Representation of Self Healing in the Song Lyrics "Self" by Muhammad Tulus Rusydi Rholand Barthes' Semiotic Analysis Study

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Article Info	ABSTRACT
	This study discusses the meaning of the self-healing symbol contained in the lyrics of the song "Self" in the album Manusia by Muhammad Tulus Rusydi in Roland Barthes' semiotic perspective. The symbol of self-healing in the lyrics of the song "Self" in the album Manusia by Muhammad Tulus Rusydi in the semiotic perspective of Roland Barthes who explains how to analyze the meaning of signs. In the song "Self" represents the symbol of Self Healing, namely forgivness which discusses about making peace with the past, gratitude discusses appreciation of oneself, positive self talk discusses expressing gratitude to oneself, expressive writing and mindfulness which discusses efforts or methods in self-reflection.

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1. INTRODUCTION

Currently in Indonesia, self-healing is becoming a conversation among teenagers in general. The term self healing is widely used as a form of symbol and also an expression used to recover emotional problems experienced by humans from various things that happen in individual social life such as: stress due to work pressure, family problems (broken home), romantic relationships, friendships and others.

The World Health Association (WHO) characterizes overall that health is a psychiatric (mental) condition and social condition that is closely related to illness and a person's physical condition. Emotional well-being is an important part of realizing a healthy physical condition and has become a necessity for every human being. As per WHO records in 2019, there are about 35 million people with depression, 60 million bipolar, 21 million with schizophrenia, and 47.5 million with dementia. This shows that emotional well-being disorders have become a tremendous concern around the world, especially in high-population countries like Indonesia, and countries that have strict work rules like Japan. With so many disorders related to emotional well-being that have occurred, the WHO has declared it a psychological health crisis.

Based on Riskesdas information, the prevalence of mental disorders in Indonesia increased overall from 1.7% in 2013 to 7% in 2018. With people with depression who are over 15 years of age or older or adolescents and only 9% who get treatment, various factors cause sufferers not to get treatment. In North Sumatra, the number of mental problems recorded (such as anxiety, depression, sadness, etc.) increased at the age of 15 years and above from 6.5% from 2013 to 2018. This information is supported by the rampant cases of bullying and persecution. This behavior actually occurs among young people and even adolescents. Then at the age between 25 years to 40 years is also very vulnerable to depression caused by work pressure, economic pressure and others (Ministry of Health of the Republic of Indonesia, 2018).

According to (Redho et al., 2019) self-healing or self-healing is a method to improve by exploring the sentiments and feelings hidden in the body. Self-improvement can be done by doing a series of useful activities for about 25 minutes and will be effectively done 2 times a day. Self-recovery is equivalent to the restoration of personality, with the full intention to convey expression and anger due to a specific cause. In Islam, the term healing is often equated with the word al-Shifā' which means medicine. The word healing comes from English which means healing, healing, healing, healing, genocide, obliterating (Sederet.com, TT). Meanwhile, according to the term, healing is often used as one of the healing methods for clients / patients who experience both physical and psychological disorders. In the study of psychology, for example, healing is a therapy that is quite effective and needed to deal with trauma (trauma healing) in children victims of the Banten tsunami natural disaster through play therapy. The goal is that children can accept and continue their lives. Healing can also be used by creating a positive environment, supporting and providing positive stimulation for the five senses, especially for hospital patients. This action is known as healing environment (Hafidz &; Nugrahaini, 2020).

Currently, many music that is often used as Sealf Healing are the results of the indie music industry. Indie is free and autonomous music, not subject to market demand which is usually intervened by major record companies or major labels such as Sony Musik, Atlantic Records, Aquaris records, Warner Musik Indonesia and so on. Overall, indies are independently composed songs created by performers and then promoted and distributed themselves without relying on large, profit-oriented record companies. So that musicians have freedom in their work.

Muhammad Tulus Rusydi, or commonly called Tulus is one of the singers who records all his works independently, or called indie. One of the albums released by Tulus is titled "Manusia" on March 3, 2022. In this album there are 10 songs namely Seventeen, Kelana, Remedy, Interaction, Ingkar, Fall Suka, Nala, Be Careful on the Road, Self and One-Time. All of these songs are inspired by the results of his interactions with humans and also his interactions with himself. In this study, researchers were interested in a song entitled Self, here are the lyrics of a song that means self-healing.

Based on the previous background, the formulation of the problem is: How is the representation of Self Healing in the lyrics of the song "Self" by Muhammad Tulus Rusydi ?

LITERATURE REVIEW

Understanding Self Healing

Self healing is a term characterized as a method to recover from poor emotional health. Certain people may experience profound problems that cause inner wounds. If the mental wound is left for a long time and can affect his daily activities. Therefore, several factors can cause deep inner wounds. In general, this occurs as a result of deep disappointment, lingering grief due to loss, failure to achieve something, and various problems that occurred before. In the long run, the

condition becomes a true medical disorder. This happens because physical health and mental health issues often appear together.

Self-healing is actually not a term used commonly in psychological examination research. However, these days the process of recovering from things like trauma, stress, anxiety, and depression is an increasingly studied topic. A person's ability to apply self-healing varies. But self-healing has the purpose of expressing feelings that are delayed within a person be it feelings of anger, bad memories, feelings of hopelessness that have accumulated.

Self-healing methods are often used in the United States. This method has uses for healing physical mental conditions. These two aspects are aspects that are in harmony and cannot be separated. In order to achieve optimal healing, this method needs to be taken seriously and consistently.

Self-healing is an approach officially introduced by Loyd & Johnson. This approach includes self-help and self-soothing skills, along with energy recovery, reduced physiological stress, and increased comfort. There are two reasons for self-healing. First, humans as beings who are given the power of thinking and reason, it is appropriate to use these advantages to act wisely. Secondly, the physical ailments suffered by individuals are getting worse even though medical technology for treatment is advancing. Chan and colleagues report that self-healing exercises can improve psychophysical health status (Latifi Zohreh, Soltani, 2020). Self-healing is based on the principle that the human body is able to repair and heal itself in certain natural ways (Bahrien &; Ardianty, 2017).

Self-healing training is effective in increasing self-compassion and reducing concerns about body image in skin cancer patients. Apart from being self-healing, self-healing can treat cellular memory that can impair self-judgment, boost self-esteem, and code love and happiness. As a result, patients become more tolerant of problems and resistant to attention appearance. Self-healing is also effective in reducing stress in patients with autoimmune disease, reducing pain scales in post-op patients, and is also used as a preventive effort to transmit COVID-19 through improving the body's immune system (Bahrien &; Ardianty, 2017).

Song Lyrics and Music

Literally song lyrics have two meanings: the first is lyrics; has the meaning of a literary work of poetry that contains an outpouring of one's feelings inspired by the experience passed by the author. The second is song, meaning as a song usually accompanied by a musical instrument. So in general, the understanding of song lyrics is the result of a combined work of art between language art and sound art or music art. Words that are usually used for musical composition and are extended as in opera are usually known as "libretto" and the author is called "librettist". The songwriter or songwriter should have a lot of figurative word references that describe a state, a feeling experienced to convey in his song. The use of figurative words is often effective in conveying the message that the songwriter wants to convey.

Song lyrics are used as a representative of someone in expressing things that happen to him. The wording, language style, use of connotations and denotations or the use of majas which are strengthened by the rhythm and melody of the music are then adjusted to the lyrical instrument of the song so that it is pleasant to hear and the listener is also increasingly carried away by the strains of the song conveyed in the lyrics of the song.

According to Suhastjarja, music is an expression of human beauty in the form of a rounded concept of thought, in the form of tones or other sounds that contain rhythm and harmony, and have a form in space time that is known by oneself and other humans in their environment, so that they can be understood and enjoyed.

In the Big Indonesian Dictionary, music is the science or art of arranging tones or sounds in sequences, combinations, and temporal relationships to produce compositions (sounds) that have unity and continuity. Another theory says music is a tone or sound that is arranged in such a way that it contains rhythm, song, and harmony (especially those that use tools that can produce these sounds). Music is also the most important part of a song, a sound produced from an instrument intentionally by a person or group. According to Campbell, music comes from the root word muse. The word muse was later taken over into English. In Indonesian it is interpreted as a form of reflection. This is because music is universal owned by humans (Psychologist, 2014). Nordoff and Robinson assert that music is described as a universal experience, meaning that everyone can enjoy it. Music contains universal messages so that it can reveal human feelings and can bring the soul to deep feelings. Music has three important parts: bit, rhythm, and harmony. The combination of the three will produce delicious music. Good music is music that harmonizes all three, so that it becomes a harmonious whole. These three important parts, each will have a different influence on human life. Just as bits have an effect on the body, rhythm has an effect on the soul, while melody has an effect on the spirit or soul.

Representation theory

Representation is a picture of something that is contained in life and described through a medium. (Ardianto et al., 2020) mentioned that, representation is a process of inferring, processing ideas, knowledge or messages in some physical form. It can be defined precisely by the use of signs to connect, describe, imitate something that is felt, understood, imagined, or felt in physical form.

According to (Marcel, 2010) representation is the result of a selection process that emphasizes certain things and ignores others. In representation, the media becomes a sign that will be used to make a representation of something undergoing selection. Which corresponds to the needs and achievement of the goals of ideological communication so that in the process of its use, ignoring other signs.

In simple terms, representation can be defined as an activity of redisplaying, representing something, a dream or a method of interpreting what is given to an object or text that is imagined. Text here can be in any physical form, such as writing, images, real events and audio visual, the word representation has three meanings, namely:

a. To stand in for, which means symbolizing, for example, the red and white flag raised at international match events, this shows that Indonesia is participating in the event.

b. Represent (to speak or act on behalf of) means a means to speak someone on behalf of a group, for example the minister of finance becomes a representative of the Indonesian people speaking in other countries at international economic forums.

c. To re-present, meaning to re-present. Representation works through a representation system consisting of two important structures, namely the structure of thought or ideas and the structure of language. Both influence each other and are interconnected, ideas that arise in our minds will not be conveyed unless done through language, and vice versa, language without an idea is nonsense. For example, if we have the idea that Independence Day should have a race, then we need a language structure to explain it.

Rholand Barthes Semiotics

Semiotics or semiology are terms that refer to the same science. The term semiology is increasingly widely used in Europe while semiotics is regularly used by American researchers. The

term derived from the Greek word semeion which means "sign" in English is a science that examines the framework of signs, such as language, codes, signs, and others.

Semiotics is a field of science that studies signs, namely symbols or signs that exist in society. Semiotics studies the systems, rules or conventions that allow signs to have meaning in society, so semiotics also has a very broad field of study.

The successor of Saussure's thought was Roland Barthes. It's just that Saussure was interested in the complicated way sentence formation and sentence structure determine meaning, but less interested in the fact that the same sentence can give different meanings to individuals in various circumstances.

Roland Barthes is known as one of the structural thinkers who zealously practiced Saussure's linguistic and semioligic models. Rholand argued that language is a sign system that reflects the assumptions of a particular society over time. The denotation system is a first-order sign system, consisting of a chain of signifiers and signifiers, that is, the materialistic relationship of signifiers or abstract concepts behind them. In the connotation system or signifier system, the second level of the signifier chain or signifier in the denotation system becomes a signifier and so on relates to the others in the higher signifier chain. In Roland Barthes' framework, connotation is synonymous with the operation of ideology, which he referred to as (myth), and serves to reveal and provide truth for the dominant values prevailing in a given period. In myths there are also three-dimensional patterns of markers, signifiers, and signs, but as a unique system. Myth is built for a chain of pre-existing meanings or in other words, myth is a second-level system of meaning.

Roland Barthes understood ideology as a false consciousness that leads people to live in an imaginary, idealized world, even though the reality of life is not. Ideology has existed as long as culture has existed, and that is why Roland Barthes says that connotation is an expression of culture. Culture manifests itself in texts and thus, ideology manifests itself through various codes that seep into the text in the form of important markers, such as characters, settings, points of view, and others (Sobur, 2009: 71). Roland Barthes' semiotic model deals with the meaning of signs by using two-stage signification, namely looking for denotational and connotational meanings, namely real meaning and figurative meaning.

2. RESEARCH METHODE

The type of research to be used is a type of qualitative research using a qualitative descriptive approach. Where this study will later provide an overview or summary of the conditions and situations contained in the lyrics of the song Diri by Muhammad Tulus Rusydi on streaming media. The study used a qualitative approach using Roland Barthes' semiotic approach pattern that analyzes the meaning of signs through denotation, connotation and metalanguage systems specifically examining how some parts of text are used to form meaning. The text can be formed by a producer for a single person or a general audience. Text can also be formed together by participants, but in many cases the meaning will vary greatly for participants (Yusuf, 2016).

Research was conducted on the song Diri which was on the Muhammad Tulus Rusydi youtube channel, researchers were directly involved in analyzing the meaning of self-healing from the song. Because this research is included in semiotic analysis, the location of the research is not like what research does in the field. The time needed for research is about 1 month and 15 days and allows for additional research time.

The data sources that will be used by researchers to support this research process are primary and secondary data sources. The primary data is in the form of raw data obtained directly from the recording of the song "Diri" by Muhammad Tulus Rusydi, which is then divided into verses and selected couplets according to the formulation of the problem used for research (Lexy J. Moelong, n.d.).

Secondary data are data obtained by researchers from documents or literature that supports primary data such as the internet, articles that discuss the desired research title, print media, books, and social media.

Data collection can be defined by the activity of recording events, things, and information or characteristics of part or all of the population elements that will be useful for the continuity of research. Data collection methods are techniques or methods used by researchers in an effort to obtain and collect the data needed. In the qualitative method itself, the data obtained must be detailed, clear and also in-depth. The methods used are observation and documentation.

3.   RESULT AND ANALYSIS

General Description of the Research Subject

Image 4.1 Photo of Muhammad Tulus Rusydi
Source : Spotify.com

Muhammad Tulus Rusydi was born in Bukittinggi, West Sumatra, Tulus holds a bachelor's degree in architecture with an endless love for music. Not only limiting himself in the field of music, Tulus collaborates with various professions outside the music industry, including illustrator, graphic designer, art performer, videographer, and photographer. Names such as Davy Linggar, Melati Suryodharmo, Papermoon Puppet Theatre, and Kendra Paramita are 4 among many other names who have collaborated with Tulus.

Working under the banner of independence, Tulus works under the auspices of Tulus Company, the company he built with his older brother, Riri Muktamar. TulusCompany as a record label and artist management has released 3 bags of music albums for Tulus. All music works in the three music album bags are the work of Tulus himself.

To date, Tulus songs have been listened to 97.01 million times through the digital streaming service, Spotify. Tulus also became the first Indonesian musician to reach 1 million subscribers on the digital streaming service, Spotify. Having 425,668 subscribers on the Musik Tulus Youtube channel, all Tulus videos have been viewed 224,098,506 times. Indonesia, became the home of every Tulus music work, but not only stopped publishing music works in its "home", as of 2015, Tulus has expanded to Japan. The first step of Tulus's expansion in Japan, began with the release of Tulus's first Japanese-language song titled "Kutsu". "Kutsu" is a composition of the song "Shoes" in the Japanese version. In the third year of his musical journey in Japan, Tulus was appointed as the Ambassador of 60 years of Indonesia-Japan Friendship (Adawiyah, 2012).

"Diri" Song Lyrics
Bait 1.
Hari ini Kau berdamai dengan dirimu sendiri
Kau maafkan Semua salahmu ampuni dirimu

Hari ini Ajak lagi dirimu bicara mesra
Berjujurlah Pada dirimu, kau bisa percaya

1) Signified In the lyrics it says *Hari ini Kau berdamai dengan dirimu sendiri, Kau maafkan Semua salahmu ampuni dirimu.*
2) The signifier in the lyrics says *Hari ini Ajak lagi dirimu bicara mesra, Berjujurlah Pada dirimu, kau bisa percaya*
3) (*denotative sign*) Jangan menyalahkan diri mu sendiri, maaf kan diri mu dan berdamailah dengan diri mu.
4) connotative signified Singers want to convey the message that no human being does not make mistakes, so don't put too much pressure on yourself.
5) connotative signifier Mistakes made by every human being are natural, so don't blame yourself too much.
6) connotative sign Tell yourself that the mistake was not your fault, convince yourself that you got through it all.

Bait 2.

Maafkan semua yang lalu
Ampuni hati kecilmu

1) Penanda (*signified*) On the lyrics it says *Maafkan semua yang lalu*
2) Petanda (*signifier*) On the lyrics it says *Ampuni hati kecilmu*
3) Tanda Denotasi (*denotative sign*) The past is not something to be lamented, so make peace.
4) Petanda konotatif (*connotative signified*) The message conveyed is sorry for every small mistake that occurs.
5) Penanda Konotatif (*connotative signifier*) Do not make the past as an obstacle to self-development, make it a reference to move forward
6) Tanda Konotasi.(*connotative sign*) Tell yourself that the past will be a lesson for yourself.

Bait 3.

Luka, luka, hilanglah luka
Biar tentram yang berkuasa
Kau terlalu berharga untuk luka
Katakan pada dirimu Semua baik-baik saja

1) Penanda (*signified*) On the lyrics it says *Luka, luka, hilanglah luka Biar tentram yang berkuasa.*
2) Petanda (*signifier*) On the lyrics it says *Kau terlalu berharga untuk luka Katakan pada dirimu Semua baik-baik saja*
3) Tanda Denotasi.(*denotative sign*) Don't make the wounds in your heart make yourself fail in growing and interfere with your happiness.
4) Petanda konotatif (*connotative signified*) The message conveyed is appreciation for all the achievements you have done, don't blame the past situation too much.
5) Penanda Konotatif (*connotative signifier*) Tell yourself okay, so that you can deal with the situation.
6) Tanda Konotasi.(*connotative sign*) Your self is the most valuable, don't judge it just for past mistakes and disrupted your life.

Bait 4

Bisikkanlah Terima kasih pada diri sendiri
Hebat dia Terus menjagamu dan sayangimu
Suarakan Bilang padanya, jangan paksakan apa pun
Suarakan Ingatkan terus aku makna cukup

1) Penanda (signified) On the lyrics it says *Bisikkanlah Terima kasih pada diri sendiri Hebat dia Terus menjagamu dan sayangimu*
2) Petanda (signifier) On the lyrics it says *Suarakan Bilang padanya, jangan paksakan apa pun Suarakan Ingatkan terus aku makna cukup*
3) Tanda Denotasi (denotative sign) The lyrics give a message to thank yourself.
4) Petanda konotatif (connotative signified) The message to be conveyed is sufficient for all the efforts you have made, do not force something that is beyond your ability.
5) Penanda Konotatif (connotative signifier) Great you have been able to face everything, thank you and appreciate yourself.
6) Tanda Konotasi.(connotative sign) Make yourself the main force in the face of problems, don't force things, you are great.

Bait 5.

Luka, luka, hilanglah luka
Biar tentram yang berkuasa
Kau terlalu berharga untuk luka
Katakan pada dirimu Semua baik-baik saja

1) Penanda (*signified*) On the lyrics it says *Luka, luka, hilanglah luka Biar tentram yang berkuasa.*
2) Petanda (*signifier*) On the lyrics it says *Kau terlalu berharga untuk luka Katakan pada dirimu Semua baik-baik saja*
3) Tanda Denotasi.(*denotative sign*) Don't make the wounds in your heart make yourself fail in growing and interfere with your happiness.
4) Petanda konotatif (*connotative signified*) The message conveyed is appreciation for all the achievements you have done, don't blame the past situation too much.
5) Penanda Konotatif (*connotative signifier*) Tell yourself okay, so that you can deal with the situation.
6) Tanda Konotasi.(*connotative sign*) Your self is the most valuable, don't judge it just for past mistakes and disrupted your life.

Bait 6.

Bila lelah, menepilah
Hayati alur napasmu semua baik baik saja

1) Penanda (*signified*) On the lyrics it says *Bila lelah, menepilah.*
2) Petanda (*signifier*) On the lyrics it says *Hayati alur napasmu semua baik baik saja.*
3) Tanda Denotasi.(*denotative sign*) Take a break, don't force something you can't do.
4) Petanda konotatif (*connotative signified*) The tough circumstances you faced will all pass and be fine.
5) Penanda Konotatif (*connotative signifier*) The tough situation you face will all pass and it's fine, rearrange your way of thinking don't think negatively.

6) Tanda Konotasi.(*connotative sign*) The connotation message is that things are not okay, it's not your fault, it's okay if you want to rest. Don't force anything beyond your means, so that everything is well and you are happy.

The second category in self-healing symbols is self-appreciation (Grattitude). The song "Self" includes one of the categories of self-healing symbols, namely self-appreciation. This song invites listeners not to judge themselves for something, but to always evaluate themselves from life. No matter how many troubles and obstacles are encountered at this time, it will definitely be passed soon. Because difficulties will always come and everyone must feel it. Regardless of the overall meaning of the song, there are several messages that can be taken away from the lyrics.

This message is conveyed through lyrics:

"Hari ini kau berdamai dengan dirimu sendiri

"Kau maafkan semua salahmu ampuni dirimu

"Hari ini ajak lagi dirimu bicara mesra

"Berjujurlah pada dirimu kau bisa percaya

The message to be conveyed in the verse of the song's lyrics is to appreciate every action you have done, mistakes that occur are part of self-maturation, believe yourself that you can still move forward and be the best.

Then the next grattitude symbol is found in the lyrics of the song "You are too precious for hurt... tell yourself Everything is fine" the message that the singer wants to convey is not to burden yourself too much for excessive guilt, face it as much as you can, because you certainly can and you are not alone.

The third category of self-healing symbols is positive self talk. Self talk has the meaning of motivating yourself to be more motivated in productivity. Song lyrics that have that message are:

" Bisikkanlah terimakasih pada diri sendiri

" Hebat dia terus menjagamu dan sayangi mu

" Suarakan bilang padanya jangan paksakan apapun

" Suarakan, ingatkan terus aku makna cukup

The message to be conveyed in the verse of the song's lyrics is to thank yourself, for being able to struggle to this stage, no need to force anything beyond ability, everything that has been done to date is more than enough and great.

The fourth category of self-healing symbols is reflecting on thoughts and feelings. Overall, self-songs have an interpretation of expressive writing, in the form of cognitive psychotherapy, which can overcome depression, anxiety and stress problems. The lyrics of the song that has this meaning are *"Bila lelah menepilah, Hayati alur nafasmu"*. The message you want to convey in the lyrics if tired don't push yourself too much, rearrange your thoughts and feelings, don't rush to take your breath, eliminate all negative thoughts that shackle so that everything is fine.

The fifth category in symbol self-healing is mindfulness. This means that it is a process of effort made to make someone more focused on situations and conditions in the surrounding environment. This method can help a person have a better understanding of himself and can help reduce stress. A person's awareness in taking action, behaving towards others, and dealing with everything around him. This act of mindfulness is done through meditation therapy.

Overall, the song "Self" can be used as a meditation method because it has meanings that can provide a positive side in a person, be it forgivness, gratitude, positive self talk and expressive writing. Song lyrics that mean focus in dealing with situations are *"Biar lelah menepilah, Hayati alur nafasmu"*.

The message to be conveyed is to focus on yourself, focus on the future and present circumstances, do not make the past an obstacle to your path. The interpretation of the lyrics of

the entire song "Self" is to influence everyone to adapt to past lives with the aim of developing a more mature mindset and seeing other perspectives on a problem, by changing it to serve as a valuable lesson.

In this study, a theoretical perspective was used, namely the theory of symbolic interaction. Symbolic interaction theory is a theory of focusing attention on interactions between individuals and groups. People interact primarily by using symbols by using symbols that include signs, gestures, and through words in writing and verbally. A word does not have a meaning inherent in the word itself, but is just a sound, and will only have meaning if people agree that the sound contains a special meaning (Aidil, 2018). The song "Self" represents the symbol of Self Healing with the category of making peace with the past and forgiving yourself.

Based on the explanation above, the research findings obtained are the meaning of self-healing symbols using Roland Barthes' semiotic analysis. After analysis, it was found that the symbol of the self-healing message contained in the lyrics of the song Diri in the album Manusia. The findings obtained are in accordance with the theory, that there is a meaning in the fragment of the lyrics where the meaning can be a symbol of the lyrics of the song. The lyrics of the song have a special meaning or meaning for the connoisseurs of the song.

Overall, in this song, the singer wants to interact with fans and listeners through the lyrics of the song in which there are symbols and gestures related to self-healing. The symbol of the lyrics of the song Diri by Tulus can be conveyed well.

The self-healing message in this song expresses that life must always feel grateful and if you are sad enough, there is no need to think about it protracted. Loving and forgiving yourself is much more important because only you know where your happiness lies, not anyone else's. Failure in the past is not an excuse, because everyone has their own failures.

4. CONCLUSION

Based on the description of the results of research that has been presented by researchers and also the results of analysis of data that have been obtained, this study can be drawn the following conclusions: The symbol of self-healing in the lyrics of the song "Self" in the album Manusia by Muhammad Tulus Rusydi in the semiotic perspective of Roland Barthes who explains how to analyze a meaning of signs. In the song "Self" represents the symbol of Self Healing, namely forgivness, gratitude, positive self talk, expressive writing and mindfulness.

Symbolic interaction theory focuses its attention on interactions between individuals and groups. People interact primarily by using symbols by using symbols that include signs, gestures, and through words in writing and verbally. The self-healing message in this song expresses that life must always feel grateful and if you are sad enough, there is no need to think about it protracted. Loving and forgiving yourself is much more important because only you know where your happiness lies, not anyone else's. Failure in the past is not an excuse, because everyone has their own failures.

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