

Reflection of the Concept of the Meaning of Life on Mental Health in The Lyrics of Teramini's Songs

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Abstract

Mental health is an interesting topic to discuss in the digital age. Many media outlets discuss the concept of mental health, one of which is through literary works in the form of music. Music, which consists of various song lyrics, can be a medium of expression for conveying messages about an individual's psychological condition. One of the variables that plays an important role in the realization of mental health is the meaning of life and song titles that describe the concept of meaning of life, such as Teramini by Ghea Indrawari. This study aims to deeply reflect on the concept of meaning of life in the lyrics of "Teramini," which has a positive impact on mental health, a topic that has not been explored previously. This study employs Viktor Frankl's theory of meaning in life, which explains that the sources of meaning in life consist of attitudinal, experiential, and creativity values. The object of this study is the lyrics of "Teramini." This study uses a qualitative method with thematic analysis as the analytical technique. Thematic analysis was chosen to understand the appropriate themes of the source of meaning in life from each lyric of the song Teramini. The results of this study indicate that the dominant source of meaning in life in the song Teramini is attitudinal values, followed by experiential values. Creativity values was not found in this study. Through the attitudinal and experiential values, individuals are able to accept all difficulties and view them as part of life's episodes, enabling them to endure and face them effectively, which positively impacts mental health. The findings of this study also indicate that literary works in the form of song lyrics can serve as an effective educational tool to provide an understanding of the concept of sources of meaning in life that influence mental health among listeners or community.

Keywords: *Music, Song Lyrics, Meaning of Life, Sources of Meaning in Life, Mental Health.*

INTRODUCTION

In today's technological era, mental health has become a topic that is increasingly discussed by many people. Mental health is a form of mental well-being characterized by an individual's

ability to cope with various forms of life stress, recognize their abilities, learn and work well so that they can contribute positively to their social environment or community (WHO, 2022).

Data from the National Survey of Children's Health Adolescent Mental and Behavioral Health show that in 2023, more than 5.3 million individuals aged 12–17 years (20.3% of adolescents) were diagnosed with psychological or behavioral problems (anxiety disorders, depression, behavioral disorders). Anxiety disorders were the most common (16.1%), followed by depression (8.4%) and behavioral disorders (6.3%) (Sappenfield et al., 2023). In Indonesia, according to data from the Ministry of Health of the Republic of Indonesia, 1 in 5 Indonesians experience symptoms of psychological disorders, ranging from anxiety disorders to severe depression. (Kaltim, 2025). This situation is further supported by previous data from the Indonesia-National Adolescent Mental Health Survey (I-NAMHS) in 2022, which revealed that 1 in 3 adolescents (34.9%) or approximately 15.5 million Indonesian adolescents have experienced mental health issues in the past 12 months. Additionally, 1 in 20 adolescents (5.5%) or approximately 2.45 million Indonesian adolescents have had at least one mental disorder in the past 12 months (Ministry of Youth and Sports, 2024).

This information shows that mental health problems can cause individuals to feel lost and meaningless, leading to confusion in their lives. This is in line with research explaining that mental health problems such as depression can have a negative impact on a person's quality of life and cause them to lose meaning in life (Chintala, 2020). From this explanation, it is evident that the meaning of life plays a crucial role in promoting mental health and as a means of adapting to difficult conditions (Belardinelli, 2020).

Viktor Frankl explains the meaning of life as something that is considered important by individuals and is an important component that contributes to the quality of life and physical and mental health of individuals (Haugan & Dezutter, 2021). The meaning of life can be found when individuals experience unpleasant situations. The presence of meaning in life also gives individuals new hope for surviving well (Bushkin et al., 2021). Furthermore, understanding the meaning of life also gives individuals the strength to overcome various obstacles and difficulties (Mayer et al., 2021). This is because the meaning of life has a positive correlation with resilience, which is the ability of a person to bounce back and face various sufferings or unpleasant conditions (Platsidou and Daniilidou, 2021; Effendi & Haryati, 2022). This situation indicates that individuals who are aware of the meaning of their lives will have a strong sense of purpose, optimism, and good psychological *well-being* (Gellis et al., 2020).

Viktor Frankl explains that there are three sources of meaning in life, namely *creativity values*, *experiential values*, and *attitudinal values*. If individuals can fulfill their lives with these values, they will feel satisfied with their lives. This is because the meaning of life is closely related to *life satisfaction* within an individual (Wolfram, 2023). Additionally, a well-understood meaning of life can help individuals avoid various negative emotions, thereby promoting better mental health (Newman et al., 2021).

The source of meaning in life that comes from *creativity values* can be obtained through various things we do, create, or contribute. *Experiential values* can be obtained through

understanding or appreciation of experiences gained from truth, beauty, love, or affection when interacting with others. Meanwhile, *attitudinal values* are obtained through the attitudes chosen by individuals when facing various sufferings or difficulties that arise in their lives (Wolfram, 2023). Understanding the concept of meaning in life that can be beneficial for mental health can also be understood through a literary work in the form of music. Music is defined as a melody that describes an individual's emotional experiences, thoughts, and imagination using certain rhythms (Umurzakov, 2022). Music can also be used as a means of communication (Izen et al., 2023) and a medium for psychological expression that influences an individual's mental state, such as thoughts, emotions, and behavior (Gorasiya et al., 2022). Music also consists of various lyrics that can influence an individual's emotional or psychological state (Li et al., 2021; Barradas and Sakka, 2022). This situation makes the lyrics of a song interesting to study in depth. One of the lyrics that depict an individual's struggle to survive and find meaning in life is in the song Teramini. The song "Teramini" is included in the album "Berdamai," released on March 9, 2024 (Citra, 2024). The song "Teramini," performed by Ghea Indrawari, immediately became a *trending music video* at position 18 on *YouTube* since its music video was first released (Musik, 2024). The lyrics of "Teramini" tell the story of an individual's struggle to find peace with all the difficult circumstances they face. This individual chooses to " " remain positive, and trust in God that they will be able to overcome various difficulties or sufferings and that all their desires and hopes will be fulfilled at the right time (RRI, 2024). The touching lyrics and their strong connection to everyday life have made the song go viral on various *platforms* such as *YouTube* and TikTok (Citra, 2024). Currently, the *official music video* on *YouTube* has been viewed 7.748.834 times since its release last year (Indrawari, 2024).

Based on this information, the researcher became interested in examining the lyrics of Teramini's song using Viktor Frankl's concept of meaning in life, where the existence of meaning in life is highly relevant to mental health issues (Rahgozar & Llor, 2022). In several previous studies, the analysis of meaning in life was mostly conducted through qualitative or quantitative research involving individual research subjects. For example, in a study titled "Analysis of the Sources of Meaning in the Lives of Prisoners Serving Life Sentences" (Marliana & Maslihah, 2012), the influence of logotherapy and spiritual activities on the meaning of life among the elderly (Widowati et al, 2018), the discovery of meaning in life among repeat offenders in a class 1 correctional facility in Semarang (Setiawan & Sakti, 2019), a meta-analysis of the meaning of life *among single parents* (Justitia et al, 2021), and the meaning of life among individuals with physical disabilities resulting from accidents (Nainiti et al, 2024).

Research on the song Teramini performed by Ghea Indrawari has actually been conducted by several other researchers. However, these studies did not specifically analyze the concept of meaning of life through the lyrics of Teramini that affect mental health but used other approaches. For example, in the study titled "Expressive Analysis of the Song 'Teramini' by Ghea Indrawari: A Pragmatic Approach" (Astria, 2024) and "Semiotic Analysis of Motivational Meaning in the Lyrics of the Song 'Teramini' by Ghea Indrawari" (Anggraeni et al., 2024).

The positive impact of mental health on the lyrics of Teramini can be seen from several comments on the official YouTube channel for Teramini, including one from @EllisabethMon, written about two weeks ago, which reads, *Aku sudah melewati semua itu,dengan ikhlas dan percaya kebahagiaan pasti akan datang,dan yap tuhan benar" mengabulkan doaku satu persatu dan Alhamdulillah sekarang aku benar" bahagia dengan banyak pengalaman" pahit sebelum nya intinya jangan mudah menyerah dengan keadaanmu"*.

Additionally, a comment from @rizalramadhan5819, posted about a month ago, reads "Hy ghea, on my 33th birthday i was diagnosed with deathly disease, hehe, mau minum obat kog ngerasa percuma paling mundurin beberapa tahun aja, tapi pas denger ini jadi lebih semangat, thank you ya". Further demonstrated by a comment from @windarachmainda, written about a year ago "Dear ghea, terimakasih yaa sudah menyanyikan lagu penuh makna ini. Aku saat ini sedang ada di titik super sedih dan merasa tuhan belum mendengar doa-doaku. Tapi berkat lagumu, aku kembali yakin bahwa segala hal yang belum tuhan kehendaki maka aku harus merelakannya. Lirik relakan yang bukan untukmu, bukanlah untukmu, betul betul deep sampai-sampai aku masih bertahan dengan keyakinanku bahwa semua akan teramini" (Indrawari, 2024).

From these comments, it can be seen that through the lyrics of Teramini, listeners are able to increase their awareness and understanding of the difficulties they have been experiencing in life. They realize that all of life's difficulties are a part of life, which allows them to learn lessons and think more adaptively when faced with various difficulties in life. This information also shows that listeners express positive emotions after listening to the lyrics of Teramini. There are various forms of meaning of life contained in each of the lyrics of Teramini, which have a positive impact on mental health. This situation then becomes a research opportunity for researchers to study in depth the concept of meaning of life that has not been discussed through literary works in the form of song lyrics. Through the lyrics of Teramini, it is hoped that individuals will find it easier to understand the concept of meaning of life that has a positive impact on mental health. This condition also aligns with the research objective, which aims to deeply reflect on the concept of meaning in life contained in the lyrics of Teramini, which positively influences mental health. The results of this research are also expected to contribute to an understanding that literary works in the form of song lyrics can serve as an educational medium capable of enhancing awareness about the various sources of meaning in life that act as supporting factors for individual mental health.

METHODS

This study uses qualitative research methods with thematic analysis techniques. Qualitative research is research that seeks to focus on understanding a person and their experiences or specific phenomena in depth (Tandon, 2021). This condition makes qualitative methods useful for generating new knowledge and understanding of the research object in depth (Leko et al., 2021). The object of study in this research is the lyrics of the song Teramini. This study will only focus on researching the lyrics contained in the song Teramini, which contain various sources of meaning in life that have a positive impact on mental health. As additional evidence to strengthen the

positive effects of the lyrics of Teramini on mental health, various positive comments from netizens in the official YouTube comments section of Ghea Indrawari's Teramini will be used.

Data analysis in this study will use thematic analysis techniques. Thematic analysis is a technique in qualitative research used to identify and analyze research data so that it can form certain patterns or themes that are easy to understand (Kiger and Varpio, 2020). Thematic analysis consists of seven stages: *familiarization with the collected data, creating or generating initial codes, searching for themes from the codes, reviewing the obtained themes, defining the themes, identifying the most significant quotations, and writing up* (Mwita and Mwilongo, 2025).

The first stage is *familiarization of collected data*, where researchers collect Teramini song lyrics and listen to and understand the songs well. The second stage is *creating or generating initial codes*, where researchers begin entering song lyrics into tables so they can be coded according to their meaning. The third stage is *searching for themes from codes*, where researchers begin to understand and use the codes that have been created to find themes from the coded song lyrics. The fourth stage is *reviewing obtained themes*, where researchers check again whether the themes obtained from the coding of each lyric accurately describe the meaning of the theme mentioned. The fourth stage is *reviewing the obtained themes*, where the researcher ensures that the themes obtained are consistent with the data (song lyrics). The fifth stage is *defining themes*, where the researcher provides definitions of the forms of themes obtained. The sixth stage is *identifying the most significant quotations*, where the researcher identifies the themes that are more dominant in Teramini's songs. The seventh stage is *writing up*, the final stage in thematic analysis where the researcher will present the results of the analysis of various forms of themes of life meaning that have been obtained, then relate them to various supporting studies (Mwita and Mwilongo, 2025).

In this research process, the researcher attempted to conduct repeated checks at each stage based on the data analysis stages described above. The researcher first collected the research objects, namely the lyrics of Teramini songs. After collecting them, the researcher attempted to describe and find keywords from each song lyric, and then the researcher created codes from the descriptions and keywords produced. Codes with similar meanings were grouped into appropriate themes. The grouping of themes must also be aligned with the definitions of each theme, so the researcher must clearly understand the boundaries of each theme's definition. After this process, the researcher can report the results of the thematic analysis conducted. These processes are repeated multiple times to avoid bias and ensure the validity and reliability of the research data.

RESULTS

Based on the explanation of the thematic analysis steps conducted on the song Teramini, several pieces of information were obtained regarding the themes of the concept of life contained within it. The following are the results of the themes derived from the source of meaning of life, as explained in the table below

Table 1

Results of the analysis of the grouping of descriptions, keywords, codes, thematic forms, and thematic definitions from the song "Teramini."

Lyrics	Description	Keywords/ Keywords	Code	Theme from the Source of Meaning of Life	Meaning of the Theme Form
Falling down and bleeding.	This condition describes a situation full of difficulties or challenges in an individual's struggle for life.	Perception, suffering, hardship, challenges.	Perception, suffering.	Experiential values.	The value of experience (<i>experiential values</i>) is the value that an individual gains through understanding or the experient s of experiences gained in life or when interacting with others.
Drifting aimlessly	A condition characterized by confusion in the struggle being faced, yet continuing to persevere.	Confusion, struggle, refusal to give up.	Never give up, patience.	Attitudinal values	<i>Attitudinal values</i> are values acquired through the attitudes chosen by individuals when faced with various sufferings or difficulties in their lives.
God, are you really listening to me? Where do my prayers go?	There is confusion, uncertainty, and hope that the prayers that have been offered will be answered.	Reflection, uncertainty, confusion, hope, prayers offered,	Reflection, hope in God.	Experiential Values	The value of experience (<i>experiential values</i>) is the value that an individual gains through understanding or experiencing life or when interacting with others.
Want to give up But my heart	The resolve of an individual to keep going despite	Keep going, stay strong, don't give up.	Resolve, never give up.	Attitudinal Values	<i>Attitudinal values</i> are values acquired through the attitudes

keeps whispering	difficult circumstances.				chosen by an individual when facing various sufferings or difficulties that are inherent in their life.
Persevere, remember you've come this far.	The choice to keep going and fight with all the effort you've put in so far.	Persevere, do not give up, keep fighting.	Never give up, keep fighting.	Attitudinal values	<i>Attitudinal values</i> are values acquired through the attitudes chosen by individuals when faced with various hardships or difficulties in their lives.
Let go What is not meant for you is not meant for you	An individual's acceptance of facts that do not align with their expectations.	Self-acceptance, letting go.	Self-acceptance, positive thinking.	Attitudinal values	<i>Attitudinal values</i> are values acquired through the attitudes chosen by individuals when facing various sufferings or difficulties that arise in their lives.
Calm down What must happen will happen	Try to think positively or find the lesson in what is happening.	Positive thinking, lessons, or good insights.	Positive thinking, life lessons.	Attitudinal Values	<i>Attitudinal values</i> are values acquired through the attitudes chosen by an individual when facing various hardships or difficulties in their life.
Perhaps it is not yet the time. Even after the storm, " " a	A realization or understanding that behind suffering, there is always a rainbow of happiness waiting.	Understanding, comprehension, belief in the wisdom of life.	Understanding, the wisdom of life.	The Value of Realization	<i>Experiential values</i> are values obtained by individuals through understanding or appreciation of

rainbow emerges.					experiences gained in life or when interacting with others.
There will come a time Everything you desire will be fulfilled	The belief that everything you have strived for will come to fruition at the right time and under the best conditions.	Self-confidence, positive thinking, and the belief that there is wisdom in every situation.	Positive thinking, the wisdom of life.	The Value of Attitude	<i>Attitudinal values</i> are values acquired through attitudes chosen by individuals when faced with various sufferings or difficulties in their lives.

Table 1 shows that each lyric of Teramini songs is grouped and analyzed in depth to identify the description, keywords, codes, and forms of meaning of the source of life contained in the meaning of each Teramini song lyric. Table 1 also shows that the most frequently occurring theme of the concept of life meaning is *Attitudinal Values*, appearing 6 times, followed by *Experiential Values*, appearing 3 times. Meanwhile, the theme of the concept of life meaning in the form of *Creativity Values* was not found in the Teramini song.

DISCUSSION

Based on the information above, it can be seen that the form of the concept of the meaning of life in the lyrics of Teramini is dominated by *attitudinal values*, which appear 6 times, followed by *experiential values*, which appear 3 times. Meanwhile, *creativity values* were not found in the thematic analysis of the lyrics of Teramini. This condition may be due to the lyrics of the song Teramini focusing more on explaining how we need to let go of things that cannot be obtained or are not meant for us. Additionally, we are urged to remain confident that there is always a lesson to be learned from every event, so we must not give up on our circumstances but continue to strive and pray (Wahyudi, 2024).

This situation is closely related to the meaning of *Attitudinal Values* as proposed by Victor Frankl. Victor Frankl explains *Attitudinal Values* as values obtained through positive attitudes chosen by individuals when faced with various difficulties and sufferings in their lives (Wolfram, 2023). In addition, *experiential values* are also found in the lyrics of the song Teramini. *Experiential values* are explained as values obtained by individuals through understanding or appreciation of experiences gained in life or when interacting with others (Wolfram, 2023). This is also consistent with the message contained in the lyrics of the song Teramini, which shows the individual's experience when facing every bad event or incident that occurs in their life by trying not to give up in the face of difficult conditions (Nuriyatur, 2024).

From this information, it can be seen that the concept of meaning in life in the song Teramini can be explained through values of attitude and appreciation, with values of attitude being more dominant in the song Teramini. Values of attitude, appreciation, and creativity are the sources of meaning in life according to the theory of logotherapy created by Viktor Frankl (Sipowicz et al., 2021). Through values of attitude, individuals are encouraged to persist when faced with various difficulties. Individuals are expected to choose the appropriate attitude or decision in facing their suffering, enabling them to survive and eventually rise above their suffering. This situation demonstrates that the values of attitude contained in logotherapy can enhance resilience in individuals (Moreira et al., 2024), increase hope, and prevent individuals from developing anxiety and depression (Bahar et al., 2021), improve *coping skills* (Agustina and Isriyanto, 2023), and *enhance self-efficacy* (Son, 2022).

The experiential values in the lyrics of Teramini make individuals appreciate and interpret all the difficulties they experience as part of life that must be faced. Individuals try to appreciate that behind all the difficulties or suffering they experience today, there is wisdom to be found. This situation makes individuals more capable of accepting the difficulties or suffering they are currently experiencing (Quinto, 2022). In addition, this also makes individuals more satisfied in living their lives because they are able to interpret " " well, seeing all suffering as part of the process of life that must be lived (Besika et al, 2022; Hadi et al, 2023; Sameer et al., 2023) and feel optimistic that God will provide assistance at the right time (Oriol et al., 2020).

The explanation of the values of attitude and appreciation in the concept of meaning of life contained in the lyrics of the song Teramini shows many positive messages that have a positive impact on individual mental health. Mental health is a psychological condition characterized by emotional well-being, good behavioral adjustment, freedom from all forms of anxiety and other psychological disorders, the ability to build constructive relationships with others, and the ability to cope with various demands and stresses of life (APA, 2018). Mental health in individuals determines how they think, feel, act, cope with stress, and as a means to build constructive relationships with others (Richardson, 2020; Choudhary, 2022). Additionally, good mental health enables individuals to face all their difficulties, work productively, and contribute to their social environment (Perez et al., 2020).

The mental health impact of Teramini's lyrics can be seen in various comments written by listeners in the official YouTube comments section for Teramini's song. This is evident in several comments, such as one from @SoeltanThohir, written a year ago saying “ *Teruntuk jiwaku yg sedang bertarung dengan keadaan, semoga kita bisa melewati dengan tegar, sabar dan ikhlas, karna semakin bertambahnya usia akan semakin terasa juga bagaimana kerasnya hidup yang sebenarnya, terimakasih Ghea Indrawari karyamu menjadi pembangkit untuk selalu bangkit dalam keterpurukan. Thank you for your strong soul* ”. Other comments can be seen from other listeners, such as @wallflowergame, written a year ago stating “ *Dilagu ini Ghea ngajak netizen, buat bisa terima ujian yang dikasih tuhan, kita semua pasti punya ujian masing-masing. tapi tau tuhan akan selalu mendengarkan doa doa hambanya. Relakan saja yg bukan buat kita, biarkan saja sesuatu terjadi karena itu emang bakal terjadi (takdir). Jadi guys jalani hidup sebaik mungkin tunjukan* ”.

kalo kita jadi manusia yg kuat dan terus berbuat baik hingga kita masuk ke surga-Nya. Semangat semua nyaaaa. lagu yang syarat akan makna kalo bisa memahami” (Indrawari, 2024).

Additionally, the account @WahyuUtama-uq1sl also wrote a year ago saying “*Salut sih sama lagu nya, menyampaikan pesan-pesan agama dengan kata-kaya yang sangat apik, seolah menyampaikan sifat dominan manusia yang selalu ingin menyerah karna cobaanNya, dan lagu ini memberi pesan, ada sesuatu yang baik di balik cobaan dari Nya.*” Moreover, the account @agnezty wrote a year ago explaining “*Udah rilis lama tapi baru sekarang mencoba memahami liriknya. Ternyata luar biasa. Lagu galau yang lagi trend umumnya soal cinta-cintaan atau hubungan antara manusia. Tapi lagu ini lebih kepada hubungan kita dengan pencipta. Kita diingatkan bahwa apapun masalah hidup kita harus berserah pada yang diatas. Segala sesuatu sudah digariskan. Kita tidak boleh kuatir atau menyerah, karena kalo memang itu milik kita, pasti akan jadi milik kita. Begitu sebaliknya. Hanya masalah waktu saja. Tetap berusaha dan berdoa. Sumpaah daleeem banget makna lagu ini*”. In addition the account @chevlyn also wrote a year ago stating “*Segala sesuatu akan indah pada waktuNya. Apa yang terjadi dalam hidup kita mungkin saat ini tidak sesuai dengan yang kita harapkan dan kita doakan. Hanya soal waktu saja. Tuhan tahu kapan waktu yang terbaik untuk kita. Buat saya ini lagu masterpiece dari Ghea. Luar biasa. Meskipun ini lagu ballad, tp ini bukan lagu sedih ya guys. Justru ini lagu penyemangat buat semua orang yang lagi bergumul dengan masalah masing-masing*” (Indrawari, 2024).

From these comments, it is evident that the lyrics of the song encourage listeners to believe that all the difficulties they are currently experiencing are part of life that must be accepted and understood, which is part of the meaning of appreciation (Quinto, 2022). Additionally, listeners are also convinced that every difficulty they face contains wisdom or goodness that they will eventually receive at the right time, prompting them to think critically and take positive actions when faced with various challenges (Wolfram, 2023). The explanations from the various comments of the listeners further reflect that the lyrics of the song Teramini contain values that are sources of meaning in life that have a positive influence on individual mental health (Sunkel, 2022). The positive impact of mental health has also made individuals more resilient and psychologically well-adjusted (Arslan et al., 2020), less prone to psychological disorders (He et al., 2023), and better able to adapt to difficult conditions (Fave, 2020).

CONCLUSION

Based on research on the song Teramini by Ghea Indrawari, it can be concluded that the lyrics of Teramini explain two sources of meaning in life, namely *attitudinal values* and *experiential values*, which have a positive impact on mental health. Through attitudinal values, listeners of the song Teramini are encouraged to persevere when faced with various difficulties. Individuals are also expected to be able to choose the right attitude or decision in facing their suffering. Meanwhile, through experiential values, individuals are expected to be able to appreciate all the bad things that happen to them. Individuals are expected to be able to accept all the difficulties they experience and consider them part of their life journey. Additionally, individuals are also expected to believe that there is wisdom behind every suffering they experience. This

condition enables individuals to rise above the difficulties they face and think positively to continue their lives well. The results of this study are in line with the research objectives, which aim to reflect deeply on the concept of meaning in life found in the lyrics of Teramini, which have a positive influence on mental health. The results of this study are also expected to contribute to the understanding that lyrical works can be an educational medium capable of increasing individuals' knowledge and awareness of the forms of meaning in life that support mental health. However, there are several areas that can be improved in this study. The research subjects were limited to the lyrics of the song Teramini, supplemented by comments from netizens in the official YouTube comments section of the song Teramini as data to strengthen the influence of the song's lyrics on the mental health of listeners. In the future, other researchers could conduct interviews, observations, or even use mental health measurement tools on listeners to obtain clearer results on the mental health impact of the lyrics in the Teramini song. Additionally, this could serve as evidence for data triangulation to further strengthen the research findings.

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