CHAPTER I
INTRODUCTION

In this chapter, researcher presents the background of research, question of research, objectives of research and significance of research.

1.1 Background of Research

Self-acceptance is an important aspect of mental health and happiness in one's life. It refers to an individual's ability to unconditionally accept their flaws and strengths, even if they do not conform to society's standards. In the modern era, social pressures that often appear in the media such as beauty standards, and stigma towards physical differences also often affect an individual's ability to accept and love themselves (Campo, 2015).

In addition, the “Body Positivity” movement spearheaded by activist Jameela Jamil has had a significant impact in promoting body acceptance beyond traditional beauty standards. Through the “I Weigh” campaign, Jameela challenged diet culture and social media pressures that often create body dissatisfaction (Stone, 2018)This movement shows how self-acceptance is an issue that is not only individually relevant but also socially. (Chamberlain, 2019) explain that low levels of self-acceptance are strongly associated with increased depressive symptoms and maladaptive self-evaluation. When individuals consistently believe they are “not enough,” they become trapped in harmful thought patterns that hinder personal development.

On the other hand, individuals who are able to accept themselves entirely embracing both strengths and imperfections tend to demonstrate healthier emotional regulation, better social functioning, and stronger resilience when facing life stressors. According to (MacInnes, 2020), self-acceptance forms the foundation of psychological well-being because it allows individuals to see themselves as worthy without relying on external validation or perfectionistic standards. People with higher levels of self-acceptance also display greater confidence, compassion toward themselves, and an increased ability to make decisions that support their long-term growth.

A clear example of this can be seen in cases of adolescents experiencing body dissatisfaction due to social media exposure. Adolescents who fail to accept

their bodies often develop deep insecurities, withdraw from social interactions, or engage in extreme dieting behaviors. A study conducted by (Linardon, 2020), found that low self-acceptance among adolescents significantly increases the likelihood of unhealthy eating patterns and decreased self-esteem. In contrast, adolescents who received interventions promoting self-acceptance and self-compassion reported reduced anxiety and a more positive relationship with their bodies.

Another example involves individuals living with physical differences such as vitiligo, disabilities, or visible scars. Those who struggle with self-acceptance often experience ongoing self-rejection and social withdrawal. However, individuals who embrace their identity despite these differences typically demonstrate higher levels of life satisfaction, stronger self-confidence, and greater social engagement. (Neff K. &., 2019) emphasize that self-acceptance enables individuals to build a positive self-image and reduces emotional distress, allowing them to navigate life with greater resilience. These findings show that self-acceptance is not merely a personal attitude but a psychological necessity that affects mental health and life outcomes.

Through the understanding that self-acceptance plays a vital role in an individual's psychological well-being, the researcher views this concept as an essential aspect that needs to be explored further. This awareness is what ultimately encouraged the researcher to develop and direct this study toward examining self-acceptance, which is then reflected in the title "An Analysis of Self-Acceptance in 'The Greatest Showman Original Motion Picture Soundtrack' Album".

Literary works are the result of imagination displayed through the use of unique language. These literary works can be poetry, prose, or novels. Poetry is also one of the literary works that uses a unique language. The language used in poetry is different from everyday language. One example of this unique language can be found in song lyrics, which have poetic properties and characteristics similar to poetry (Sri Hartini, 2021). In this case, it can be concluded that song lyrics are also included in literary works that can be analyzed using literary theory.

In the world of art, especially songs, the concept of self-acceptance is often conveyed through inspiring lyrics. Songs also serve as a medium to express

emotions, stories, and life values (Putri, 2022). *The Greatest Showman Motion Picture Soundtrack* is one example of how art can represent self-acceptance through powerful musical expression. Song like *This Is Me* not only portray the characters' inner journeys but also echo the universal struggle against stigma and discrimination, as reflected in the lyric "This is who I'm meant to be, this is me," which marks a profound moment of embracing one's identity.

The album has resonated with many listeners, including the film's lead actor, Hugh Jackman, due to its inspirational and empowering lyrical messages. Because of this strong emotional and thematic connection, it becomes important to explore why self-acceptance stands at the center of this study. The concept itself plays a crucial role in shaping an individual's psychological well-being and understanding its significance provides deeper insight into how the album communicates the value of accepting oneself.

The Greatest Showman Motion Picture Soundtrack album managed to top the Billboard 200 chart. In addition, the song This Is Me also won the 2018 Golden Globe Awards doi award (Haymond, 2018). These factors are a strong reason why researchers chose this album to be the object of research. In this album there are 11 songs, but because 2 of these songs are reprise versions, therefore researchers will only analyze 9 of the songs on the album.

While there are many studies that address self-acceptance in a social context, few studies have explored art as a medium of representation of this concept. This creates a relevant research gap to fill. This study aims to analyze how the lyrics in "The Greatest Showman Motion Picture Soundtrack" album represent the concept of Self-Acceptance according to Carl Rogers. As an illustration of the analysis, the researcher chose the lyrics contained in the song "The Greatest Show" with the lyrics "Impossible comes true, it's takin over you" which illustrates that nothing is impossible as long as the individual believes in his own abilities, in this case included in the concept of Unconditional Acceptance.

Then there is the song "From Now On" with the lyrics "From now on, these eyes will not be blinded by the lights" which describes the promise of Hugh Jackman who decided to face life with more confidence and prepare to accept new experiences without any rejection, which in this case is included in the concept of Openness to Experience..

From the description of the above analysis, it can be concluded that the song “The Greatest Showman” describes about accepting the situation as it is and trying to change it. From the perspective of self-acceptance, this song shows that self-acceptance does not mean giving in to circumstances, but it can also mean understanding the limitations that exist and choosing the best way to face these challenges.

1.2 Problem of Research

How do the lyrics in this album represent the elements of self-acceptance according to Carl Rogers?

1.3 Objectives of Research

The objective of this research is to analyze how the song lyrics in “*The Greatest Showman Original Motion Picture Soundtrack”* represent the elements of self-acceptance according to Carl Rogers’ theory.

1.4 Significance of Research

This research has a theoretical goal of expanding academic literature on the theme of self-acceptance in the context of songs, especially in analyzing the lyrics of the album “The Greatest Showman Original Motion Picture Soundtrack” using Carl Rogers' theory that divided into two parts :

1) Practical purpose, it can educate the public, especially the younger generation, about the importance of self-acceptance as the main step in dealing with social pressure.
2) Academically, this research is expected to fill the gap in the literature that connects popular music with psychology, especially in the concept of self-acceptance. This research provides a new perspective by exploring the psychological side through Carl Rogers' theory, which can provide a deeper insight into how song lyrics can represent psychological values, especially self-acceptance.

This research is also expected to provide benefits to society, especially for teenagers and students, especially those who take the focus of English Literature studies, by showing how lyrics in music can be used as a tool for self-acceptance.