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## Semiotic Analysis of Overthinking in Music Vidio Takut by Idgitaf

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### ABSTRACT

Overthinking is one of the big problems for young people nowadays. The release of the music video of Takut by Idgitaf is very relatable to the overthinking phenomenon that occurs in young people. This research aims to analyze overthinking representations in the music video of Takut by Idgitaf. The method used in this analysis is qualitative and the theory of Roland Barthes to identify myth, denotation, and connotation meanings in the video. Semiotic signs are found in the music video Takut by Idgitaf, both visually through video and verbally through the lyrics. The research proves that the music video for this song of Takut by Idgitaf has been signed visually and verbally, describing a person's overthinking attitude towards everything, especially young people. This song explores the feelings of young people nowadays about the stress of thinking about the future, the fear of failure, and the anxiety about getting older also means increased responsibility. Besides, this song conveys how young people can deal with overthinking.

**Keywords:** Connotation, Denotation, Overthinking, Myth, Music Video, Semiotic

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## 1. Introduction

Overthinking is one of the big problems for young people nowadays. It was proven by (97,01%) of 66 respondents that young people overthink because of a condition in which individuals overthink something, which usually leads to negative things. Continues the thought that overthinking is detrimental. Because overthinking hinders a person from acting, consumes energy, and cripples their abilities, someone, to decide because it takes place constantly and just repeatedly thinking. Furthermore, according to Ahmadi (2009), overthinking is a process of solving problems or thinking processes that are too excessive. It provides losses and benefits that depend on the intensity of what is done. This unproductive thinking makes a person trapped in a stagnant condition, unable to do new things, and hinders the progress of one's life.

Overthinking is when a person is immersed in thoughts in his brain that produce anxieties and worries. This overthinking drains energy and time and brings the sufferer to an unproductive condition. This can be a chronic symptom, such as anxiety disorder, if-then overthinking makes the sufferer think away from reality because

he is so immersed in his thoughts. These overthinking drains energy and time and brings the sufferer to an unproductive condition. This can be a chronic symptom, such as anxiety disorder, if-then overthinking makes the sufferer think away from reality because he is so immersed in his thoughts.

The causes of overthinking usually vary. Generally, it occurs when someone is considering a decision, trying to understand the actions or decisions of others, predicting the future, reflecting on what has happened, and thinking about the future (Andiani, 2020). This explanation is supported by Fakhir (2019), explaining that people who experience overthinking have several characteristics, including being careful in making decisions and being a good problem solver. When a person continuously overthinks, it will hurt them, such as quickly tired emotionally so that it can impact their energy in carrying out activities.

Overthinking is also included in psychological disorders because it can create anxiety in the sufferer. A person who has excessive pressure can cause physical pain. Overthinking is called paralysis analysis, where the person continuously thinks about a problem without finding a solution (Fakhir, 2019). People who have to overthink tend to feel the burden of excessive thoughts that will also impact the meaning of their lives. The signs of overthinking are constantly feeling tired, having trouble sleeping, and feeling afraid of the future, and it can also cause physical pain. However, you can try to reduce overthinking in several ways: rest, being sensitive to yourself, listening and saying positive words, doing physical activity as a distraction, and so on.

Meanwhile, listening to or saying positive words can reduce your excessive anxiety. One fun way is to listen to a favorite song that can generate positive energy. Music composers convey feelings and moods through symphonic works or tell a story through song lyrics. As a result, music has become a universal language to communicate or express emotions and human stories. With media development, music can now be combined with other media. One of them is movies. Definition of MV (music video) or video clip is a short film or video accompanying the music; generally, songs and modern video clips serve as tools for marketing to promote an album recording (Moller, 2011).

Furthermore, the Takut song by Idgitaf is significantly related to the overthinking phenomenon in young people nowadays. Not only do the lyrics try to describe the problem of overthinking, but the music video is also very in line with the content of the song's lyrics. The music video can describe the song's meaning, and there are also signs in the song. Through this song, Idgitaf puts many signs related to the messages of overthinking. Roland Barthes revealed that language is a sign system that reflects the assumptions of a particular society at a specific time (Sobur, 2006, p. 63). Barthes uses the theory of significant-signified, which was developed into an idea of meta-language and connotation. Barthes prioritizes three things that become the core of his analysis: denotative meaning, connotative meaning, and myth. The first-level meaning system is called denotative, and the second is connotative.

The denotative and connotative words come from a single word: denotation and connotation. Denotation is relatively stable, but that does not mean the denotation will remain over time. Like all meanings, denotation will result in a value differential between sign and code, not just a simple correspondence between signifier and signified. If the denotation of a word is objective, then the connotation of a word is its subjective or emotional meaning. (Sobur, 2009) suggests that intent involves symbols and historical and emotional matters. The connotative meaning is personal because their area shifts from the general sense (denotative). After all, a specific taste and value have been added. While many people can understand the denotative meaning, fewer people can only understand the connotative meaning. A signifier can have several signifiers in myth theory.

According to Barthes, messages are connotative when the media share messages that create myths. The definition of myth here does not always refer to mythology in the ordinary sense, as with traditional stories, legends, etc. Barthes also stated that myth is a communication system because this myth ultimately functions as a marker of a separate message. According to him, myth is a way of meaning, and he states myth more specifically as a type of discourse or speech. Myths cannot describe through the object of the message, but through the way the message is delivered. Anything can be a myth, depending on how it is textualized. It is often said that ideology hides behind myths. A myth presents a set of fundamental beliefs buried in the representative's unconscious.

Based on the explanation above, the writers try to identify the characters that represent overthinking in this video by using a Semiotic study as a study of analysis of the signs. Some research on semiotics has been done before, but only a few have discussed animation through songs that represent messages conveyed to readers or

those who view the video. Therefore, this research was conducted to reveal this phenomenon. Saussure (1916) stated that semiology aims to take in any signs, whatever their substances and limits; images, gestures, musical sounds, objects, and the complex associations of all these forms the content of ritual, convention, or public entertainment. Barthes (1977) continues the thought by emphasizing the interaction between the text with its users' personal and cultural experiences and the interaction between convention in the text and the patterns experienced and expected by its users. Barthes' idea is known as the order of signification, including denotation (dictionary meaning), connotation (second meaning by cultural and personal experience), and myth that signed society. The cultural result is shown by a set of images that everyone in the community agrees on to show their cultural identity. A work of art expresses or embodies something of different parts. Each part is set up in such a way that, through several interconnected structures, it forms a framework that can be seen (Umazah, 2021)

## 2. Research Method

The approach used in this research is qualitative. Qualitative research is research in natural conditions that do not use quantum or quantities and focuses on the meaning behind the observed data (Sugiono, 2013). This research uses analysis methods (content analysis). According to (Nugrahani, 2014), Document content analysis (content analysis) is a data technique that utilizes notes, archives, pictures, lyrics, and other documents. In this research, the method used qualitative method is used to give an explanation and description of the data. This research can only be analyzed with an answer and descriptive technique with data from pictures, song lyrics, statements, and ideas. The data source is the music video Takut by Idgitaf, uploaded on YouTube on 1st October 2021. This music video has visual and verbal signs that correlate with nowadays phenomenon called overthinking. For example, in this video, a girl sat alone celebrating his 25th birthday. The meaning of the girl sitting alone that we know is that she feels afraid and worried about his getting old. For that, this research aims to know the signs used and find denotation, connotation, and myth meanings in the music video of Takut by Idgitaf.

There are some steps to find out the signs, denotation, connotation, and myth meaning in the music video of Takut by Idgitaf, such as watching the music video of Takut by Idgitaf again and repeatedly while screenshotting every scene that has a sign, writing down the connotations and denotations of the signs found and classify the signs, definitions, and denotations meaning based on the theory of Roland Barthes. The data taken from the music video of Takut by Idgitaf was observed from every scene and song lyrics.

## 3. Result and Discussion

### 3.1 The 20 years old stage



Figure1. Scene 1 (00:17-00:27)

*Lyrics:*

*Sudah di kepala dua (Already in two heads)*

*Harus mulai dari mana?(From where to start?)*

#### **Denotation:**

A woman in yellow attire and a cheerful smile sits in a room with several photographs of herself on the walls. In front of her is a large table with a birthday cake with 20 candles, white flowers, a jewelry box, a



gift, and a snack cake on a cake tray. The right and left sides are decorated with traditional birthday decorations, such as balloons and giant gifts on the floor.

**Connotation:**

The visualization of a smiling woman signifies the joy she feels in herself. A smile is a sign that someone is in a good mood. Yellow clothes also represent a cheerful and optimistic attitude. As reported by bourncreative.com, the yellow color philosophy reflects hope, imagination, intelligence, fun, and freshness. A colored hairdo also shows the courage to express herself. The festive decoration of the room with birthday trinkets indicates that the woman is celebrating her birthday, marked by the number of balloons, large gifts on the right and left sides, and a birthday cake with candles in the shape of the number 20. Furthermore, the photos on the wall symbolize the woman's relationship with other people; she has many friends, experiences, and memories immortalized in the picture.

From the verbal sign, namely the song lyrics, namely *'Sudah di Kepala dua,'* which is a sign that corresponds to the visualization of the number of candles on the birthday cake in the form of '20', indicating that the woman has entered her twenties, an age that is growing up. Next, the lyrics *'harus mulai dari mana?'* signify that she starts to feel confused and wonders what to do at 20.

**Myth:**

Twenty years old is a phase from adolescence to adulthood in which a person explores abilities and expresses themselves. In this phase, a person is usually considered to learn to make decisions for themselves. The community usually also considers this age an ideal age to try to achieve goals for the future, for example, by going to college or working. Therefore, it can be said that this age is the age that requires a person to start valuable something, able to make decisions even though his mind is filled with questions about these choices.

3.2 The 25 years old stage



Figure 2. Scene 2 (01:55-02:40)

*Lyrics:*

*Pertengahan dua lima (Mid two five)*

*Selanjutnya bagaimana? (What's next?)*

*Banyak mimpi yang terkubur (Many buried dreams)*

*Ku tak tahu apalagi yang kan kukejar ( I don't know what else I'm after)*

*Mengorbankan waktu tidur (Sacrificing sleep)*

*Takut tambah dewasa (Afraid to grow up)*

*Takut aku kecewa (I'm afraid I'm disappointed)*

*Takut tak seindah yang kukira (Afraid it's not as beautiful as I thought)*

**Denotation:**

Still, in the same room, the woman sat at a table with a sad expression, her lips pursed, her eyes closed, her eyebrows down. In this scene, he wears purple clothes, and his hair is black (not dyed like in scene 1). The difference is also seen in the objects in the room. The number on the birthday candle changed to '25', some missing photos on the wall, balloons remaining 3, and reduced gifts.

#### **Connotation:**

Quoted from Sehatq.com, psychologically, the use of light purple has the meaning of independence, ambition, mystery, and wisdom. Of course, this is in line with the sign given to the visualization of this music video, where at the age of 25 (marked by a number candle on a birthday cake), a person is required to be independent, have wisdom, have ambitions for a career or work, but also has a mysterious side related to the future. Hair that returns to a natural black indicates that at that age, it is not the time to be too stylish like when you were young. Furthermore, the balloons symbolize his hope for his life, so he gives up his hopes when some balloons are released.

As we get older, we realize that sometimes expectations or expectations about something are very different from reality; what we dream of often does not match reality. Some of the photos on the walls that fade and then disappear, and gifts decreasing in number indicate the presence of special people in their lives is getting rarer. One friend leaves because she is busy working, having a career, getting married, etc. The complete visualization of the image supports the reasons for the woman's expression, namely drooping eyebrows, closed eyes, and pursed lips, indicating feelings of depression and anxiety with the life she is living at the age of 25.

The verbal sign '*pertengahan dua lima*' synchronized with the visual sign of the candle number '25' on the birthday cake indicates that the woman is 25 years old. The verbal sign of '*selanjutnya bagaimana?*' illustrates his anxiety that even at that age, he is also experiencing doubts about determining her goals, maybe thinking about various risks in the future. The verbal sign of '*banyak mimpi yang terkubur*' is the visualization of a balloon that symbolizes hope, namely that he has to bury her dreams or hopes that do not match expectations. Then '*mengorbankan waktu tidur*' means adults have to be ready for all the demands of life, whether it is college, work, marriage, or whatever, everything must be done as much as possible, even to stay up late and lack rest time. '*Ku Tak Tahu apalagi yang kan kukejar,*' the woman is already stressed with all the anxiety about becoming an adult until she does not even know what she is aiming what she has been fighting for. The following verbal sign is '*Takut tambah was,*' 'Takut renewal, '*Takut tak seindah yang kukira,*' continuously describing self-anxiety about getting older and not achieving their dreams, fear of being disappointed in the face of failure.

#### **Myth:**

In this phase, one's responsibility gets bigger. The surrounding environment will usually judge success at this age, seen by how high education is, have worked or not, what job you have, whether you are married or not, whether you already have a house, must have a partner, and so on. High expectations that demand perfection in everything can make a person feel depressed. This song tries to convey this visually through the image display and verbally through the lyrics. Someone with excessive anxiety about himself is undoubtedly more or less influenced by the standardization of success at the age of 25 who must have achieved everything and lived an established life without lacking anything. Even though everyone has a different process, reaching their goals takes additional time. The myth that success must be obtained at the age of 25 makes those in this phase experience anxiety and excessive anxiety about themselves due to following the standardization in society.

### 3.3 The 27 years old stage



Figure 3. Scene 3 (03:24-03:44)

**Lyrics:**

*Aku sudah dewasa (I'm an adult)*

*Aku sudah kecewa (I am already disappointed)*

*Memang tak seindah yang kukira (It's not as beautiful as I thought)*

*Memang tak sekuat yang kukira (It's not as strong as I thought)*

**Denotation:**

The same woman, wearing a combination of dark yellow, purple, and pink clothes, sat in a room already looking increasingly empty of the knick-knacks that decorated it. The table seems increasingly open, a birthday cake with the number 27 and on the right side, there are no more big gifts, only one balloon on the left side and a photo on the wall. The expression on his face looks tired without a smile; his eyes are sad, staring blankly, but he still looks better than in part 3.

**Connotation:**

Based on the visual signs, the woman is 27 years old, indicated by the number 27 candle on her birthday cake. The room with one photo on the wall depicts his relationships with other people, i.e., fewer friends, people starting to leave, and no gifts. The room that looks empty describes their loneliness in her. At 27, she can increasingly accept herself with acknowledgments marked by verbal signs 'Aku Sudah dewasa,' 'Aku Sudah dewasa, which means she has realized she is 27. She admits that she has felt disappointed. 'Memang tak seindah yang kukira' means that she already understands life situations that sometimes do not meet our beautiful expectations; many things can happen, including bad things that must be prepared to be faced. The verbal sign 'Memang tak sekuat yang kukira' means that we become weak even though we are strong. The facial expressions shown seem to be improving compared to the previous scene. Still, eyes that look are also related to the signs that at 27, the woman is trying to make peace with all her anxieties by accepting all failures, fears, disappointments, weaknesses, and bitterness in her life.

**Myth:**

This phase is a maturation stage, especially mentally; a person learns to accept the existing reality. After various high expectations from the social environment and oneself that occurred in the 25-year-old phase, at 27 years old tried not to put the expectations on anything—trying my best but not having high hopes. Learn to accept the fear and worries, even though it is difficult.

### 3.4 The 30 years old stage

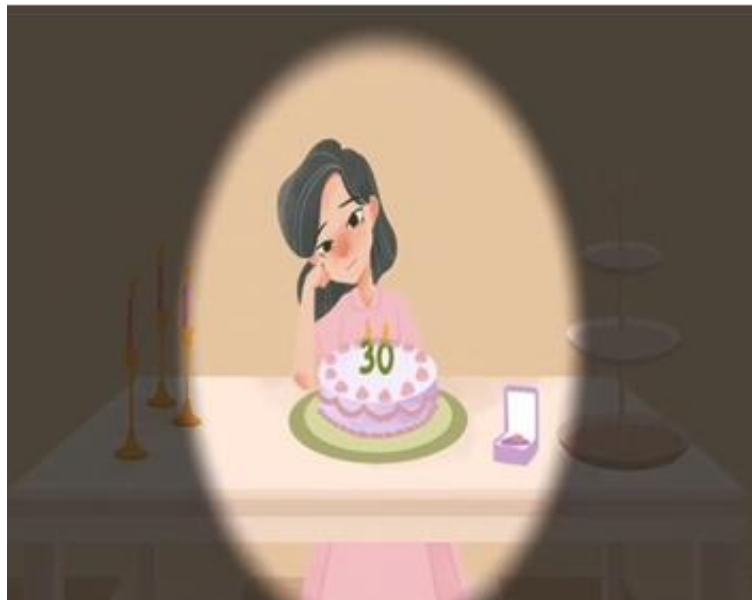


Figure 4. Scene 4 (04:22-04:48)

*Lyrics:*

*Engkau tetap bernapas meski sering tercekak (You still breathe even though you often choke)*

*Dan langkahmu kan terasa bebas (And your steps feel free)*

*Dan hatimu kan terasa bebas (And your heart feels free)*

*Dan jiwamu kan terasa bebas (And your soul will feel free)*

**Denotation:**

The room looks empty in this section, leaving only the birthday cake with the number 30 candle. No gifts and balloons to decorate. The woman wearing a simple pink outfit smiled faintly while supporting her head.

**Connotation:**

Scene 4 is the closing scene in the music video 'Takut' by Idgitaf. In this closing section, the visualization is in the form of a number on a candle on a birthday cake which indicates that the woman is 30 years old. Her makeup and clothes look more straightforward, with unobtrusive colors symbolizing modesty at 30. The room that looks empty also represents the age that has stepped on 30 years old; festivities are no longer needed; her thin smile illustrates that she is her priority; what is she required is peace of mind, according to the verbal sign in the song, namely 'Engkau tetap bernapas meski sering tercekak,' 'Dan langkahmu kan terasa bebas,' 'Dan hatimu kan terasa bebas,' 'dan jiwamu kan terasa bebas' means that she will try to keep fighting in life, be grateful for what she has and accept all forms of failure, mistakes, and anxiety—made by the mind itself. With all that acceptance, she feels free, not burdened by the expectations and success of others.

**Myth:**

Most people make significant changes in their lives when they are three-headed, including changing career direction, divorce, or other drastic measures. The end of the second decade in our lives is used as a moment to assess the journey that has passed and make changes. The researchers argue that the new decade will likely inspire a search for meaning and may lead us to envision entering a new age. At the age of 30, our mental maturity is already solid and ready to accept the realities of life. The orientation at the age of 30 is self, health, family (if married), and career, without thinking about the judgment of others. There is excess fear and anxiety, but previous experiences can overcome it.

**4. Conclusion**

Based on the analysis above, the writer found signs showing overthinking attitudes visually through scenes in music videos and verbally through song lyrics. After watching and analyzing carefully, four main scenes represent the attitude of overthinking, namely Scene 1 is the overthinking phase at the age of 20 years, Scene 2 is the overthinking phase at the age of 25 years, Scene 3 is the overthinking phase at the age of 27 years, and



Scene 4 is the phase of overthinking and its solution that occurs at the age of 30 years. Each scene is analyzed using Barthes's theory by identifying visual and verbal signs, which are then searched for the meaning of denotation, connotation, and myth. The music video Takut by Idgitaf presents the message of overthinking nowadays among the young generation and how to solve it, which can be seen in the signs in scene 4. Thus, this study reveals how the music video Takut by Idgitaf can represent an attitude of overthinking and how to overcome it to make people interested in watching or listening to this song to decrease and normalize feeling worries and fear about something.

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