally the song “Perasa yang Baru Tumbuh”, describes the emotional experience of trying to recognize and accept the difficult process of life's journey. Lyrics like “*Sigap, buanglah sejenak pikiran yang menghambatmu di tengah jalan ini*” show that resilience in the face of all difficulties that hinder the recovery process.

Meanwhile, some songs in the album use metaphors to describe the self-healing process. For example, in the song “Dunia”, the phrase “*lara lebih dulu bertamu*” illustrates that sadness is something that comes uninvited, but still has meaning in life. Songs like “Tayangan Oleh Kepala” use childhood symbolism to show the difference between hope and reality. “*Ada aku dalam senyuman, bermain serta tawa ria*” describes the happiness that once existed, but is inversely proportional to the reality of adult life. Meanwhile, the album's word choice tends to be reflective and emotional. For example, in the song “Senyum Semu”, the use of the words “*bohong*” and “*bermuka dua*” shows the discrepancy between genuine feelings and expressions shown to the world.

Then the songs that were found to contain self-healing themes were analyzed through the metafunction theory of language. The three metafunctions are used to analyze the representation of self-healing in the song lyrics of Feby Putri's *Hitam Putih* album.

The ideational metafunction reflects human experience and how reality is constructed through language. In the *Hitam Putih* album, the concept of self-healing is displayed through personal experience, the process of acceptance, and reflection on emotional conditions. For example, in the song “Dunia”, the depiction of lara as an “*tamu tak diundang*” shows how negative experiences are accepted as part of life: “*Walaupun lara adalah tamu tak diundang / Ternyata semua benar ada maksudnya*”. The phrase emphasizes that suffering and pain serve a purpose in the process of individual growth.

The song “Semoga Ada Waktu Luang” also features a representation of the self-healing journey through the hope for happiness: “*Semoga ada waktu luang / Tuk bertemu sang mimpi kelak bicara*”. The lyrics illustrate the individual's hope to have space for themselves to find happiness and meaning in life.



Meanwhile, the interpersonal metafunction focuses on the relationship between the speaker (songwriter) and the listener. Feby Putri uses a close and emotional language style to build a connection with the listener. In the song “Tangan-tangan Ucap Perpisahan”, emotional interaction with the closest people is described through separation: “*Satu cara agar tetap sering lihat dan dengar / Dengan menatap layar tampilkan sosok ibu*”. The line reflects a deep sense of loss, but also reflects the way individuals deal with changes in life. Also, in the song “Senyum Semu”, the falseness of social relationships is also a reflection of how individuals hide their feelings: “*Berikan senyum terbaik walau itu semua bohong*”. This phrase illustrates the social pressure that individuals often feel, where they have to appear fine despite their inner turmoil.

Textual metafunction, on the other hand, relates to how structure and cohesion in the text are used to construct meaning. Feby Putri often uses repetition and repetition to emphasize the message in her songs. For example, in the song “Durasi”, the lyrics repeat: “*Punna tena kispainga, motere ri boritta*”, which comes from the Bugis language meaning 'when we don't remind each other to go back to our village', creates an emotional effect that reinforces the meaning of loss and nostalgia. And the song “Perasa yang Baru Tumbuh” in the lyrical structure created by Feby shows a person's emotional transformation from sadness to resilience.

In addition, in the song “Tayangan Oleh Kepala”, the lyrical structure that describes the journey of life with the contrast between the past and the present shows how individuals reflect on their self-healing journey: “*Berbeda sudah perjalanan dewasa / Tak seindah khayalan sewaktu itu*”. These lyrics show how the meaning of life changes over time and how individuals must remain resilient in the face of change.

Using Michael Halliday's social

semiotics approach, it can be concluded that Feby Putri's *Hitam Putih* album illustrates the self-healing process through emotional experiences, interpersonal relationships, and text structures that build deep meaning for listeners. Each song presents a reflection on how humans deal with wounds, accept reality, and seek peace within themselves.

2. Michael Halliday's Elements of Social Semiotics in the Song Lyrics of the *Hitam Putih* Album

Seeing that these nine songs have lyrics that are full of meaning and can be interpreted in various perspectives, both from a linguistic and social perspective. So through Halliday's social semiotics theory, the three metafunctions of language, namely ideational, interpersonal, and textual, show three elements of social semiotics, each of which has its own meaning, including:

2.1 Ideational Metafunction

Ideational metafunction in Halliday's social semiotic analysis focuses on how experience or reality is constructed through language. In the context of Feby Putri's *Hitam Putih* album, the self-healing experience is represented through three main aspects: process, participants, and circumstances.

2.1.1. Process

The lyrics in the song “Dunia” feature different types of processes that describe emotional journeys and self-reflection. For example, the use of verbs such as “*mengarungi diri*” and “*berseteru dengan isi kepala*” indicate mental processes that reflect inner conflicts in the self-healing journey. Similarly, in “Semoga Ada Waktu Luang”, the phrase “*bertumbuh hanya bersama bayang*” shows the existential process of a person in solitude. And in the song “Tangan-tangan Ucap Perpisahan”, it shows the putur experience to overcome longing. For example, the use of material process in the lyrics “*Sering lihat dan dengar / Dengan menatap layar / Tampilkan sosok ibu*”.



2.1.2 Participants

Participants in song lyrics reflect individuals who experience self-healing. In “Tangan-tangan Ucap Perpisahan” the participant described is someone who experienced separation and felt deep sadness. In “Tayangan Oleh Kepala” the main participant is an individual who faces the journey to adulthood with various emotional experiences.

2.1.3 Circumstances

The circumstances in the song lyrics describe the emotional and situational setting of self-healing. For example, in the song “Senyum Semu” the phrase “*Berikan senyum terbaik walau itu semua bohong*” shows the psychological state of a person who covers up inner wounds with falsehood. While in “Durasi” and “Perasa yang Baru Tumbuh” the transition state of life between the past and the present is depicted through the physical and emotional changes that occur in a person.

2.2 Interpersonal Metafunction

Interpersonal metafunction in social semiotics focuses on how the relationship between singers and listeners is constructed through language. In this album, the singer's emotional position and attitude as well as the linguistic strategies used create an emotional closeness with the listener.

2.2.1 Singer's Emotional Position and Attitude

In the song “Suara Ibu” there is an element of spoken word that features direct interaction with the listener, as if giving deep advice. This attitude creates a stronger emotional connection between the singer and the listener. In “Daya Diri” the singer conveys the struggle against inner wounds with a reflective and meaningful attitude, “Perasa Baru Tumbuh” in the lyric quote “*Sigap, buanglah sejenak pikiran yang menghambatmu di tengah jalan ini*” invites listeners to be resilient in the face of adversity.

2.2.2 Use of Words to Build Emotional Connection

Feby Putri often uses direct and personal language to get closer to her audience. In “Dunia” the use of the word “*kita*” creates a sense of togetherness in facing life. Meanwhile, in “Semoga Ada Waktu Luang”, the repetition of the phrase “*semoga ada waktu luang*” reflects deep hope and creates an emotional resonance with listeners who are experiencing similar situations. It also creates a sense of empathy with listeners who may be in the same situation from the song “Senyum Semu”, the lyrics of which are “*Berika senyum terbaik walau itu semua bohong*”.

2.3 Textual Metafunction

Textual metafunction focuses on how the discourse structure in song lyrics helps deliver self-healing messages. There are several important aspects in this analysis, namely sentence structure, cohesion, and emphasis patterns.

2.3.1 Sentence Structure

The lyrics in the *Hitam Putih* album tend to use poetic and reflective sentence structures. For example, in “Tayangan Oleh Kepala”, the sentence structure “*Pernah ku tanya diri / Apakah hati kecilnya sedang bahagia?*” uses an interrogative form that evokes deep reflection. As well as metaphorical or symbolic in the lyrics “*Baik buruk adanya / Mseti tetap terjaga*”.

2.3.2 Cohesion

Cohesion in the lyrics of this song is strengthened by the repetition of key phrases and words. For example, in “Tangan-tangan Ucap Perpisahan”, the repetition of the word “*Terukir jelas*” indicates deep and unforgettable memories. The repetition in “Semoga Ada Waktu Luang” also reflects the hope that keeps repeating in the mind of someone who longs for freedom and happiness.



2.3.3 Emphasis Patterns

The emphasis patterns in this album make extensive use of repetition and musical pauses to highlight certain meanings. In “Senyum Semu”, the emphasis on the word “*palsu*” underlines the insincere emotional reality. While in “Durasi”, the changes in tone and rhythm create a sense of nostalgia and deep reflection on the changes that occur in life.

DISCUSSION

The lyrics in Feby Putri's *Hitam Putih* album represent the concept of self-healing through emotional exploration, self-reflection, and acceptance of various life experiences. Based on the analysis of the lyrics, it is found that each song in this album has different aspects of self-healing, ranging from acceptance of emotional wounds, hope for happiness, to the process of dealing with separation and life changes. For example, the song “Dunia” reflects the main principle of self-healing, which is acceptance. Lyrics such as “*Tak ada hidup yang serba sentosa / Bila di hari ini terasa lara*” suggest that suffering is a natural part of life that must be accepted in order to achieve emotional healing. This concept is in line with the self-healing theory proposed by LeDoux (2019), where individuals need to acknowledge and accept their emotions as part of the healing process. In addition, the song “Tangan-tangan Ucap Perpisahan” describes the emotional journey of dealing with loss. Lyrics such as “*Katanya tak apa jika tak sempat melahirkan rasa bahagia*” emphasize that sadness does not have to be overcome immediately with happiness, but can be part of the recovery process. This is in line with the opinion, (LeDoux, 2019) which states that individuals can heal themselves by recognizing and managing the emotions they experience.

In Michael Halliday's (1978) social semiotics perspective, the meaning of song lyrics is not only formed from the structure of words, but also from the social context and emotional experiences of listeners. Analysis

based on the three metafunctions of language in social semiotics, ideational, interpersonal, and textual metafunctions, shows that the song lyrics in the *Hitam Putih* album have linguistic structures that support the representation of self-healing in various ways. The use of processes, participants, and circumstances in the ideational metafunction describes a person's emotional journey in dealing with inner wounds. The interpersonal metafunction shows how the singer builds an emotional connection with the listener through word choice and tone. Meanwhile, the textual metafunction shows how sentence structure, cohesion, and emphasis patterns help convey the message of self-healing more effectively.

Thus, this album is not just a collection of songs, but also a medium of expression that shows the process of deep emotional recovery. It is said so, because the lyrics in the *Hitam Putih* album not only convey the singer's personal experience, but also build a broad emotional resonance with the listener. In the aspect of ideational metafunction, the use of material processes such as “*Sering lihat dan dengar / Dengan menatap layar / Tampakkan sosok Ibu*” in the song “Tangan-tangan Ucap Perpisahan” reflects the active efforts of individuals in facing and overcoming inner wounds. In addition, mental processes such as “*mengarungi diri*” or “*berseteru dengan isi kepala*” in the song “Dunia” highlight the deep reflection on the emotional experience that has been experienced. The image of self-reflection experienced by Feby Putri when facing various difficulties while pursuing a career, shows listeners that reflection is a way for a person to realize that suffering is part of the journey of life (Sugitanata & Hasan, 2025).

In terms of interpersonal metafunction, the selection of personal and empathetic words, such as “*Ibu*” and “*kita*” in the lyrics of the songs “Suara Ibu” and “Tangan-tangan Ucap Perpisahan”, which



refer to Feby and her mother and in the songs “Durasi” and “Suara Ibu” show how the singer builds a connection with the listeners, as if inviting them to feel and understand the self-healing process when Feby Putri misses and loses her mother. The soft and dynamic tone and intonation also contribute to creating an atmosphere that supports emotional healing.

Meanwhile, textual metafunctions help to clarify and strengthen the self-healing message through cohesion between lines in the lyrics, repetition of keywords that emphasize meaning, and patterns of emphasis on certain parts to highlight the main message of the song. For example, in the song “Senyum Semu” the emphasis on the word “*palsu*” underlines the insincere emotional reality experienced by Feby Putri. Thus, this album is not just a collection of songs, but also an emotional journey that invites listeners to understand, accept, and finally make peace with their inner wounds. The emotional process provided is in accordance with Bonanno's (2021) view that self-healing is a process of awakening that fosters resilience for the listener.

CONCLUSION

The representation of self-healing in this album reflects an individual's emotional journey in dealing with suffering, self-reflection, and the process of finding inner peace. The songs in this album describe the stages of emotional recovery, from acceptance, contemplation, to hope for happiness. In addition, the use of metaphorical diction and symbolism reinforces the self-healing meaning conveyed in the lyrics. And through Halliday's metafunctional analysis of language, a process of reflection and self-healing through music is found. It is said so, because the lyrics in the *Hitam Putih* album contain representations of deep emotional experiences (ideational metafunction), reflect

interpersonal relationships between singers and listeners through empathic and personal word choices (interpersonal metafunction), and are arranged with a structure that supports the connection of meaning in a cohesive and coherent manner (textual metafunction). Thus, the meaning of self-healing in these songs is not only individual, but also influenced by collective experiences and social dynamics that shape the way listeners interpret and experience music as a means of self-healing.

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