

REFLECTION OF ALCOHOLISM IN THE LYRICS “CHANDELIER” BY SIA

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Abstract

This research aims to determine the author's psychology in creating a literary work through a psychoanalytic perspective. The creation of a lyric cannot be separated from its author. Sia Kate Isobelle Furler and Jesse Shatkin wrote the lyrics to the song entitled Chandelier. This research was conducted to find out how the psychological role of the author influences the literary work created by the author. The psychological theory that is very dominant in the analysis of literary works is Freud's theory, where this theory differentiates personality into three types, namely Id, Ego and Super Ego. Data collection uses documentation techniques from primary data sources, namely the lyrics of the song "Chandelier" and secondary data sources in the form of books, research journals and articles which relevant. This research uses qualitative descriptive methods to conduct an analysis, using library research methods and content analysis methods to collect and analyze the data used. The research results show that the lyrics she created reflect the psychological state of the author. Represented through several sentences and characters built into the lyrics, which consist of 3 aspects of the Id, 3 aspects of the ego, and 1 aspect of the superego. This results in the conclusion that the psychological condition of the writer, Furler, who is a former alcoholic, can influence the creation of the lyrics of the song Chandelier where alcohol acts as an escape from the pain she felt, this is in line with Sigmund Freud's psychoanalytic theory.

Keywords: *Lyrics, Sia Furler, Psychoanalysis Freudian.*

1. INTRODUCTION

Literary works are closely related to the author, in creating a literary work the author is usually inspired by several things, ideas, thoughts or even personal experiences. In (Wiyatmi, 2011) Literary psychology is an interdisciplinary literary study, because it understands and studies literature using various concepts and theoretical frameworks that exist in psychology. Literary psychology has four possible meanings, namely the study of the author's psychology as a type or as a person, the creative process, the study of types and psychological laws applied to literary works, and the

study of the impact of literature on readers. Literary works related to personal experiences are usually connected to the author's personality. In the study of Freud's theory, this theory differentiates personality into 3 parts:

- 1) Id, according to Endaswara in (Setiaji, 2019) Id is the darkest aspect of personality in the human subconscious containing unknown instincts and passions and somewhat blind energy, it could be said to be related with the principle of seeking pleasure.

- 2) Ego, is the result of behavior whose source is the principle of reality, something that is visible, is a continuation of the search pleasure (Id).
- 3) Super Ego, is the perfection of pleasure, the moral aspect of personality, which is useful for determining whether something is right or wrong, or can also be said to be a controller or personality system in the form of evaluative organizational values.

In (Damono, 2009) the process of creating songs based on literary works is written on the basis of the idea that the songs created are another type of art inspired by literary works. Meanwhile, the lyrics themselves are poetry if separated from the melody. Based on Damono's explanation above, lyrics are poetry without a melody, lyrics can be an expression of the author according to the author's personality. Song lyrics often have a message to convey to the listener. This message can be explicit or implicit. When creating a song, the songwriter uses meaningful diction to express his ideas and feelings.

Sia Kate Isobelle Furler or what is known as Sia and Jesse Shatkin created the lyrics of a song entitled Chandelier. Based on an interview in the Grounded with Louis Theroux Sia podcast, Sia told Louis about his struggles with fame, addiction and how she finally learned to appreciate herself, this is related to the creation of the song chandelier.

The lyrics of chandelier tell the story of someone which mentions "I" struggling with addiction and using parties and drinking alcohol as a way to escape emotional problems and pain. The lyrics depict a destructive cycle of seeking instant pleasure and escaping reality, ultimately leading to self-destruction and a sense of hopelessness.

Therefore, the psychological dimension can influence a person in creating a work. By applying Freud's theory, you can understand the complexity contained in the lyrics of the song Chandelier and enrich your understanding of the song as a broader human soul. This interdisciplinary approach not only bridges two aspects, between psychology and music, but also underlines the relevance of psychoanalytic theory in analyzing literary works.

2. LITERATURE REVIEW

Researchers have found three relevant previous studies related to the subject and theoretical references in this analysis as a comparison with this research. First research on the Psychology of Authors in Song Lyrics on Baskara Putra's Albums. According to (Arsita et al., 2024) This research aims to explore the psychological aspects of Baskara Putra in the song lyrics on the albums *Menari Dengan Bayangan*, *Uang Muka*, and *Selamat Datang di Ujung Dunia* as well as data analyzed using Sigmund Freud's theory. This research uses descriptive methods and a qualitative research approach with a literary psychology approach. The results of the research highlight the psychological aspects of authors that can be utilized in studying literature in the school curriculum, especially in analyzing poetic elements in lyrics.

The next research is a thesis entitled "The Portrait of Symbolism Stuggle of Life Reflected on Song Chandelier By Sia Furler" in (Ilhami, 2022) thesis examines the elements of symbolism contained in the song entitled Chandelier by Sia Furler and examines the deep meaning represented by a symbol in the song. This research aims to better understand the characteristics of symbols in literary works. The results of

the research found several character symbolisms. The first type of symbolism is object symbols and color symbols. For example, the symbol of an object on a chandelier which means wealth, she wants to live in prosperity because her previous life was a mess, then the yellow symbol is like the sun which means hope. The Characters hope that every day of life, can be better.

The third previous research discussed the analysis of the psychological conflict of the main character in a film with the title “Psychological Conflict of The Main Character Reflected in Lady Bird Movie” (Herdayanti & Satria, n.d.) This research aims to determine the personality of the main character through the words and attitudes of the main character using Sigmund Freud’s psychoanalytic theory. This research uses a descriptive method. The research results highlight 6 aspects of the id, 2 aspects of the ego, and 2 aspects of the superego. The main character in the film Lady Bird is more controlled by the form of personality that a person carries when she is born, namely the Id in Freud’s theory.

From the three previous studies above, researchers found several differences between the three previous studies and this research. The differences found lie in the data source or research object and what is the focus of the analysis. The first and second previous studies were different in terms of objects. The first previous research used the same theory, namely Freud’s theory of psychoanalysis which was applied to several Baskara Putra albums which highlighted the psychological aspects of the author which could be utilized in studying literature in the school curriculum, especially in analyzing poetic elements in the lyrics. The second previous research focused on deepening

the meaning of symbols which resulted in two different symbol elements. Meanwhile, in this research, the author’s psychological aspects can be taken into consideration in order not to make repeated mistakes and can become self-aware of something that will later be detrimental, this has a big impact on the listeners. Don’t just analyze the poetic elements in the lyrics and explore the meaning of the symbols.

Reviewed the third previous study which only focused on the main character which was largely controlled by the Id, while in this study the Id and ego were balanced but the superego became a whip that produced feelings of shame and guilt.

According to Damono’s previous statement regarding the lyrics being a poem if separated from the melody and lyrics can be an expression of the author according to the author’s personality, then what is interesting about this research is that it raises the theme of reflecting on alcohol as a form of escape experienced by the writer, Sia Furler. stated in the song lyrics. The pain experienced by the author becomes a form of urge to seek escape, momentary pleasure to be able to forget the pain for a moment without thinking about the worst possibility that will happen in the future. The role of the superego is very important in this discussion, a thought that is the turning point for an addict to change into a better person. That is why the works produced by authors are more or less influenced by the author’s psychological condition.

3. RESEARCH METHOD

This research uses qualitative descriptive methods to conduct analysis. The data source for this research is the lyrics of a song written by Sia Kate Isobelle Furler with Jesse Shatkin entitled Chandelier. (Alfianika, 2018)

states that qualitative research is a research activity in which the study material is in the form of a series of words packaged and explained descriptively. The researcher aims to get a clear picture of the relationship between the author, namely Sia Furler, and the work he created, the song Chandelier, which is contained in the implicit narrative of the lyrics, through qualitative research. This research uses library research methods and content analysis methods to collect and analyze the data used. Data was collected from primary data sources, namely the lyrics of the song “Chandelier” and secondary data sources in the form of books, research journals and articles which relevant with this research. Data collection techniques use documentation techniques. Researchers quote lyrics by reading and noting the topic. Data analysis techniques are used to describe critical analysis of psychoanalysis in Sigmund Freud's theory in a song lyric.

4. RESULT AND DISCUSSION

The main data is the lyrics of the song “Chandelier”

Party girls don't get hurt
Can't feel anything, when will I
learn?
I push it down, push it down

I'm the one “for a good time call”
Phone's blowin' up, they're ringin'
my doorbell
I feel the love, feel the love

1,2,3 1,2,3 drinks
1,2,3 1,2,3 drinks
1,2,3 1,2,3 drinks
Throw em back, till I lose count

I'm gonna swing from the
chandelier, from the chandelier

I'm gonna live like tomorrow
doesn't exist
Like it doesn't exist
I'm gonna fly like a bird through
the night,
Feel my tears as they dry
I'm gonna swing from the
chandelier, from the chandelier

And I'm holding on for dear life,
Won't look down won't open my
eyes
Keep my glass full until morning
light,
'Cause I'm just holding on for
tonight

Help me, I'm holding on for dear
life,
Won't look down won't open my
eyes
Keep my glass full until morning
light,
'Cause I'm just holding on for
tonight
On for tonight

Sun is up, I'm a mess
Gotta get out now, gotta run from
this
Here comes the shame, here comes
the shame
(Sasmita, 2020)

Researchers want to examine the relationship between the author's psychological state and the lyrics of the song Chandelier. This song was released on March 17 2014 as the main single on the album 1000 Forms of Fear. The theme is melancholy even though this is an electropop song, furthermore the theme details for the demoralization and rationalization of alcoholism through the thought process and views of a “Party Girl” which is a girl who likes to party, this word is also mentioned at the beginning of the sentence in the lyrics. In

discussing this research, Freud's theory is used which includes three main concepts: id, ego and superego which are divided into three sub-chapters. These three components form the basic structure of human personality and interact to shape behavior and thinking. More broadly, the song speaks about the feelings of isolation and abandonment that arise from drinking alcohol, as well as the pain, guilt, and emptiness that arise from addiction, alcoholism, and hedonistic excess.

4.1 Id

Sigmund Freud said, Id is the complexity of wild drives from all forms of human animal instincts which function to produce impulses of pleasure (Nurrachman, 2023) When it does not recognize the rules of society and functions to fulfill basic needs such as food, sex, and avoiding pain. a person operates on the pleasure principle, seeking instant gratification and not paying attention to the consequences. The id is in the subconscious and is not connected with reality. The id is based on the pleasure principle, namely the effort to feel pleasure and avoid pain. The author's psychology in the field of the Id mind in the lyrics of the song Chandelier by Sia Furler can be seen in several quotes as follows:

I'm the one "for a good time call"
Phone's blowin' up, ringin' my
doorbell I feel the love, feel the love

This quote above represents the id experienced by the author, namely Sia Furler, this is the principle of having fun without thinking about the consequences that will be received later or not caring about other people's views.

In this lyric, the character is known as someone who is sought after for fun and a good time. This is an id drive that

seeks to fulfill the desire for pleasure and entertainment. in the sentence "Phone's blowin' up, ringin' my doorbell" describes the amount of attention and social interaction the character receives. This reflects how the id seeks constant stimulation and satisfaction from the surrounding environment. Constant phone calls and door knocks are a form of appreciation and social recognition that the id desires. At the end of the sentence, the character feels love and acceptance from others which is evoked by the doorbell and telephone ringing. This is the Id that encourages individuals to enjoy this feeling of being loved and accepted as a form of emotional fulfillment and instant gratification which will later be processed by the ego.

As is known in the interview session by Louis Theroux, Sia Furler said "I had no idea what alcoholism was then or drug addiction or anything like that. I just thought I'm 20 and I just like partying" In line with aspects of the Id that can function as a driver of irrational and pleasure-oriented decisions, as in song lyrics that talk about alcoholism and loss of control.

As said by Sia Furler in an interview with Louis Theroux "We were all children, 19-20 years old. We all became very reliant on drugs and alcohol, to sort of soften the blow of her loss."In (BBC, 2020) Sia honestly said that her dependence on alcohol and drugs was driven by the sudden death of her boyfriend. In this case, the loss factor is the main reason for the connection between Freud's theory and the lyrics of the song "Chandelier" which can be understood as a form of psychological expression of the author related to basic needs and uncontrolled biological drives. This is also explicitly written in the pre-chorus of the song which is repeated twice

1,2,3 1,2,3 drinks
1,2,3 1,2,3 drinks
1,2,3 1,2,3 drinks
Throw em back, till I lose count

The count contained in the lyrics is an Id created by Sia Furler and this right creates an urge to achieve satisfaction or pleasure which is marked by the end of the lyric quote. In these lyrics Id encourages individuals to continue drinking until they lose control as a way to cope or escape a painful or oppressive reality.

I'm gonna fly like a bird through
the night,

In the sentence above shows the primal urge and desire for unlimited freedom. The id operates on the pleasure principle, seeking escape from reality and instant pleasure. In this context, the desire to “fly” represents the id's urge to escape stress, pain, or responsibility, and seek unlimited freedom, like a bird that flies free in the night.

The pleasure of partying becomes an addict, alcoholism, even drugs which are only temporary are considered as basic needs that are not controlled, similar to how the Id functions to fulfill basic needs such as food and sex. It can be understood in the context of the author's psychological condition. Sia Furler, as the songwriter, has personal experiences related to alcoholism and loss of control. In Freud's theory, the Id can function as a driver of irrational, pleasure-oriented decisions, similar to how the Id functions in song lyrics.

4.2 Ego

According to Freud, the ego is the part of the personality that functions as an intermediary between the id (uncontrolled instinctual drives) and the superego (moral norms and social

ideals). The ego operates on the reality principle, which means it tries to satisfy the id's desires in a way that is realistic and conforms to social norms. The song “Chandelier” depicts an individual struggling with impulsive and destructive behavior, especially related to partying and alcohol consumption. The song's lyrics reflect strong inner conflict and the use of the ego to mediate impulsive behaviour.

Party girls don't get hurt
Can't feel anything, when will I
learn
I push it down, push it down

This stanza shows that character is built through the work of the ego which tries to overcome the work of the Id which wants to escape from pain through defense mechanisms and tries to suppress the pain experienced as well as how to overcome the discomfort of the pain. The word “Party Girl” itself refers to a woman who is very interested in attending several parties (OED, 2024). In this case, women look for fun, drink alcohol and meet lots of men or other pleasures. Sia Furler admits that she is a former alcoholic, it is clear that Furler drank alcohol at parties to escape the pain of losing her lover. This is a form of ego driven by the Id process to fulfill her desires.

I'm gonna swing from the
chandelier, from the chandelier
I'm gonna live like tomorrow
doesn't exist, Like it doesn't exist.

In connection with the first lyric quote in this ego section, the character depicted at the beginning chooses to act impulsively and seek pleasure without thinking about the future consequences of actions taken in the present. This shows that the ego is considering

between the Id's strong urge to feel momentary pleasure and the reality that tomorrow will definitely come with the same feeling of real pain, rising and falling depending on the mood and situation of the character's actions. This is in line with Sia Furler's desire to live freely without obstacles and without the pain of her boyfriend's death, represented with words "I'm gonna swing from the chandelier" wandering from one party (fun) to another. Furler does this like he gets drunk and looks for fun as if there is no tomorrow, which means she doesn't worry about the future, the important thing is momentary pleasure. In words "I'm gonna live like tomorrow doesn't exist" in line with the YOLO concept (You Only Live Once) but in the context of abuse, (Wright, 2023) the expression YOLO is often used as an excuse to justify actions that are detrimental to oneself taking risks and living life without regret was initially pursued by Furler, in an interview with Louis Theroux, she revealed that she had to drink to perform on stage. She did this to feel comfortable, she also said "Without drink I was terrified" taking risks in terms of alcohol addiction was chosen by Furler, who initially as a refugee from pain became a special need.

"Feel my tears as they dry" this lyrics reflect awareness and acceptance of the pain and sadness experienced. In this case the Ego functions as a mediator who tries to balance the id's impulses with external reality. In this case, the ego acknowledges the presence of pain (tears) but also regulates the healing and recovery process (drying tears). The ego tries to manage emotions in an adaptive way, allowing the individual to feel and overcome his or her sadness.

And I'm holding on for dear life,
won't look down won't open my eyes

Keep my glass full until morning
light, cause I'm just holding on for
tonight. On for tonight.

In the quote above, it is illustrated that the character built in the lyrics shows the ego from the Id's impulses, between overcoming anxiety and fear. Describes a character's efforts to avoid the anxiety and fear she might feel if she faced the existing reality. The ego here plays a role in maintaining a balance between the Id's urge to escape from reality and the facts of reality itself. By closing her eyes and not looking down, the character tries to protect herself from excessive fear, which could interfere with her daily life.

In the sentence "Keep my glass full until morning light" indicates the use of alcohol as a defense mechanism to suppress feelings of anxiety and stress. The ego uses this strategy to help it survive the night, soothe the id which desires escape from emotional pain, and avoid feelings of guilt or regret.

In the last sentence "Cause I'm just holding on for tonight" shows a focus on survival in the present without thinking about long-term consequences. The ego here tries to regulate the id's urge to feel instant pleasure and avoid suffering, while at the same time maintaining the adaptive and realistic functioning of the character.

These lyrics describe a person struggling with an internal balance between the desire to escape a painful reality and the attempt to persevere through a difficult situation. The ego plays an important role in navigating these impulses and uses various defense mechanisms to protect the individual from too much pressure. The lyrics of the song Chandelier reveal a lot about the

role of ego in it, in line with Sia Furler's life when she was an alcoholic and drug addict. Alcohol as a form of escape from a bitter reality, an escape from the reality of the death of his girlfriend makes Furler make decisions that are detrimental to herself and the consequences for the future.

3.3 Super Ego

The superego acts as a person's inner voice or morals and develops through the internalization of values, norms and rules from parents and society. There are two main functions of the superego, namely, Moral and Ethical control; the superego is responsible for upholding moral and ethical standards within the individual. This includes feelings of right and wrong as well as the urge to act in accordance with values learned from parents and society. The second main function is, Judgment and Self-Criticism; the superego assesses and criticizes individuals behavior, requiring them to act in accordance with accepted moral standards. This often leads to feelings of guilt or shame if someone acts contrary to these norms.

In the context of the lyrics of the song "Chandelier" by Sia, the superego may give rise to feelings of guilt or shame for the impulsive and destructive behavior depicted, although this does not play much of a role but several sentences represent such entitlement in the lyrics. The superego will judge actions such as excessive drinking and encourage behavior that is more in line with moral standards and social responsibility. Conscience plays a role in the superego structure related to the lyrics of Chandelier as it contains rules about what not to do. It provides internal punishment such as guilt and shame when individuals violate moral standards.

Sun is up, I'm a mess
Gotta get out now, gotta run from this
Here comes the shame, here comes the shame

The lyrics above are the culmination of awareness of detrimental behavior, as "Sun is up, I'm a mess" shows that after a night full of impulsive and destructive behavior (such as excessive drinking), the characters realize their chaotic state in the morning. This reflects an internal awareness of one's condition that is not in accordance with one's values and moral standards. The next sentence "Gotta get out now, gotta run from this" reflects the urgent need to escape from an embarrassing and regretful situation. The superego drives individuals to avoid situations that are considered immoral and detrimental. This drive stems from shame and regret over behavior that does not conform to internalized moral standards. This is proven when the last sentence filled with the word "Shame" explicitly expresses what the character feels. This is the superego's way of punishing individuals for actions that are considered immoral or unacceptable.

The superego in these lyrics can occur in several factors, one of which is influenced by the personal experience of the writer, namely Sia Furler, who read letters from her fans, they said that "Would tell me personal things that my music had done for them or their children. That's when it started to make me feel valuable." and one story that can change many things in his life "A woman told me that her child who was... severely low functioning on the autism spectrum, that my music was the only thing that stopped him from killing himself." and Furler realize that realized that he had to get out of the ego that shackled him to the point of becoming an alcoholic and consuming several illegal

drugs, this was outside the norm and not in accordance with moral standards. as he says “I need to just get out there and do it. It’s my duty.” In this case there is an internal conflict where the Superego assesses and criticizes impulsive behavior from a previous time which drives the individual to feel and face the emotional consequences of their actions.

5. CONCLUSION

The id, ego and superego, which are the core of Freud's theory, are all interconnected and form human character. The psychological condition that Sia Furler has experienced is stated in the lyrics of Chandelier which can be concluded that the lyrics created by Sia Furler and Jesse Shatkin contain 3 aspects that build the Id, 3 aspects of the ego, and 1 aspect of the superego. The balance between Id and ego is influenced by the character's awareness of fulfilling desires driven by the Id. The freedom and pleasure that dominate and are continually repeated in this song are satisfaction with what the Id desires and is realized by the ego. The superego that appears at the end of the lyrics becomes a turning point for Sia Furler, to rethink what the Id does to fulfill its ego, such as its impulsive actions that conflict with moral values, causing internal conflict. The superego assesses the impulsive action as a mistake, giving rise to feelings of shame and regret.

This can help listeners to be aware of the meaning of the song conveyed by the author as well as a warning not to make decisions that will be regretted in the future just to be happy for a moment. The researcher suggests that listeners and observers can understand the situation of someone who is struggling with complex life problems, who is in the process of finding their identity, who needs guidance to become a good person, not to be judged earlier.

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