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Abstract

This study is analyzing the five stages of grief in Joji's album "Ballads 1" by using qualitative methods and Kübler-Ross theory. The technique of collecting data is through the script of the 12 songs. The techniques of analyzing the data are through: data reduction, data presentation and drawing conclusion. The results show there are 10 data of denial, anger 15 data, bargaining 15 data, depression 31 data, and acceptance 13 data. As the conclusion the most grief that shown in this album is depression, in his songs, Joji expresses his deep sadness for the love story he has experienced. As the suggestion, this study is hoped to give an information and as the reference to the future researchers that want to do research about Joji's others album, and who are interested in observing and developing the study of five stages of grief in other literary works such as novel, film, and poetry. This research has a limitation that is in the scope of study only examines the stages of grief in the song lyrics cannot be interpreted to the real sadness that the singer feels.

Keywords: *Five Stages Of Grief, Joji, Song*

Abstrak

Penelitian ini menganalisis lima tahap kesedihan dalam album "Ballads 1" dari Joji, dengan menggunakan metode kualitatif dan teori Kübler-Ross. Teknik pengumpulan data adalah melalui naskah dari lirik dalam 12 lagu di album Ballads 1. Teknik analisis data adalah melalui: reduksi data, penyajian data, dan penarikan kesimpulan. Hasil penelitian menunjukkan terdapat 10 data penyangkalan, kemarahan 15 data, tawar-menawar 15 data, depresi 31 data, dan penerimaan 13 data. Kesimpulannya kesedihan yang paling banyak ditunjukkan dalam album ini adalah depresi, dalam lagu-lagunya, Joji mengungkapkan kesedihan yang mendalam atas kisah cinta yang dialaminya. Sebagai saran, penelitian ini diharapkan dapat memberikan informasi dan sebagai referensi bagi peneliti selanjutnya yang ingin melakukan penelitian mengenai lagu, serta bagi yang tertarik untuk meneliti dan mengembangkan penelitian mengenai lima tahap kesedihan dalam karya sastra lainnya seperti novel, film, dan puisi. Penelitian ini memiliki keterbatasan yaitu dalam ruang lingkup penelitian ini hanya meneliti tahapan kesedihan dalam lirik lagu dan tidak dapat diinterpretasikan terhadap kesedihan sesungguhnya yang dirasakan oleh penyanyi.

Kata Kunci: Lima Tahap Kesedihan, Lagu, Joji

INTRODUCTION

Language is a basic ability that humans have in social life. In addition, language can also be used as a means of communicating, exchanging information, and being able to train the human motor system to understand the intentions and goals of the interlocutor. That is in line with what was expressed by Poetri et al., (2022), language is a human ability, such as speaking, communicating, and thinking. In addition, Salamat et al., (2021), language is an essential tool for us to use in daily communication.

Furthermore, language may convey all forms of emotions from the speakers, such as when they are happy, then we can recognise it by looking at someone's expression, speakers will usually smile, laugh, the words and tones issued will sound

cheerful. As explained by Parmawati in Ardhyanti (2020), language is essential for intellectual, social, and emotional growth and their ability to succeed academically and retain all of the material.

Emotions that a person feels can be channeled through various ways, one of which is through literary works. Literary works are various personal images of the author's emotions that are poured through ideas, experiences, and thoughts (Pulatova in Gonibala & Mariana 2022). Literary works themselves consist of several kinds, one of which is a song. According to Rosita et al., (2019), songs like poetry have intrinsic elements and are part of literary works; song lyrics can also represent personal thoughts, as well as the feelings of the author.

Therefore, sad songs that are listened to while we are sad too, will make us feel sadder. Listening to sad songs can make us sadder, but it can also make us feel better (Vuoskoski in Sachs et al., 2020). In a study by a psychologist, Carol Krumhansl cited from Laura Sizer, (2019), listening to a sad song, will cause several symptoms in the listener's body such as, a slight increase in blood, a decrease in skin conductance, a decrease in finger temperature, and a relatively slower heartbeat.

Meanwhile, Kübler-Ross, a psychiatrist from Switzerland, developed his theory of the five stages of grief, discussing several stages that people who are feeling grief will go through. Five stages of grief is a theory that analyzes the emotional process of someone who is experiencing sadness because of death, and is considered a defense mechanism to relieve anxiety about scary thoughts (Kübler-Ross in Yoade et al., 2020).

Based on the stages of grief explanation above, researcher is interested in using the theory to examine one of the music albums from a singer known for his sad songs, Joji. George Kusunoki Miller or known as Joji is a Japanese singer with R&B/soul, lo-fi, and pop genres. Some of his famous songs are slow dancing in the dark, die for you, sanctuary, and “Glimpse of Us” which was published in 2022.

In previous research from Nafik et al., (2023) Joji uses simple lyrics but contains deep meanings and messages, so it requires an understanding of the meaning, he also describes his personal anxiety and problems that are poured into his songs.

Departing from the explanation above, the sadness that a person feels can cause several symptoms for that person. This means that the emotion of sadness is not something to be underestimated. Therefore, the researcher is interested in conducting this research using Kübler-Ross's five stages of grief theory to find out what stages of grief the sufferer will feel, and how to handle it, as well as to find out whether the Ballads 1 album contains 5 stages of grief as described by Kübler-Ross in her theory.

THEORETICAL REVIEW

1. Concept of Song

Song is a musical and lyrical combination that has numerous inherent advantages; such as a kaleidoscope of culture, expressiveness, recitation, skills, and therapeutic uses in lyrics, short stories, poems, texts, and other artistic aspects may also be found in literary works (Shen in Amalia, 2022). Furthermore, Abraham in Ardhyanti & Supriyatiningsih (2020), lyric is any relatively brief poetry spoken by a single person and describes a mood, idea, or state of mind.

When lyrical music describes contradictory information, the lyrics determining a person's mood are more significant than the music itself (Barradas et al., 2022). According to Christian Brooks (2023), songs are also very closely related to everyday life, especially in the age of modern technology. Songs have been widely spread on social media platforms like today.

Based on the explanation above, the researcher concludes that songs have become a part of modern human life, because songs may make us feel the emotions we are feeling. When we are sad, then listen to a sad song, then unconsciously, we dissolve into the strains and will become sadder. Otherwise, when we are happy and listen to a happy song as well, we will feel that happiness more. This is driven by the many genres of songs available today, and easily accessible from various platforms.

2. Concept of Five Stages of Grief

Five stages of grief are a theory that analyzes the emotional process of someone who is experiencing sadness because of death, and is considered a defense mechanism to relieve anxiety about scary thoughts (Kübler-Ross in Yoade et al., 2020). In addition, the five

stages of grief are the main findings for examining loss, these emotions may prevent individuals from changing or moving on with their lives (Kübler-Ross in Stephens et al., 2021).

This model has been used to study death, serious illness, and sports injuries. Moreover in Carney et al., (2021), explain that grief seems like losing some essential things in our live. In addition, Alvis et al., (2023), significantly prolonged grief after the death of a loved one will lead to PTSD "Post Traumatic Stress Disorder" and depression.

3. Types of Five Stages of Grief

The Five Stages of Grief", consisting of Denial, Anger, Bargaining, Depression, and Acceptance (Kübler-Ross in Novia & Widianingtyas, 2023).

1) Denial

Denial is a defense mechanism that helps to alleviate anxiety and fearful thoughts, allowing individuals to come to terms with the concept of death on their own until they are ready to cope constructively, stated by (Kübler-Ross in Yoade et al., 2020). Kübler-Ross also states when a sick person learns of his favorable results, he or she will quickly refute them and offer the justification that things could have been interpreted incorrectly or that they were muddled up (Hussain et al., 2022). In addition, denial serves as a line of defense that will quickly give way to partial acceptance (Kübler-Ross Nurjanah, 2023).

2) Anger

Anger is when someone with the circumstances when they realize they may no longer live in denial and frustrated with the circumstances when they realize they may no longer live in denial (Kübler-Ross as cited Yoade et al., 2020). They will enter the angry phase after learning that the first phase is indeed true and factual. According to Kübler-Ross in Nurjanah (2023), this stage causes individuals to blame God for their misfortune and argue that He is unjust, this makes them feel unhappy and resentful.

3) Bargaining

Bargaining is when the person hopes to prevent a source of sorrow by providing something in exchange (Kübler-Ross in Yoade et al., 2020). According to Ross Hussain et al., (2022), patients typically begin negotiating after receiving bad news, denying it, and becoming angry.

4) Depression

Depression is the state in which a person feels hopeless upon realizing the circumstances, the person may go silent during this phase, turn away guests, and spend a lot of time depressed and gloomy (Kübler-Ross in Yoade et al., 2020). In addition, Kübler-Ross in Hussain et al., (2022), the patient's guilt, anger, and denial are gone at this stage, he forgets his smile, and finds no way to move on.

5) Acceptance

Acceptance is the state in which people accept the sad occurrence and a more stable emotional state (Kübler-Ross in Yoade et al., 2020). Another description comes from Nurjanah (2023), at this stage, Kübler-Ross uses the example of someone who no longer feels angry or despondent because they have essentially come to terms with God and themselves about accepting their fate.

METHOD OF RESEARCH

This research uses qualitative research. According to Aras et al., (2022), qualitative research is an understanding of social phenomena based on the point of view of human participants. The research method is a research plan and procedure that contains steps of broad assumptions and precise methods of collecting, analyzing, and interpreting data, (Creswell Sitinjak et al., 2022). The technique of collecting data is documentation. The documentation that used in this research is scripts of the 12 songs on Joji's album "Ballads 1." The technique of analyzing data has three methods data reduction, data display, and drawing conclusion (Jumal Ahmad in Anastasia 2023). In data reduction, the data are identified and classified based on the types of five stages of grief. In data display, the data gathered on the phases of grieving as they pertain to the five stages of grief hypothesis. In drawing conclusion, the conclusions draws as the results of the research.

RESEARCH FINDINGS AND DISCUSSIONS

There are several data found dealing with five stages of grief in the album "Ballads 1" by Joji as described below:

1) Denial

Denial is a defense mechanism that helps to alleviate anxiety and fearful thoughts, allowing individuals to come to terms with the concept of death on their own until they are ready to cope constructively, stated by (Kübler-Ross in Yoade et al., 2020).

Dealing with Kübler-Ross' grief stages of denial, there are 10 data have been found by the researcher. The descriptions are on the table below:

Table 01. Kübler-Ross' Five Stages of Grief in Joji's Album 'Ballads 1': Denial

No.	Song Titles	Data References	Descriptions
1.	"Attention"	Data 01 "I don't wanna die so young, got so much to do"	The man expressed his thoughts that he did not want to die quickly because there were too many things to do.

The sentences "*I don't wanna die so young, got so much to do*" is found in line 14-15, song *Attention,* describe about the man who expresses his attitude that he does not want to end up his life only for a matter because he still has many things to achieve in his life. These words express the man's denial as the reaction toward the fear of a fatal decision that comes in his mind such as to end up his life because of the grief that he feels.

According to Kübler-Ross in Sari, (2023), a person may react the denial when he is first faced with the possibility of having a fatal illness (in this case, the researcher conceives as 'the fatal feeling of *sadness*'). The denial comes as the cause when he is unable to accept the situation as it is. It helps him to face his feelings of grief. Therefore, the sentence in data 1 show the man's effort to put a side such action of ending up life because of the sadness he faces.

2) Anger

No.	Song Titles	Data References	Descriptions
1.	"Attention"	Data 02 "That shit comes off as indifferent"	The man expresses about his emotion are not controllable and that is always come in his mind.

The words "*That shit comes off as indifferent*" is found in song *Attention* in line 13, describe about the man who expresses his emotion toward his cryptical and weird manners, in which they come off as in differently approaching him, and have made him think to end up his life (as have been described in data 01). These words express the anger of the man for what he feels, and he cannot bear for it anymore. Kübler-Ross in Yoade et al., (2020), define that anger is the phase that a person faces after he learns that the first phase (the denial) is apparently true and factual, and he realizes that he cannot live longer in that denial, then he becomes frustrated with those circumstances. Therefore, the sentence in data 11 show the emotion of anger that a man cannot bear in overcoming his grief.

3) Bargaining

No.	Song Titles	Data References	Descriptions
1.	"Attention"	Data 03 "Girl, would it kill you just to show a little bit of attention?"	The man talks to his girl whether giving a little attention would kill him.

The words "*Girl, would it kill you just to throw a little bit of attention?*" is found in the song title *Attention* in a first, describe about the man who asks to his girl whether it will kill her only by showing her little bit attention. These words express the man's begging request as the bargaining for having his girl's attention. According to Ross in Hussain et al., (2022), after receiving bad news in this case, the researcher conceives as having such bad feeling, denying it, and becoming angry, a person will begin to negotiate or to bargain. Therefore, the sentence in data 26 show the step that the man takes in handling his anger.

4) Depression

No.	Song Titles	Data References	Descriptions
1.	"Attention"	Data 04 "If I hurt you I'm afraid God's gonna teach me a lesson"	The man told to someone that he was afraid that God would repay him if he hurts her.

The words "*If I hurt you, I'm afraid God's gonna teach me a lesson*" is found in song titled *Attention* line 2, describe about the man who tells to his girl that if he hurts her, he is afraid that

God will give him a lesson. These words express the man's frightened of God's punishment if he hurts the girl. This frightened causes the depression. As Kübler-Rossin Hussain et al., (2022), defines that the people who are feeling sad will definitely also experience depression. From the classification of the kinds of depression, the depression that the man faces are classified as the preparatory depression. According to Kübler-Ross (in Sari, 2023), the preparatory depression is the emotional response felt by a person who is about to endure an impending loss. Therefore, the sentence in data 41 show the depression that the man has about the God's punishments as the consequences if he hurts the girl.

5) Acceptance

No.	Song Titles	Data References	Descriptions
1.	"Attention"	Data 05 "I know I'm cryptic and I'm weird"	The man express that he was strange in every way.

The words "*I know I'm cryptic and I'm weird*" are found in line 13 on song called *Attention*, describe about the man who admits his manners as a cryptic and a weird person. These words express that the man knows, he as the cryptic and the weird person, and he accepts his manners. Kübler-Ross inYoade et al., (2020), argues that acceptance is the state in which people accept the sad occurrence, and become more stable in their emotional state. Therefore, the sentence in data 72 show the man's acceptance of his personality or manner in overcoming his grief.

CONCLUSION AND SUGGESTIONS

After conducting research using the concept of the five stages of grief in Joji's "Ballads 1" album, the researcher concluded that in this album, there are five stages of grief as described by Elisabeth Kübler-Ross, five stages of grief theory. In this research, the researcher concluded that in this album the five stages of grief are denial, anger, bargaining, depression, and acceptance, as described in the five stages of grief theory.

Through this study, the researcher has shown that in creating the album "Ballads 1" Joji wrote some lyrics that imply the sadness he feels. In addition, the explanation above also shows that Joji is a singer of sad songs, seen in the album "Ballads 1" with lyrics that show more feelings of depression.

As a suggestion for this research, the researcher suggests to readers or listeners of Joji's songs to think more critically and try to understand the problems that exist in his songs, because apart from the slow and pleasant rhythm of the song to hear, the lyrics also have a deep meaning related to the sadness he experienced.

The researcher suggests that future researchers who are interested in making the five stages of grief theory the theoretical basis that will be used in their research, more specifically in researching songs, may make this research a reference. In addition, the researcher suggests that future researchers should not only examine the concept of the five stages of grief in songs or literary works, but may be developed to examine other objects such as someone who has just experienced, or even people who suffer from mental disorders due to the grief that their feel after losing their most beloved person.

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