

EXPLORATION OF THE SIGNIFICANCE OF THE MESSAGE IN THE LYRICS OF THE SONG "BERNAFASLAH SEJENAK" BY LAFA PRATOMO AND NYOMAN PAUL

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ABSTRACT

Music or songs have become a very relevant communication medium, especially for young people who often have difficulty expressing their feelings or emotions directly. The phenomenon of overthinking about the future and trust issues due to past experiences is something that is often found among young people and is still difficult to overcome. The aim of this study is to analyze the meaning of the implied message in the lyrics of the song "Bernafaslah Sejenak" by Lafa Pratomo and Nyoman Paul, using an interpretive semiotic approach. The research method used is semiotic analysis, with a focus on Ferdinand de Saussure's theory of signs in the context of human communication. An interpretive qualitative approach was used to explore the implied meaning of the song's lyrics. The results of the analysis show that "Just Breathe for a Moment" invites listeners to reflect, accept past wounds, and face challenges with confidence and calm. This song highlights the importance of making peace with oneself, finding peace within, and understanding that every trial shapes us into stronger individuals. Music is a very powerful communication tool in conveying emotional messages, and "Breathe for a Moment" motivates listeners to keep fighting and believe that everything will be okay.

Keywords: *Meaning, message, semiotics, Nyoman Paul, breathe for a moment.*

INTRODUCTION

Language is a tool that humans use to communicate (Nanda, 2023). Language functions as a tool for interaction or communication in conveying thoughts, ideas, notions and feelings to the interlocutor (Suryaningsih, 2021). Communication is the act or activity of conveying or transmitting symbols that contain meaning or significance. Or the act of conveying an idea or information from someone else. Or a transfer or delivery of information regarding thoughts and feelings (Ubaidillah, 2016). Communication is not only limited to words, but also involves various elements such as body language, facial expressions, voice, writing, and other media. This is a communication system both verbal and written that is used and understood by certain communities or countries to express thoughts and feelings (Putri & Putri, 2020). Communication can occur in various forms, such as oral, written, verbal, or non-verbal communication. The effectiveness of communication depends on the extent to which the message can be understood and interpreted correctly by the recipient. Factors such as the language used, context, and individual perceptions can influence the communication process.

Communication is always used by every human being in life, so this becomes a difficulty (Istriyani & Widiana, 2017, n.d.). Communication has a very important role in various aspects of human life and in the context of various fields, including personal relationships, business, education, social and many more. As social creatures, humans cannot interact without the help of other people. Communication is a basic human need in living his life. In carrying out an activity every day, humans cannot do without communication (Risma & Ramadhan, 2020). There are two things that happen when communication takes place, namely the creation of meaning and the interpretation of

meaning. Someone who has good communication skills tends to be more successful in life, in contrast to those who have poor communication skills (Sudarsono, 2020).

One of the media used to convey thoughts or feelings is through music. Music is one way to carry out interaction activities through sound which is expected to convey messages in different ways (Sholekhah et al., 2019). Music plays a role in communication through sound which contains messages to be conveyed to other people (Lestari et al., 2022). Music itself can be said to be a medium for conveying messages (Sudarsono, 2020). Music is basically the most widely used communication medium for most people and can be enjoyed in many circles (Cahya & Sukendro, 2022). Music is an art that aims to express and reflect society and its culture (Fakri & Fitri, 2023). As a medium for artistic expression, music can create a certain atmosphere or convey an emotional message. Music is a universal art and can affect people deeply. Music does not escape human life, music has a very deep impact on human life, because it is able to influence feelings, move thoughts and function as entertainment (Raja Mhd Shahnuddin & Yunus, 2023). In fact, some people consider music as a necessity in their lives, because when they listen to music they can actually do their work well. Listeners can enjoy music that reflects their mood when they can't express it to others.

Music is used by a songwriter as a medium of communication by telling a message or experience that he has experienced by using a play on words and language to create a special appeal and characteristic to the song's lyrics (Betanissa, 2022). People utilize this function of music to achieve certain emotional states by exploring musical elements, such as lyrics in songs (Mikael & Fuady, 2022). Song lyrics have an important role in conveying the emotions and meaning of the song. The messages and meanings presented in song lyrics can provide solutions to problems or provide new thinking about certain problems (Mikael & Fuady, 2022). They can be a way for a singer or songwriter to communicate with listeners, express personal experiences, or convey a message they want to convey. Some songs focus on the lyrics as the main element, while others may emphasize musical aspects or arrangements. The product of the human mind can produce a musical work.

Song lyrics are the text or words that form part of a song. A song is a work that contains a certain meaning or purpose in the song, which when sung has a different rhythm in each song (Astuti, 2019). These lyrics usually include expressing feelings, stories, or messages that the songwriter wants to convey to his listeners. Song lyrics can be poetry or prose, and they often contain artistic and expressive elements.

Each song has its own lyrics, and they create a unique identity for each piece of music. Some people enjoy singing their favorite songs with great emotion, while others enjoy analyzing and contemplating the meaning of the lyrics. Song lyrics are often an integral part of the music listening experience. In other words, song lyrics are not just a collection of words, but are also a powerful medium for conveying messages that can penetrate the hearts and minds of listeners.

Music or songs have become a very important form of communication, especially for young people who often have difficulty expressing their feelings or emotions directly. The condition where a person thinks too much about the future and has trust issues due to past experiences is common among the younger generation and is still difficult to overcome. This phenomenon is the background behind the creation of the song "Bernafaslah Semenak", which is designed to remind anyone who is facing difficult times in their lives. By using an approach through music or songs, it is hoped that this song can be a tool for anyone who needs encouragement to face these challenges.

Singers and songwriters are figures who have an important role in conveying

messages through song lyrics. There are two important things that support and must be considered in songwriting, namely lyrics as language and music as accompaniment (Ananda et al., 2024). Lafa Pratomo and Nyoman Paul, as Indonesian music artists, through their work entitled "Bernafaslah Sejenak," were able to create a work that shows artistic intelligence in conveying meaning through the lyrics. This song offers a deep experience, encouraging listeners to reflect and deepen it with a broader understanding of the meaning of life.

The song created by L. Pratomo and N. Paul is a song that has deep meaning, intended as a reminder for someone when they are facing the most difficult times in their life. This song invites listeners to stop and breathe for a moment from all the tiring hustle and bustle of the world, so that they remain strong in facing it. This song is also Nyoman Paul's first single, which will be released at the end of 2023. This song was written based on the experience of one of the songwriters when he was at his lowest point. Regarding the color of the music itself, both Nyoman Paul and Lafa Pratomo agreed to use the folk pop music genre in this song, where the quality and character of Nyoman Paul's vocals are the main weapon.

This research aims to analyze the meaning of the message contained in the lyrics of the song "Bernafaslah Sejenak" by L. Pratomo and N. Paul. It is hoped that an in-depth analysis of the lyrics of this song will open up insight into the philosophical, social or even personal meaning that the composers of the song wanted to convey.

RESEARCH METHODS

This research method is interpretive qualitative research. Interpretive qualitative is an approach to research that aims to understand social phenomena in depth from the participant's perspective. In this method, researchers tend to interact directly with research subjects to collect quality data, such as interviews, observations, or document analysis. The data obtained was then analyzed thoroughly by considering the context, meaning and interpretation provided by the participants. Qualitative data is a strong data source that includes in-depth understanding and explains ongoing processes.

In this research, the semiotic method is used, which is an analysis of signs. The semiotic method that will be applied in this research is one that was developed based on Saussure's thinking. Saussure views signs in the context of human communication by distinguishing between what is called a signifier and a signified. Signifiers can be seen as physical forms or manifestations of architectural works, while signs can be seen as meanings revealed through concepts, functions and/or values contained in architectural works (Erlangga, 2022). Signification semiotics is a sign system that studies the relationship between sign elements in a system based on certain rules or conventions. To understand these signs, social agreement is needed. Semiotics itself is a science or analytical method used to study signs. The basic principle is to understand how meaning is produced, where objects not only convey information but also contribute to forming a structured sign system. To fulfill the objective element in scientific research, the researcher will minimize the nature of the researcher's subjectivity, by interpreting the song lyrics in accordance with what has been agreed (conventionally) in general, in this case the researcher and the environment around the researcher (Miftahurrezki & Anshori, 2021).

In this context, interpreting song lyrics involves the difference between the message the songwriter wants to convey and the interpretation made by the listener of the song. Ferdinand De Saussure's semiotic approach, which emphasizes linguistic semiotics, considers language as a complete and harmonious system. Saussure introduced the

concept of signifier and signified, where a sign is a relationship between these two elements that depends on social agreement. Signifier and signified have flexible (arbitrary) properties. From this, it can be concluded that meaning is the result of the interaction between language and external reality, and language itself is the product of the user's agreement to become a sign. This information is then conveyed so that it can be understood by the recipient of the message.

The research uses interpretive qualitative research and is analyzed using Ferdinand De Saussure's semiotic theory with the aim of explaining the motivational message of the song lyrics which are described in verse (Febrianty & Irawan, 2022). The instrument used is the lyrics of the song "Bernafaslah Sejenak" written by Lafa Pratomo and Nyoman Paul. Through analysis of fragments of the song's lyric text, classification and analysis were carried out using Saussure's semiotic approach to explore the motivational meaning that the author wanted to convey to the song's listeners. This motivation theory approach also considers the social situations and conditions currently occurring in society. This research specifically examines the entire song lyrics and their context, including their aims, objectives and benefits. The results of this research then explain the meaning of the implied motivational message to song listeners.

RESULTS AND DISCUSSION

Music has become a means of communication through tones which are widely known and widely used today. Music is also always connoted as an addictive substance such as melody, harmony, rhythm, pitch, dynamics and tone color (Barzah & Al Anshory, 2022). This substance will be received by the human senses to be perceived and felt, and that is when the message from a music composer is conveyed to the listener. The lyrics that will be studied are the work of Lafa Pratomo and Nyoman Paul.

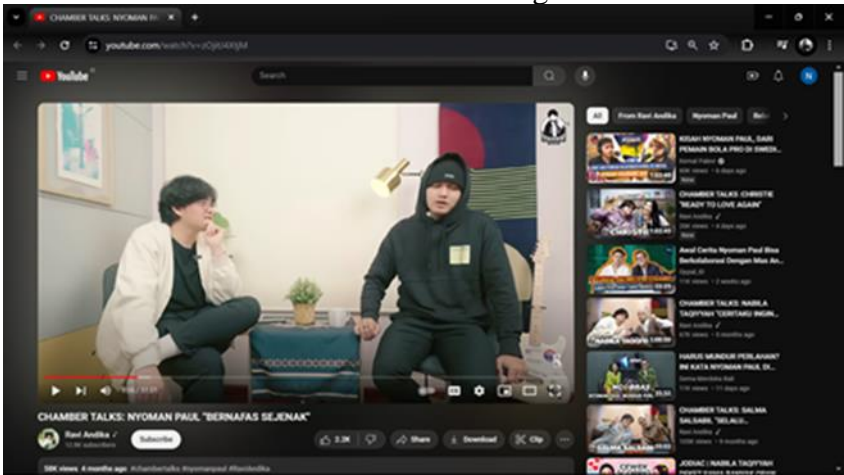
Quoted from the VOI.ID website, in an interview on December 2 2023, Nyoman Paul, creator of the song "Bernafaslah Sejenak", explained the meaning he wanted to convey as the writer and singer of the song to listeners. "I wrote the song 'Bernafaslah Sejenak' for myself, when I was at the lowest point in my life," said Nyoman Paul. "This song invites listeners to stop for a moment and absorb the peace from all the tiring hustle and bustle of the world, so that we remain strong in facing it," he added. "I hope this song can be enjoyed by music lovers wherever they are. Apart from that, I hope this song can also be a warm hug for those who are facing difficult times in life," added Nyoman Paul.



<https://voi.id/musik/335409/nyoman-paul-luncurkan-single-perdana-bernafaslah-sejenak>

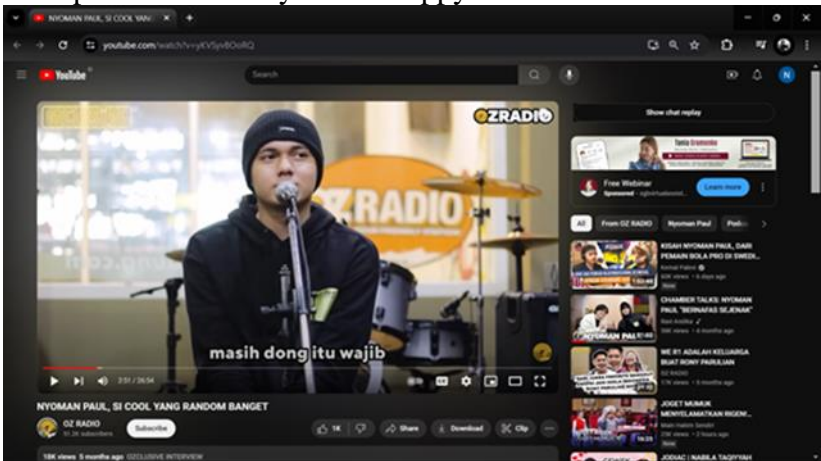
On the Chamber Talks Podcast on January 12 2024, Nyoman Paul revealed that he and Lafa created the song with a unique flow approach compared to other songs. He suggests that in the first version, the song talks about rock bottom, while in the second

version, the focus is on a "Turning Point" where a person experiences a significant change from their rock bottom. The chorus of the song contains the realities of life.



<https://www.youtube.com/watch?v=zOjitJ4XtjM>

On a broadcast on OZ RADIO on December 6 2023, Nyoman Paul said that after discussing with Lafa Pratomo, the meaning and purpose of this song is as a self-reminder that can be spread to various aspects of general life, not just limited to the realm of love. This song is intended as a reminder to stay calm and take deep breaths, both when you are at your lowest point and when you feel happy.



<https://www.youtube.com/watch?v=yKVSyvBOoRQ>

Table 1. Song Lyrics Examined

Signifier	Signified
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<p>An individual who is hurt by memories of the past tries to remind himself not to continue hurting himself by repeating the injuries he experienced in the past. Blame yourself for that mindset. Accepting the pain of past wounds without the ability to forget them. Worrying about the problems faced and feeling unable to overcome them. Worries about the wounds from the past continue to haunt him. Ultimately, individuals must accept their fate or go with the flow of life, even amidst the inevitable wounds of the past. Having to face a life path full of difficulties and challenges, often falling on a journey full of problems.</p>	<p>Sudah puaskah kau sakiti? Entah mengapa pikiranku begini Mungkinkah berakhir sendiri? Inikah jalan yang harus kulewati?</p>
<p>Try to stay calm when facing problems that arise. Have faith and believe that every problem has a solution. Every challenge can be overcome with determination and perseverance. Put all the problems faced in their place, and carry out an in-depth evaluation of each problem faced. Sharing the burden of problems with people closest or trusted helps reduce the burden felt and provides emotional support and a new perspective.</p>	<p>Coba 'tuk tenang Semua 'kan mereda Rebahkan saja Ceritakan kesahmu</p>
<p>Accept what has happened without regret, because the time that has passed cannot be repeated. Consider that what has been overcome becomes a source of strength in itself. Believe that whatever has passed, everything will be fine. Worries about the future do not always mean problems, nor do problems always become a burden. In fact, problems can also be valuable teachers in our lives. Understanding that no one is perfect. Everyone realizes that sometimes the problems they face cannot be resolved perfectly. Give yourself a short break from all your problems. Take a deep breath, calm your mind, and be at peace with yourself to prepare yourself to move forward.</p>	<p>Yang berlalu, biarlah saja berlalu Percayalah, semuanya 'kan baik saja Tak selalu resahmu jadi bebanmu Dunia pun tahu bahwa kita tak sempurna Bernafaslah sejenak</p>
<p>He has faced many problems, and every trial he has faced has shaped him into a strong person. A mind that has matured from the experience of facing problems, and a self that has developed into a more mature and wise person. Begin to recognize patterns of problems and challenges that may be faced in the future. Someone who has been tested by difficult experiences in the past, is ready to accept any obstacles that come their way. They have healed from the wounds of the past and are ready to pursue the future. The body and soul have made peace with themselves, so they are ready to welcome with open arms whatever comes.</p>	<p>Cukup sudah yang kulalui Olah pikiranku mulai terkendali Lalu apa setelah ini? Otakku mengantar 'tuk berdamai, niatkan berlari</p>

The author analyzed the meaning of the song "Bernafaslah Sejenak" using a

semiotic approach based on Ferdinand de Saussure's concept of signifier and signified. The results of this analysis are supported by the perspectives of several song listeners who interpreted the song's message in accordance with the author's findings. The following are the results of the author's interviews with several listeners of the song "Bernafaslah Sejenak".

A listener with the initials RI said that everyone has experienced a period of overthinking about everything, which makes them forget that not everything needs to be overthought. Sometimes, we need to realize that we ourselves have the right to live life according to our wishes. "This song describes a motivation for everyday life, in my opinion, because we as humans are definitely not far from overthinking, so this song can make us especially more at peace with ourselves and can make us think positively like "oh yeah, why am I thinking about this too much? After all, not everyone has the right to demand that the world also knows that we are not perfect as humans, especially "so rich, just enjoy living life." (RI, 17 May 2024).

OD, another listener, shared his experience that when listening to this song, he realized that everything that happens in our lives, whether good or bad, difficult or easy, can all be used as a lesson for the future. This experience will help us understand what steps we should take. Most importantly, don't forget to give yourself time to rest, even if only for a moment. "That in the journey of life there are times when we need to breathe for a moment, rest ourselves, make peace with everything, everything we have gone through (wounds, happiness, sadness) just let it pass, it's enough to be a lesson, after that we get up to continue living better, and "Always remember that no one is truly perfect, so there's no need to always try to look perfect, just be better than who we were yesterday." (OD, 17 May 2024).

According to N, it is important to believe in ourselves because we are the people who best understand everything we do. When we start to love ourselves, we will realize that we have the potential to be better even than other people. "We have to be better people, we have to be able to defeat our ego, sometimes we are emotional, to defeat the fear of something in our life. Don't be afraid to be yourself, as long as we don't harm other people, let it pass passed, so that it can be a lesson for the future so that we can do better." (N, May 17, 2024).

The results of the analysis show that the meaning of the lyric message of this song can be interpreted as an encouragement to take a moment from a busy life and find peace within oneself. The songwriter consistently emphasizes the importance of slowing down and appreciating the small moments in life. Interviews with the songwriter provide additional insight into the inspiration and purpose of the song, while reviews from listeners via social media provide an insight into how the song was received by society at large. Through a holistic approach through document analysis, interviews and social media data, this research succeeded in uncovering the meaning and impact of the lyrical message in the song "Bernafaslah Sejenak", as well as how the song interacts with listeners on various platforms.

CONCLUSION

Based on the presentation of the data above from the lyrics of the song "Bernafaslah Sejenak" by Lafa Pratomo and Nyoman Paul which were analyzed using Ferdinand De Saussure's semiotic theory with the description of the lyrics as a signifier and the meaning as a signified, it can be concluded that this song invites listeners to appreciate a moment to make peace with yourself, realizing that life is not always easy but every trial shapes us into stronger individuals. This is a song that motivates you to

keep fighting and believe that everything will be okay. Overall, "Just a Moment" is a song that promotes the importance of maintaining balance in life, accepting yourself with all your strengths and weaknesses, and finding peace within yourself amidst the busyness and stress of life. The main message of this song is to humble yourself and realize that life does not always run smoothly. Sometimes, we need to let go of the pressure and let ourselves breathe for a moment. Lafa Pratomo and Nyoman Paul emphasized the importance of resting and reflecting in facing life's challenges. Through this song, he invites listeners to pay attention to their mental and emotional well-being, and take time to calm their minds and find peace within themselves.

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