

A SEMIOTIC ANALYSIS OF MENTAL HEALTH: DEPRESSION REFLECTED IN VOICES IN MY HEAD BY FALLING IN REVERSE MUSIC VIDEO

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ABSTRACT

This research discusses the meaning of mental health, specifically depression that is reflected in the lyrics and music video of the song titled *Voices in My Head* by *Falling in Reverse*. This research applied qualitative descriptive method along with Roland Barthes semiotic perspective to find the signification process in the data that is related to the issue, and also types of mental disorder limited to depression as outlined by Keliat. The findings reveal how both the lyrics and visual elements in the music video contribute to the representation of mental health issue, it also shows the common struggle of battling inner thoughts and refusing to seek help due to the fear of being shamed by the public. From the result, it can be concluded that the music video is helpful in portraying taboo subject of mental health issue, especially depression.

Keywords: Semiotics, Music Video, Mental Health

INTRODUCTION

The stigma surrounding mental health is considered bad, as it is a taboo subject to talked about. However, in the contemporary culture, music videos are a powerful artistic tool for communicating and expressing things related to mental health. Through the visual texts, provided a rich, multifaceted narratives that convey complex emotions, ideologies, and social issues. Among these, the representation of mental health in music videos has gained significant attention, reflecting the growing public discourse around mental well-being. As artists increasingly use many platforms to address mental health; promoting awareness and dispelling myths about it, thus topics such as depression and anxiety is involved in their works, the semiotic analysis of these music videos becomes crucial in understanding how these representations shape and are shaped by societal perceptions.

Signs can be seen almost everywhere in the world which include music videos, and that the general study of all kinds and aspects of signs is semiotics (Føllesdal, 1997). According to Barthes (in Sukma, 2023), signs involved the signifier and the signified. The signifier is the physical form of the sign as human perceive it through their senses, while the signified is the mental concept or

meaning that represents the signifier. The signs that represent mental health in the music videos may have carry different meaning on each form as Chandler (in Swarniti, 2023) defines semiotics as signs that take few forms such as words, images, sounds, gestures, and objects. Therefore, research into the semiotics of mental health representations in music videos must consider how these various forms of signs—words, images, sounds, gestures, and objects—are employed to convey complex and layered meanings.

Semiotics or topics involving signs is nothing new, which means that researches about them have already been conducted by several researchers. Amara & Kusuma (2021) examined the meaning of mental health in the lyrics of magic shop, BTS song. Their research used an interpretive qualitative approach and Ronald Barthes semiotic analysis. The results of their study on the song found denotative meaning which contains fear, uneasiness, anxiety, and other symptoms that lead to mental health problems if not handled quickly. The connotative meaning showed fear and anxiety, even thoughts of committing suicide. And, the myth that the song conveyed was about overthinking and fears about things that may not happen in the future which leads to depression. Pratiwi & Saragih (2022) focuses on the meaning of mental health motivation in the lyrics of the song Zero O'Clock. Their research used qualitative method, and used semiotic approach of Roland Barthes model to analysed the data. The result of their study on the song showed that Zero O'Clock is a new beginning, hopeful for a better tomorrow, and a stop to thinking about bad things. Thus, the song provided entertainment and healing the mind of the listener according to their own circumstances. Septian et al. (2024) conducted a study which found out mental health issues contained in the song Brutal by Olivia Rodrigo. Their research used qualitative and psychological approach along with Keliat's theory that explain the types and symptoms of mental disorders in the song. The result of their study on the song showed that the song Brutal reflects the experiences of teenagers who feels insecure, anxious, and burdened by social pressures; which connect the song to mental health issues such as depression, personality disorders, and anxiety disorders.

This research aims to delve into the semiotic structures within selected music videos, identifying the ways in which mental health is portrayed and understood. Thus, exploring the representation of mental health in the music videos of *Voices in My Head* by Falling in Reverse, employing Roland Barthes' semiotic approach as the primary analytical framework. Barthes' theories on the denotative and connotative meanings of signs, along with his concept of myth, which is possible to examine how different signifiers are used to signify concepts related to mental health in the music videos. However, this research will not analyse the musical composition and would only do the visual symbols (images, video), and lyrical content (text). Also, in order to identify what types of mental disorder is shown in the music videos is by following the types of mental disorder that was outlined by Keliat. By deconstructing the visual and auditory elements within these videos, this research aims to uncover the underlying idea and types of mental health that are shown in the music videos that contribute to the portrayal and understanding of mental health.

DATA SOURCE

The data source for this research is from a music video that was published in YouTube entitled “Falling in Reverse - Voices in My Head.” The lyrics of the song for the data is provided in the description section of the music video, and because this is semiotics research; the data is in the form of text (the lyrics) and visual (the video).

METHODS

According to Lune and Berg (in Ksatria, 2024) qualitative research refers to the meanings, concepts, definitions, characteristics, metaphors, symbols, and descriptions of things. The objective of this research is to study the data that is related to symbols and their descriptions, therefore this research used qualitative descriptive approach.

In order to collect the data, the researchers observed and documented the text or visual of the music video that may contain signs or symbol and serve as a potential data for the research and divide them based on the number of verses in the song lyrics. Then, the researchers begun the analysis by applying Ronald Barthes semiotics model that determine the denotation meaning, connotation meaning, and the myths in the data. Afterwards, to find out about the types or symptoms of mental disorder that is found in the data, the researchers applied the descriptions of the mental disorders that was outlined by Keliat.

THEORETICAL REVIEW

This semiotic analysis research of mental health reflected in a music video applies a theory of semiotic model by Ronald Barthes, and also mental disorder types and symptoms by Keliat (in Handayani, 2022).

1. Semiotics

According to Kusumaningtyas & Juanda (2022), semiotics is the study of signs and the meaning of sign systems, and how meaning is constructed in media texts, or the study of how any signs of any type works in society to communicate meaning. And according to Adelia et al. (2023), semiotics studies the systems, rules or conventions that allow signs to have meaning in society. According to Barthes (in Amara & Kusuma, 2021), there are three types of signs that potentially have meaning, which is also have different orders of signification and can be analysed; denotation as the first level, connotation as the second level, and myth. Therefore, to study the symbols or signs that reflects mental health in a music video, a semiotic model is applied to this research.

Denotative meaning

According to Leech (1981) denotative meaning refers to the definition and meaning of a word that can be found in a dictionary, which has a close-ended interpretation. However, as Barthes proposed two levels of significance, which according to him (in Amara & Kusuma, 2021) defined denotative as the first level in the relationship that occurs between the signified and the signifier in a

sign. And, according to Pratiwi & Saragih (2022), The meaning of denotation is direct, that is, the special meaning contained in a sign, and in essence can also be referred to as a representation of a sign. Thus, denotative meaning is the meaning that represents the sign, directly associating the sign with reality and what a sign describes an object.

Connotative meaning

Leech (1981) stated that connotative meaning is beyond the conceptual content, and has meaning that a word refers to, based on the associated experience of the real world of the one who says or hears it, which is an open-ended interpretation. However, according to Barthes (in Amara & Kusuma, 2021), connotation is the second level in the relationship that show significance when a sign and individual's feeling or emotion coincide, it is a visual representation of an interaction. And according to Pratiwi & Saragih (2022), the meaning of connotation is the meaning that can be given to the signs by referring to the cultural values. Thus, the meaning of connotation is how a sign describes an object.

Myth

According to Amara & Kusuma (2021), in Barthes' semiotic analysis, myth is formed after finding connotation and denotation meaning of the sign. And, according to Pratiwi & Saragih (2022), myths are the result of connotations that have been fully integrated into the society. Thus, myth is a culturally constructed narrative or ideology that goes beyond the immediate connotations of a sign, which individuals conceptualize or understand various phenomena.

2. Mental Disorder

In order to strengthen the argument for mental health in the analysis, this research applied the description and types of mental disorder by Keliat. Mental disorder itself, according to Bolton (2009), is harmful disruption of normal psychological functioning. According to Keliat (in Handayani, 2022), there are several types of mental disorders; schizophrenia, depression, anxiety, clinical personality disorders, organic mental disorders, psychosomatic disorders, mental retardation, and childhood and adolescent behavioural disorders. However, the researchers doubt that all of them would be in the data of this research. Therefore, the discussion part of this research was limited to only depression.

Depression

According to Keliat (in Handayani, 2022), depression is a period of time that human function is disturbed by the feelings of sadness and its following symptoms; changes in sleep patterns and appetite, psychomotor, concentration, fatigue, feelings of hopelessness and helplessness, and having suicidal thoughts. She also said that depression is a feeling of sadness and suffering, which can be in the form of self-directed attacks or deep-seated anger.

RESULTS AND DISCUSSION

There are six verse in the song lyrics, each verse would be analyzed using semiotic model by Barthes, and to come into conclusion whether each of those verse have mental disorder types and symptoms of depression based on Keliat explanations. Below are the result and discussion of the music video.

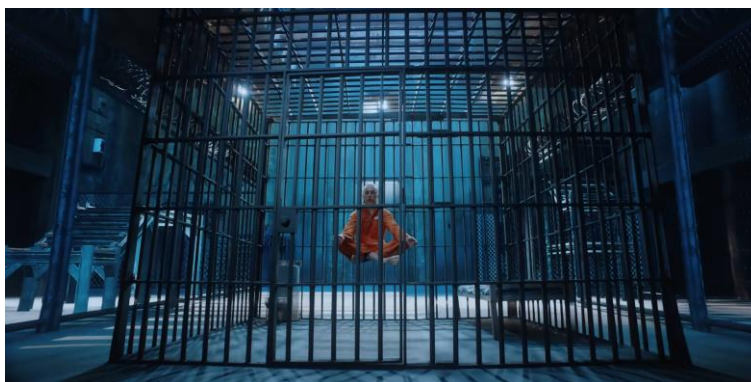


Figure 1 Significant scene 1 during verse 1



Figure 2 Significant scene 2 during verse 1

Table 1. Signifier and signified in verse 1

| Signifier | Signified |
|-------------------------------|---|
| Figure 1 | |
| A person wearing orange suit. | A prisoner, trapped in jail room. |
| Meditation posture. | Searching for inner-peace, self-reflection, and an attempt to control the mind. |
| Room made from bars. | Imprisonment, restriction, or a lack of freedom. |
| Figure 2 | |
| A third eye opening. | Heightened perception and awareness. |

Verse 1

a. Denotative Meaning

The lyrics on the verse 1 is straight forward. “*The voices in my head keep on telling me to pray*” A person, which is the singer, describes that there are voices in his head telling him to pray.

“Cuz’ I’m spinning like a carousel circling the drain” he feels as though he is spinning in circles, like a carousel, and is in the verge of going down the drain. “Hit the bottom of the bottle I don’t wanna feel the pain but that is all I got for now I don’t wanna talk about it” and, to avoid and numb the pain, he resorted to drinking, he also does not want to discuss his problems. The voices in his head also told, even beg him to stay alive. “If I pull the trigger now Then the demons go away” however, the singer is contemplating if he pulls the trigger now, the demons would go away. “and I know my time is coming So there ain’t no time to waste So that is all I got for now I don’t wanna talk about it” the singer also realized that his time is coming, so that there is no more time to waste, yet still refusing to talk about it.

On Figure 1, the scene shows the singer in the middle of a cage; wearing prisoner suit, while also levitating above the ground. And, on Figure 2, the scene shows the singer opening a third eye on his forehead. This is a literal depiction of self-isolation.

b. Connotation Meaning

The “*voices in my head*” that the singer refers to is that he is having an internal turmoil, possibly a mental illness, negative thoughts that keep his mind in the negative state. “*Spinning like a carousel circling the drain,*” this imagery implies a sense of losing control, helplessness, and being trapped in a never-ending negative cycle. “*Hitting the bottom of the bottle,*” implies self-destructive behavior as a means to escape the emotional pain by using alcohol. The singer refused to “*talk about it,*” this may signify fear and indirectly symbolized the bad stigma of discussing mental health. The mention of “*pull the trigger*” connotes that the singer has suicidal ideation, while “*demons*” symbolizes the internal struggles which is the negative thoughts that keep him bothering him. And once again, even though there is a sense of urgency because his time is near, he still avoiding to talk about his issues as if he is extremely scared of the stigma or fear of confronting the issues.

On Figure 1, the cage and its surrounding signify imprisonment, isolation, and lack of freedom which reflects the singer’s mental state of being trapped within their own mind. The prisoner suit signifies it even further as if he is guilty of something and currently serve in the prison as a punishment, this symbolized the self-imposed or socially imposed constraints related to mental health struggles. The sitting position, levitating, and being bald; this imagery shows that he is a monk that is medicating, it also implies that he tries to contain all the problem and battle it out within himself, which correlate with the lyrics of refusing to talk about his problem.

On Figure 2, the third eye on the forehead may suggest that the singer achieved an altered state of consciousness. This may be due to being overwhelmed by the mental burden that he feels as he is becoming hyper-aware of his own pain. The camera movement during the video was moving forward directly into the third eye, this strengthens the signification of becoming hyper-aware, and directly digging deeper into his thoughts and himself as a person.

c. Myth

The song lyrics perpetuate the myth that mental illness is an isolating experience that leads people into a downward spiral, with voices in one’s head symbolizing uncontrollable, negative thoughts. Avoiding the pain by drinking means that he is struggling, it suggests a move of trying to

cope alone, this reinforces the idea that his own mental health condition is something personal and not the business of other people to meddle.

The visuals from Figure 1 and 2 perpetuate the myth that mental illness is a form of imprisonment, where the individual is locked away from the rest of society. This aligns with cultural narratives that see mental health struggles as something that isolates individuals, making them feel trapped and disconnected from the rest of the world. As the imagery on those figures shows the sitting position, the bald hair, and also orange coloured suit that is similar to how a monk would be like and do when meditating, this strengthens the myth idea that mental health issues involve struggling against oneself and involves a lot of contemplation, which separates the singer from the society.

d. Mental Disorder

As described by Keliat (in Handayani, 2009), depression is a pathological mood disorder characterized by a variety of feelings, attitudes and beliefs that make a person feel isolated, pessimistic, hopeless, helpless, low self-esteem, guilty, negative expectations and fear of future dangers. The actions in the visual along with the lyrics of the music video leads to an understanding that the singer, shows signs of self-isolation, is feeling helpless, and even have suicidal tendencies. Therefore, the mental health reflected in the verse 1 of the music video is that the singer is feeling depressed.



Figure 3 Significant scene 2 during verse 2



Figure 4 Significant scene 3 during verse 2

Table 2 Signifier and signified in verse 2

| Signifier | Signified |
|-------------------------------|---|
| Figure 3 | |
| An emo person. | Vulnerability, sadness, and emotional struggle. |
| A person in a suit. | Control, authority, or societal expectations. |
| Killing action. | An act of suppressing one aspect of self. |
| Figure 4 | |
| Dark, night time. | Fear, a sense of foreboding, mental state. |
| Water puddle around the area. | Remnants of a storm or recent turmoil, traces of mental issues. |

Verse 2

a. Denotative Meaning

“The voices in my head Keep telling me to choose a side; heaven or hell like it’s do or die” The lyrics, still mentioning that the singer hears voices in his head, but this time it told the singer to choose side between heaven or hell. *“I’m a sad boy you know better Please don’t make this last forever”* The singer says that he is a sad boy, and that he wishes for it to not last forever. *“The voices in my head Keep telling me I’m not okay Cause it’s feeling like a hurricane in my brain Dark clouds dark skies bad weather Please don’t make this last forever”* The voices in his head, once again told him that he is not okay because he feels like there is a hurricane happening inside his head as is describe by the rest of the lyrics; dark clouds, dark skies, and bad weather. He still wishes for it to end soon.

On Figure 3, there is another version of him in a suit with a gun aimed at the emo version of himself, and killed him. And, on Figure 4, the version of him with a suit came out of the room and the outside seems like it was night time, quite dark, with some water puddles around the area. These are the literal depiction of internal conflict.

b. Connotation Meaning

The lyrics that force the singer into choosing between heaven or hell suggest a metaphorical struggle between good and bad, life and death, or moral choices. As heaven often depicting a person that does good things, and hell is often associated with bad things which depicted by the idea that bad person goes to hell. The hurricane inside his brain suggests an overwhelming mental chaos, while *“dark clouds, dark skies, and dark weather”* evoke a sense of on-going emotional struggle. He also made a desperate plea for a way to feel relief from this mental anguish.

The emo version of the singer represents his side of vulnerability, sadness, and emotional struggle. However, the one in the suit version of him represents his side that has more control, a pressure to appear normal or in control in society. And, the dark, rainy outside of the area he came from suggests the lingering effects of mental struggles. Thus, the act of shooting in Figure 3, shows that the pressure to appear normal and in control is much stronger which suggest that he is dying inside while looking good on the outside. However, even though it was implied that the emo or the weak side of the singer died, the dark weather and puddle of waters signifies the nature of this internal struggle as if eliminating a weak side to be seen as strong on the outside leaves a trace which also suggest that the emotional turmoil still persist.

c. Myth

The myth embedded in this verse and its visuals is that mental health struggles are a battle between opposing forces within oneself, and that resolution can only be achieved by suppressing the vulnerable or emotional side. The myth surrounding heaven and hell is based on religious myth that explain if the singer chooses to kill himself then he would go to hell, it suggests that the singer had a choice to choose between ending the pain or keep going and persist against the struggle. The suit-wearing version "winning" over the emo version suggests that society favors a controlled, composed persona over one that openly struggles with mental health. However, the dark and rainy environment perpetuates the myth that even after such suppression, individuals are left in a state of ongoing despair, implying that mental health issues are inescapable.

d. Mental Disorder

In line with the description of the explanation of depression by Keliat, the actions in the visual along with the lyrics of the music video leads to an understanding that the singer, shows signs of being helpless, feeling hopeless, and even have suicidal tendencies as he is asking for the pain to not last forever. Therefore, the mental health reflected in the verse 2 of the music video is depression.



Figure 5 Significant scene 1 during verse 3

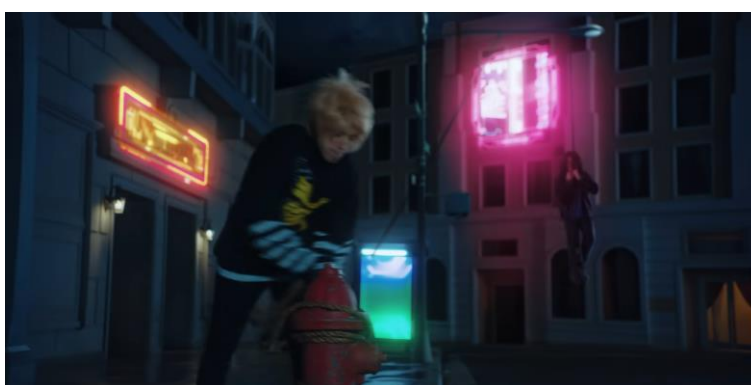


Figure 6 Significant scene 2 during verse 3

Table 3 Signifier and signified in verse 3

| Signifier | Signified |
|------------------------------------|--|
| Figure 5 | |
| An act of killing person in suit`. | Overthrow of a controlled, conformist, or authoritative aspect of the self by a more rebellious side |
| Figure 6 | |
| Another act of killing by hanging. | A complex interplay of internal conflict, which leads to suicide. |
| A person that uses skater style. | Carefree and youthful aspect of the self. |

Verse 3

a. Denotative Meaning

“*The voices in my head*” The lyrics describe that the singer is still hearing voices inside his head. “*keep telling me I’m gonna (Die)*” However, this time, it told him to die. “*And I don’t wanna talk about the drama, I’m trauma- (tized)*” Yet, he still does not want to talk about the drama nor the trauma. “*They keep tellin me I’m fine We both know that’s a fuckin (Lie)*” They, presumably people surrounding the singer, told him that he is fine. Nonetheless, the singer said that him being fine is a lie. “*I’m losing my mind but I don’t wanna talk about it*” Now, he is losing his mind and once again, still refuses to talk about it.

On Figure 5, the suit-wearing version of him is killed by a clean yet gang-like version of himself. And, on Figure 6, the gang-like version is also getting killed by rope that resembles suicide that is executed by another version of him in blonde that dress in a skater style.

b. Connotation Meaning

The voices inside his head becomes more daring as it is directly telling him to die, this suggests a deep psychological distress. Even though the singer realized that he is traumatized, he still does not want to talk having mental issues as he sees it as a drama. This suggest that he is not open into opportunity that might actually make him fine. The singer feels trapped by his mental state, knowing that the reassurances he is receiving from ‘*they*’, which are presumably people around him, are lies. The struggle with losing his mind connotes a battle against overwhelming inner demons. However, even after all this mental chaos within himself, he still does not want to speak up about his mental health, and just keep it in.

On Figure 5, the suit-wearing version of him is killed by a clean yet gang-like version of himself. This gang-like version may represent a more rebellious side of himself. However, not long after, he is killed by a blonde in skater style, by using rope as if the gang-like version killed himself by hanging. This skater boy version of him may signify a youthful aspect of him. All these killings show that there is an ongoing internal conflict, each persona tries to suppress or eliminate the others, reflecting a lack of internal harmony. The suicide imagery connotes the destructive potential of these internal battles, implying that the singer feels overwhelmed to the point of contemplating self-harm as a means of ending his suffering.

d. Myth

The myth in this verse revolves around the idea that inner conflicts, especially those related to mental health, are destructive and inescapable. The repeated killing of one persona by another suggests that there is no resolution, only continuous mental conflicts. The suicide imagery perpetuates the myth that self-destruction is a potential outcome of unresolved mental anguish. It also touches on the darker myth that self-harm or suicide can be seen as an escape from unbearable internal conflict. Even with all the pain he is bearing, the fear of being shamed by the society still forces him to keep his mouth shut. This signifies the taboo that surround talking about mental health in society.

e. Mental Disorder

The visual shows an act of self-harm, attacking his own persona, this is in line with what Keliat said about how depression is a feeling of suffering that can be in the form of self-directed attacks, which is suicidal tendencies as shown with how one of the personas died by hanging. And based on the lyrics, these attacks could make the singer fear his own thoughts and traumatized even more as he is feeling helpless because he would not seek help. Therefore, the mental health reflected in the verse 3 of the music video is depression.



Figure 7 Significant scene 1 in verse 4



Figure 8 Significant scene 2 in verse 4



Figure 9 Significant scene 3 in verse 4

Table 4 Signifier and signified in verse 4

| Signifier | Signified |
|--------------------------------------|--|
| Figure 7 | |
| A sniper killing the skater boy. | Suppressing another version of self. |
| Figure 8 | |
| The sniper is then got hit by a car. | Another act of supressing another version of self. Shows a never-ending inner battle. |
| Figure 9 | |
| Throwing a person out of the window. | Forceful removal of an unwanted aspect of the self or an external influence, suppressing yet another self. |
| Glass shattered. | The collapse of a fragile state of mind, losing control. |

Verse 4

a. Denotative Meaning

“*The voices in my head Keep giving me the worst advice*” the voices inside his head continue to haunt the singer. “*Kamikaze crash like a suicide*” It is now giving him worst advices such as telling him to do kamikaze crash like suicide. “*I’m a lost boy you know better Please don’t make this last foreve*” He still is a lost boy which beg for the pain to be gone. “*The voices in my head keep telling me I’m insane*” Then, the voices inside his head told him that he is insane. “*And maybe I’m a little bit That won’t change*” However, this time the singer thinks that he is probably a little insane and that would not change. “*Dark clouds dark skies bad weather Please don’t make this last forever*” Dark clouds, dark skies, and bad weather is mentioned yet again, and he is making another please for it to not last forever.

On Figure 7, the skater boy version of him is shot in the head by an assassin who appears like a hunter. Then on Figure 8, the assassin is hit by a car driven by another version of the singer dressed in a rockstar jacket and hoodie. This version of him, then enters a building and is ultimately pushed from an upper floor which crash through a glass window as shown in Figure 9.

b. Connotation Meaning

The voices inside his head are gradually becoming worst, this time it suggests the singer to kill himself as if he is a pilot belong to Japan during the war that does kamikaze crash. This signify that his mental health deteriorating even more as his destructive inner thoughts give self-sabotaging

behavior, suicide. He is agreeing and considering that maybe he is a little bit crazy, this signify that the mental stresses that has been caused by his inner demons, drives him far into the corner. Being insane and having dark and bad weather evokes an image of mental instability and enduring depression.

The sniper, shooting at the skater boy indicates an attempt to suppress another part of him, and after that, the sniper got killed by getting hit with a car from behind. This indicates a cyclical battle where one mental state is attempting to dominate another. The final act, on Figure 9, of being pushed through a glass window symbolizes a shattering or breaking point, potentially representing a loss of control. This ongoing internal war signifies the conflict within the mental states of the singer. The death of the personas symbolizes the self-destructive tendencies that accompany mental turmoil.

c. Myth

The never-ending battle, the repetitive cycle of different versions of the singer killing each other symbolizes the myth that one cannot escape from internal conflicts and that these struggles will inevitably lead to a breakdown or crisis. The destruction of the glass window reinforces the idea that mental health crises shatter not only the mind but also the external facade, leaving nothing unscathed. This sequence reinforces societal narratives about the inevitability of mental health crises that if no one come to help can lead to a complete ruin, the loss of life.

d. Mental Disorder

The visual shows a sequence of the death of his personas which shows a feeling of suffering. And, the lyrics that tells that maybe the singer is a little bit insane shows fatigue and is tired of battling against his inner chaos. As he is pleading for an end of his suffering means that he actually feels hopeless as it is only a wishful thinking to see the end of the mental battle without leaving the world. Therefore, as the symptoms suggest, the mental health reflected in the verse 4 of the music video is depression.



Figure 10 Significant scene 1 in verse 5

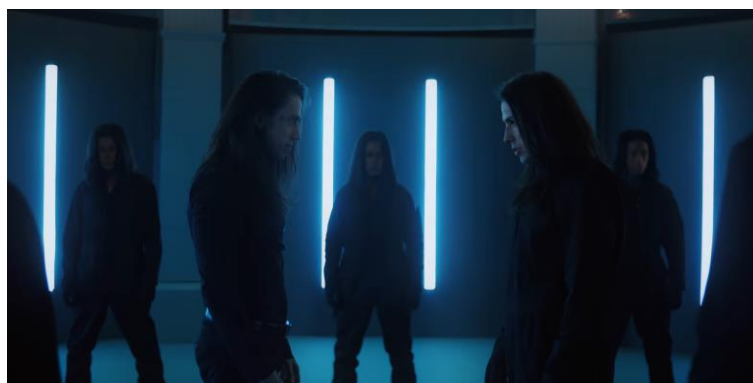


Figure 11 Significant scene 2 in verse 5

Table 5 Signifier and Signified in verse 5

| Signifier | Signified |
|---|--|
| Figure 10 | |
| The singer walking into a room. | Walking forward, facing confrontation of the singer mental issues |
| Many personas of the singer lined up, making a hall | Each persona are the issues that the singer has or had. Illustrating how much of struggle he has. |
| Figure 11 | |
| A dark eyes and bloody red veins persona | The malevolent and potentially overpowering nature of a part of himself, the biggest hurdle, main enemy of self. Evil looking persona. |
| The singer facing a demon version of himself | The singer confronting his deepest inner demons, the embodiment of his negative emotions, thoughts, and behaviours. |

Verse 5

a. Denotative Meaning

This is the last verse of the music video. *“The voices in my head keep telling me I’m cursed”* the voices that have been in his head, now is telling him that he is cursed. He is being paranoid and does not want to make it worse. *“I’m paranoid I don’t wanna make it any worse We’re all gonna die but first things first”* and, he thinks that the singer and people in the world would eventually going to die. *“Imma take the world with me when they put me in the dirt”* however, he plans to take the world along with him when they put him in the dirt.

On Figure 10, the presumably main version of the singer walks into a room full of his copies, creating a corridor leading to a final showdown. And, on Figure 11, it is shown that the main version is facing off the evil version of himself, marked by dark eyes and some bloody red veins. It seems that the singer finally prepared to confront his issues.

b. Connotation Meaning

The voices in his head that told him about being cursed signifies the feeling of an impending doom, no matter what the singer does, his fate is already sealed. The feeling of paranoia suggest that he is anxious about confronting his issues, however, he does not want to escalate it any further and is

prepared to change for the better. This signifies a courage, brave resolve of last act before he fall as he is fully committed to take the enemy with him to fulfill his destiny.

On Figure 10, The path formed by his copies might represent the various aspects of his personality, past selves, and or his embodiment of issues that he must confront to reach the core of his internal conflict, represented by the “*evil*” version. The final confrontation, which shown in Figure 11, may suggests an ultimate battle within himself, between what might be seen as his true self and his darkest impulses. Both of the visuals suggest a journey of self-confrontation, where the singer must face different versions of himself, ultimately leading to a showdown with the most negative aspects of his psyche. The evil version represents the culmination of his internal struggles, possibly embodying all the negative emotions, thoughts, and behaviours that have bothered him for so long, all the mental chaos that he felt.

c. Myth

The imagery of the copies lining up and the final confrontation with the evil version of himself suggests that the internal mental conflict is complex, with many layers to it, but that the ultimate challenge is to confront and overcome the darkest parts of oneself. The final battle against the ultimate evil version of himself contribute to the myth that suggest even in facing mental related issues, the only one that can save yourself is you.

d. Mental Disorder

The lyrics shows that the singer is cursed, this cursed is making him paranoid which aligns with depressive feelings of hopelessness, a sense of dread. Realizing that everyone will going to die one day, the singer prepared to take the world with him. This suggest a deep-seated anger towards people that might not be related to him, to show them how painful his mental suffering is. However, the visual is actually shows positive points as the singer is actually prepared to confront all of his mental related issues, it is not really a contradiction with the lyric’s assumption, because along with the sense of dread it is also filled with determination to fight back. Therefore, as the symptoms suggest, the mental health reflected in the verse 4 of the music video is depression.

CONCLUSION

Based on the semiotic analysis in the discussion, the music videos by Falling in Reverse titled Voices in My Head with the denotative meaning, connotative meaning, and the myth along with the description of mental disorder is found contributed to the portrayal and understanding of mental health issue. The music video uses signs and symbols in the shape of text and images to help convey a hard and taboo subject of mental health issues, spesifically depression and its progression towards self-destruction due to the desperate struggle, inability to stop the mental pain, and also because the singer refused to seek for external help due to external pressure of feeling shameful from the societal judgement about speaking up of having mental illness. Therefore, it can be concluded that music videos are helpful in potraying these issues and may become a beacon of hope for the hopeless and the voice for the helpless.

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