

THE MEANING OF MINDFULNESS IN SONG LYRICS OF “SORAI” BY NADIN AMIZAH

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Abstract

Public Relation Practitioner's role is to provide a good message to the target audience. As a musician, Nadin Amizah's way to communicate with her audience is through her song and lyrics. Song lyrics are an important element in a song that contains a story or message for the listener. This research aims to find the meaning behind the song "Sorai" by Nadin Amizah and to further discuss mindfulness elements in the song through qualitative method and semiotic theory by Ferdinand de Saussure. This research is to be analyzed using five elements of mindfulness based on Aldina's theory of mindfulness. The result of the analysis of Sorai by Nadin Amizah consists of a meaningful and heartfelt attitude towards accepting and letting go of a separation through mindfulness. Through mindfulness, letting go and accepting what is happening in our lives becomes easier. It proves how mindfulness is a necessary element to be applied in our day to day life in order to have a peaceful and meaningful life.

Keywords: Song Lyrics Meaning, Semiotic by Ferdinand de Saussure, Mindfulness, Sorai, Nadin Amizah

Abstrak

Tugas praktisi *Public Relations* adalah untuk memberikan pesan yang baik kepada target audiensnya. Sebagai seorang musisi, cara Nadin Amizah berkomunikasi dengan audiensnya adalah melalui lagu dan liriknya. Lirik lagu merupakan salah satu unsur penting dalam suatu lagu yang berisi cerita atau pesan untuk pendengarnya. Penelitian ini memiliki tujuan untuk menganalisa makna di balik lagu yang berjudul "Sorai" karya Nadin Amizah dan membahas lebih jauh mengenai arti *mindfulness* yang ada di dalam lirik lagu Sorai melalui metode kualitatif dan teori semiotika dari Ferdinand de Saussure. Penelitian ini akan dianalisa dengan menggunakan lima elemen *mindfulness* oleh Aldina. Hasil penelitian ini menunjukkan bahwa lirik lagu Sorai memiliki pesan yang bermakna tentang merelakan dan menerima perpisahan melalui *mindfulness*. Melalui *mindfulness*, melepaskan dan menerima apa yang terjadi dalam hidup kita akan menjadi lebih mudah. Ini membuktikan bahwa *mindfulness* merupakan elemen yang penting untuk diterapkan dalam kehidupan kita sehari-hari untuk memiliki kehidupan yang damai dan bermakna.

Kata Kunci: Makna lirik, Semiotika Ferdinand de Saussure, Mindfulness, Sorai, Nadin Amizah.

INTRODUCTION

Communication is one of the most basic to the development of human character. Lack of communication could affect character development. Communication is highly related to the behavior as well as past experiences of humankind. In a communication procedure, there are internal and external factors that may influence the procedure and the result

of it depending on the behavior, experience and environment they are exposed to (Suryanto, 2015). There are many ways to communicate information, one of them is through music. Music is often asserted as a language of the human's soul. Music and language have a similar objective as they both want to communicate a specific meaning and share their feelings. Lyrics in music are made as a communication place

that has meaning for the listeners. There are musicians that express their feelings with only melodies or with lyrics in their music. Song lyrics in music have a communication symbol which can be interpreted variously from the meaning the song writer is trying to convey to the listener, it depends on the listener's emotional state, background, or culture (Asidiky, 2014).

Symbol is an arbitrary label or portrayal of phenomena. Words are symbols for concepts and things. Meaning is what individuals extract from a message. In communication episodes, messages can have more than one significance or even multiple layers of meaning. Without sharing a few meanings, we would have a hard time speaking the same language or interpreting the same event (West & Turner, 2018). As each message can be conveyed variously by the receiver, this can cause misunderstandings or misinterpretation. Misinterpretation can be caused by psychological noise that happens in the communication process. Misinterpretation can also happen in music, where the listener has different points of view, which can cause the listener to interpret the meaning in a song differently from what the singer is trying to deliver.

One of the musicians in Indonesia is Nadin Amizah. Nadin Amizah started her career by posting singing covers on her personal instagram account, @cakecaine. Nadin Amizah's second single is called "*Sorai*" which she stated on her Instagram that *Sorai* means yelling for a celebration. Nadin described this song as a yelling celebration of a separation. *Sorai's* song lyrics attempt to capture about letting go and accepting a separation as it is. Many of us have experienced some heartbreaks, or separations with people that we love. Instead of letting it go, many are struggling to accept the situation as it is.

Letting go is what we do when an activity, service, or function, previously performed stopped, when ongoing work is

modified in such a substantial way that we perceive the resulting activity as fundamentally different, or when we lose tangible resources, for example colleagues (Fox, 2011). Letting go is being aware of a certain feeling, letting it come up and be there, and letting it stay without wanting to make a difference or do things about it to make a change to the situation. It implies simply to let the feeling be there and to concentrate on letting out the energy behind it (Hawkins, 2012).

Acceptance is the active embracing of emotional experience, especially in emotionally distressing experiences. Acceptance is not merely to grudgingly endure negative experiences but to embrace them completely and without defense (Lilienfeld et al., 2014). Acceptance is an active engagement in reality on its terms. Accepting reality as it is now means accepting the reality as it is right now, without wanting to change what is happening now. Acceptance is not approval, it is an acknowledgment of what is (Somov, 2010).

One of the ways to let go and accept certain situations is to be mindful. Mindfulness is defined as the awareness of present experience with acceptance. Mindfulness is an attitude toward experience, or can be defined as a way of relating to life, which holds the promise of both alleviating our suffering and also making our lives meaningful and rich. It does this by adjusting us to our moment-to-moment experience and giving us direct knowledge into how our minds create unnecessary anguish (Siegel, 2010).

There are various similar previous studies regarding song meaning using Ferdinand de Saussure's semiotics. The first study was conducted by Hidayat (2014) titled "*Analisis Semiotika Makna Motivasi Pada Lirik Lagu 'Laskar Pelangi' Karya Nidji*". This study used an interpretive qualitative method, semiotic analysis by Ferdinand de Saussure and motivation

concept by Mcleland. In this study, the entire lyrics of the song are divided into several verses and then each verse will be analyzed using Ferdinand de Saussure's theory. The result of this study indicated that the research found the meaning of "motivation" in the song *Laskar Pelangi* by Nidji from the first verse until the last verse which tells about motivation to achieve your dreams.

The next study is conducted by Nugraha (2016) titled "Konstruksi Nilai-Nilai Nasionalisme Dalam Lagu (Analisis Semiotika Ferdinand de Saussure Pada Lirik Lagu "Bendera")". the result of this study by Nugraha results in two points which are first, "Bendera" has high nationalism values, acute lyrics and full of love significance towards the nation and also rock rhythm that builds high nationalism spirit. Each verse describes the love towards the nation that are represented in "Bendera Merah Putih" or red and white flags which represents the national flags of Indonesia. Second, "Bendera" constructs the love for the nation and how to take care of it.

Another previous study was conducted by Fitri (2011) titled "Analisa Semiotik Makna Motivasi Lirik Lagu "Cerita Tentang Gunung Dan Laut" Karya Payung Teduh". This study used semiotic analysis by Ferdinand de Saussure and interpretive qualitative method which the study found the meaning of the song lyrics is about motivation to never give up on life, that no matter how good life is there will always be a problem but we should never give up when life is hard, and to not overbear when you are happy.

There are similarities and differences from previous studies with what is examined in this current study. The similarities are the use of a song lyrics as an object of the research using qualitative method and Ferdinand de Saussure's semiotics theory. Besides the similarities, there are differences such as the song that are chosen and the meaning this study aims to explore. This study analyzes the meaning of mindfulness

in song lyrics of "Sorai" by Nadin Amizah. Researchers chose this topic in hopes the audience know the message behind a song's lyrics from the singer or songwriter. Throughout this study, researchers explore the meaning from "Sorai" song lyrics and help the audience understand how to accept and let go of a certain experience, especially painful experience through mindfulness. Researchers use Semiotics by Ferdinand de Saussure to support on analyzing the meaning behind the song lyrics and use Mindfulness concept by Kabat-Zinn which is further explained by Aldina (2020), to find the meaning of mindfulness in the song lyrics of "Sorai". Researchers believe this study will help people who are going through hard times in their life to have a more peaceful and meaningful life by understanding the concept of mindfulness and applying it in their day-to-day life as mindfulness focuses on being aware of the present moment and accepting on what is going on in our lives without regretting over the past and worrying about the future.

METHOD

This study used interpretive qualitative methodology to clarify and understand the meaning of signs in "Sorai" song lyrics through semiotic analysis by Ferdinand de Saussure. Semiotics theory by Ferdinand de Saussure is considered the most suitable for this research as it focuses on cognitive thought process or the activity of human minds in sorting out the physical (material) or intangible (abstract) signs of their environments and also focuses on giving a review of the association between a sign that is considered as an aspect of word construction (Yakin & Totu, 2014). Analytical unit for this research is the song lyrics of "Sorai" by Nadin Amizah. In this research, data analysis is performed on each verse.

Saussure sees language as a system of signs, with each sign composed of a signifier and signified. Structuralism in

language for Saussure was related with the combining of signifier and signified with the concomitant fixing of meaning (Benjamin, 2019). The signifier or the material is the song lyrics of “*Sorai*” by Nadin Amizah. The lyrics are divided into several verses and then analyze the meaning behind it from the researcher’s perspective. After the meaning has been interpreted, researchers analyze the meaning of Mindfulness in song lyrics of “*Sorai*”.

Aldina further explained the meaning of mindfulness from Kabat-Zinn that has five points, which are paying attention, present moment, non-reactively, non-judgmentally, and open heartedly (Aldina, 2020). Mindfulness is viewed as a state not a trait, and even though it may be promoted by certain practices or activities such as meditation, it is not equivalent to or synonymous with them (Davis & Hayes, 2011). Mindfulness is used as a theory without the meditation’s perspective. The meaning of mindfulness is analyzed in the song lyrics of “*Sorai*” by Nadin Amizah.

Primary data in this research is a documentary method from “*Sorai*” song lyrics by Nadin Amizah. The secondary data of this research is online data research. Researchers used data such as articles or videos from the media about the song

“*Sorai*”, and a semi structured interview with Nadin Amizah. Semi-structured interviews are in-depth interviews, where the interviews take place more freely when compared to structured interviews. More information can be obtained due to finding problems that are carried out in a more open manner, where researchers and interviewees can express their opinions and ideas freely (Sugiyono, 2013).

Researchers used a reliability test method of triangulation analysis. There are three types of triangulation, but the researchers used data source triangulation. Data source triangulation examines the consistency of different data sources from within the same method such as at different points in time; whether it is in public or private settings; and compares people with different points of view (Honorene, 2017). Researchers observed the song lyrics of “*Sorai*” by Nadin Amizah, conducted a semi structured interview with Nadin Amizah, and online data research such as articles or videos from the media about the song “*Sorai*”.

RESULT AND DISCUSSION

The analysis of the meaning behind *Sorai* song lyrics is analyzed using the Semiotic Theory by Ferdinand de Saussure.

Results

Verse 1

Table 1. Signifier and Signified Aspect of the First Verse

Signifier Aspect	Signified Aspect
<i>Langit dan laut saling membantu</i>	In this verse, it is shown of a girl observing how the universe works and witnessing when the elements of the universe are helping one another which are the sky and the ocean to form rain, love will unite which led to her belief towards love, it is when one is helping another, love will eventually form and unite.
<i>Mencipta awan, hujan pun turun</i>	
<i>Ketika dunia saling membantu</i>	
<i>Lihat, cinta mana yang tak jadi satu</i>	

Source: Genius, 2019, Data Processed by Researcher, 2020

Signification Aspect

In table 1, it is shown in the first verse, “*Langit dan laut saling membantu, mencipta awan, hujan pun turun, ketika dunia saling membantu lihat, cinta mana yang tak jadi satu*” (Genius, 2019) explains about a girl observing the universe, specifically on how rain is formed, it is when the sky and ocean are helping one another to create rains. Rain is formed firstly when the sun heats the ocean and the water evaporates and rises into the air, the water vapor cools and condenses to become droplets which create clouds, if enough water condenses,

the drops become heavy and will fall to the ground as rain or snow (Lamb, 2008). This verse explains her conclusion after observing the universe that when the elements of the universe help one another, love unites. That even though the sky and the ocean is far from one another, when it is meant to be, love will eventually unites. This led her on how she sees love, it creates a belief that when one is helping another and even though seems impossible, when it is meant to be love, will eventually form and unite.

Verse 2

Table 2. Signifier and Signified Aspects of the Second Verse

Signifier	Signified
<i>Kau memang manusia sedikit kata</i>	The second verse describes the person that she loves, but her significant other rarely talks and expresses their feelings and is not sensitive to her feelings which results in her wanting to be the one who talks and later carries her feelings on her own.
<i>Bolehkah aku yang berbicara?</i>	
<i>Kau memang manusia tak kasat rasa</i>	
<i>Biar aku yang mengemban cinta</i>	

Source: Genius, 2019, Data Processed by Researcher, 2020

Signification Aspect

In table 2, the second verse is, “*Kau memang manusia sedikit kata, bolehkah aku yang berbicara? Kau memang manusia tak kasat rasa, biar aku yang mengemban cinta*” (Genius, 2019) explains about an unrequited love, a love which is not understood or reciprocated by the person she loves. She explains about how the person she loves rarely talks, rarely expresses themselves, rarely expresses on how he feels, what he is thinking, which in a relationship, communication is very important to understand each other’s feelings, thoughts, or emotions. A relationship with little communication where they are not expressing themselves with one another will cause many misunderstandings, such as not knowing what they expect from one another which makes her soon give in and asks if she could be the one who talks or expresses her

feelings to make the relationship works. She also mentioned how the person she loves is someone who is not sensitive or unable to see her feelings towards him, whether she is hurting, or she is in love with him, he is unable to see it, which then led her to decide to give up by carrying her feelings on her own. The love she feels towards him, the pain he causes, she decided to endure all of it by herself. The cause of this is because she is the only one who tries to make the relationship work by giving in to being the one who talks and expresses to make it work, but ends up deciding to end the relationship by carrying her own feelings by herself.

In a relationship, both must work to make the relationship works, one can try as much as they can by themselves but when the significant other is not willing to make it work, to communicate, to understand each other’s feelings, the relationship will soon

collapse, which is what happens in the second verse, and is understandable for someone to finally give up on the

relationship if only one is trying to make it work.

Verse 3

Table 3. Signifier and Signified Aspect of the Third Verse

Signifier Aspect	Signified Aspect
<i>Awan dan alam saling bersentuh Mencipta hangat, kau pun tersenyum Ketika itu kulihat syahdu Lihat, hati mana yang tak akan jatuh</i>	This verse describes the moment where she fell in love with the person while they were spending time together in a warm weather that makes him smile, as she sees his smile, her love towards him starts to grow.

Source: Genius, 2019, Data Processed by Researcher, 2020

Signification Aspect

In table 3, the third verse stated “*Awan dan alam saling bersentuh mencipta hangat, kau pun tersenyum, ketika itu kulihat syahdu, lihat, hati mana yang tak akan jatuh*” (Genius, 2019) describe a moment where she starts to fall in love with him. She explained her observation of the universe, how the clouds and nature touched each other and created warm weather which made him smile and led her to fall in love. Clouds are significant to life on Earth as in the daylight, it protects the earth from the intense heat caused by the sun (Zuckerman, 2019). This explains how the warm weather

on that day as the “nature” or sunlight touches the clouds, creates a warm weather. There are many aspects that make people starts to develop feelings to another person, and this verse explains how she fell in love with his smile while they were spending time together in warm weather. She sees his smile as calming and soothing and led her to think it’s impossible for a heart to not fall in love with a smile that is so calming and soothing.

Verse 4

The fourth verse has the same lyrics as the second verse which resulted to have the same meaning as the second verse.

Verse 5

Table 4. Signifier and Signified Aspect of the Fifth Verse

Signifier Aspect	Signified Aspect
<i>Kau dan aku saling membantu membasuh hati yang pernah pilu Mungkin akhirnya tak jadi satu Namun bersorai pernah bertemu</i>	This verse talks about two people helping one another in healing each other’s wounded heart. But their love did not unite as one and she decided to celebrate and feel blessed because even though they did not unite, they once met and mend each other's hearts.

Source: Genius, 2019, Data Processed by Researcher, 2020

Signification Aspect

In table 4, the last verse stated, “*Kau dan aku saling membantu membasuh hati yang pernah pilu, mungkin akhirnya tak jadi*

satu, namun bersorai pernah bertemu (Genius, 2019) talks about a separation of a relationship that did not unite as one. But this verse shows she finds the light at the end of

the tunnel as she sees the positive outcome of a separation, and accepts the situation as it is that even though they did not unite, they once met and made each other happy and helped heal each other's broken hearts. This verse focuses on the positive outcome of a separation. Instead of mourning about the separation with the person she loves, she took the time to reflect on how they once helped one another, the happy moments, and she decided to accept the situation and feel blessed that they once met one another in this big world. The last verse connects with the first verse. The first verse talks about how the sky and ocean help one another and result in rain which gives benefits to many, and gives her a perspective of when one is helping another, even though seems impossible, when it is meant to be, love will soon form and will unite as one. But in the last verse she explains how although they helped each other, they did not unite as one.

Discussion

Based on the analysis conducted by the researchers, it is found a couple of meanings behind the song lyrics of *Sorai* by Nadin Amizah. The meaning found in *Sorai* by Nadin Amizah is focused on the meaning of mindfulness. Elements of mindfulness are found in the verses of the lyrics which will be explained below.

Mindfulness in the First Verse

The first verse, "*Langit dan laut saling membantu, mencipta awan, hujan pun turun, ketika dunia saling membantu, lihat, cinta mana yang tak jadi satu*" (Genius, 2019) the first verse explains about a girl observing the universe, on how rain is formed. She witnessed when the elements of the universe are helping one another which are the sky and the ocean helping one another to form rain, when it is meant to be, love will unite which led to her belief towards love, it is when one is helping another, love will eventually form and unite. The first verse shows the first element of

mindfulness which is paying attention. To be mindful, it is needed to pay attention to what people choose to attend to, and in the first verse shows how she is observing the universe and creates a belief for herself. To make a conclusion or a belief, it is needed to observe, to find meaning, to pay attention to it, and it is what she did, paying attention to how the universe works and as the result she created a belief. Nadin Amizah also explained how her belief is what was meant to happen, will happen if fate brought them together according to the interview for secondary data that was conducted on 30 June 2020:

"Ketika dunia saling membantu, lihat cinta mana yang tak jadi satu" itu adalah sebuah pernyataan bahwa tidak disangka pun, kalau memang sudah ditakdirkan bersama, pasti akan jadi satu"

Mindfulness in the Second Verse

In the second verse, "*Kau memang manusia sedikit kata, bolehkah aku yang berbicara? Kau memang manusia tak kasat rasa, biar aku yang mengemban cinta*" (Genius, 2019) explains about unrequited love, a love which is not understood or reciprocated by the person she loves. Firstly, the lyrics explains about how the person rarely expresses how he feels, what he is thinking, which in a relationship, communication is very important to understand each other's feelings, thoughts, or emotions. But, instead of being angry or frustrated over how the situation is, she decided to respond to the situation open heartedly by asking "*Bolehkah aku yang berbicara?*" Can she be the one who talks? To express her feelings, for him to understand her even though she wasn't able to understand him. Secondly, she explained how her significant other was not able to see her feelings or not sensitive towards what she felt which then led her to decide to give up by carrying her own feelings by herself. The love she feels towards him, the pain he

causes, she decided to endure all of it by herself. This shows two elements of mindfulness which are non-reactively and open heartedly. Non-reactively is to respond to a certain experience than react to thoughts. A response is more deliberate and a considered action. A response took some time for reflection, is aware rather than automatic and in general tends to be helpful. When she deliberately asks if she can be the one who expresses her feelings while her significant other can't, she took some time to think about how to make the situation better, rather than reacting to the situation, being angry about how her significant other didn't live up to her expectation. She is also showing she is doing it open heartedly. Open heartedly is to bring a quality of compassion, friendliness, compassion and kindness to a certain experience or situation which what she did to make the situation at peace, she gives in to be the one who expresses. In the process of it, she explained how her significant other was also unable to see what she is feeling, which then led her to give up. The way she gave up also shows non reactively elements of mindfulness, because the way she firstly gave in to make the situation better, it took some time and reflection for her to finally decided to give up.

Mindfulness in the Third Verse

In the third verse, "*Awan dan alam saling bersentuh mencipta hangat, kau pun tersenyum, ketika itu kulihat syahdu, lihat, hati mana yang tak akan jatuh*" (Genius, 2019) describe a moment where she starts to fall in love with him. She explained her observation of the universe, how the clouds and nature touched each other and created warm weather which made him smile and led her to fall in love. There are many aspects that make people start to develop feelings for another person, and this verse explains how she fell in love with his smile while they were spending time together in warm weather. She sees his smile

as calming and soothing and led her to think it's impossible for a heart to not fall in love with a smile that is so calming and soothing. This shows the first elements of mindfulness which is paying attention. To be mindful, it is needed to pay attention to what people choose to attend to. How she is observing the situation and also looking at her significant other, paying attention to how he smiles which led her to fell in love, it shows elements of paying attention to her significant other and the environment.

Mindfulness in the Fourth Verse

The fourth verse has the same lyrics as the second verse which resulted to have the same elements of the second verse, which are open heartedly and non reactively.

Mindfulness in the Fifth Verse

On the last verse, "*Kau dan aku saling membantu membasuh hati yang pernah pilu, mungkin akhirnya tak jadi satu, namun bersorai pernah bertemu*" (Genius, 2019) shows three elements of mindfulness which are present moment, non reactively, and open heartedly. This verse talks about a separation of a relationship that did not unite as one. But this verse finds the light at the end of the tunnel as she sees the positive outcome of a separation, and accepts the situation as it is that even though they did not unite, they once met and made each other happy, helped heal each other's broken heart, and once loved each other. First, this shows elements of mindfulness of the present moment. Present moment is the reality of being in the present moment, aware of the way or how things are, as they are now, and in this part, she is in the present moment in how she is aware that they did not unite as one and separated ways, she did not get stuck in the memories of the past. This verse also focuses on the positive outcome of a separation. Instead of mourning about the separation with the person she loves, she took the time to reflect on how they once helped one another, the happy moments, and

she decided to accept the situation and feel blessed that they once met one another in this big world. This shows elements of Open Heartedly, it is to bring quality of compassion, friendliness, warmth, and kindness to a certain experience or situation. The way she chose to see this separation as something positive, rather than mourn about the situation shows how she accepts and brings compassion to the bitter situation she experienced. The last element of mindfulness in the last verse is non reactively. Non reactively is to respond to a certain experience than react to thoughts. A response is more deliberate and considered action. A response took some time for reflection, is aware rather than automatic and in general tends to be helpful. In a bitter situation, such as what she experienced, a separation with the person she loved, it is easy to fall into anger on how things did not work out, mourn about it, or even fall into a depression state. But she chose to accept this situation with kindness and it shows that she is non reactively in this situation, she did not try to fight or be angry on what was not meant to happen, she chose to accept it rather than react to the situation that could potentially made the situation worse. She also admitted on the secondary data interview, it took a long time for her to finally let go. This shows she took time to reflect, analyze the situation before taking an action on the situation which shows elements of non reactively by taking time to consider her action towards what she experienced.

CONCLUSION

Based on the analysis conducted by the researchers, it is found the meaning of mindfulness in song lyrics of *Sorai* is to let go of a separation through mindfulness, by being present in the situation and accepting the separation as it is without regret of the past and fear of the future.

It is found four out of five elements of mindfulness in the meaning of the song.

First Verse shows elements of paying attention, in which Nadin is paying attention to how the universe works that created a belief towards love. Second verse shows elements of open heartedly and non reactively in how Nadin responds to how the person she loves acts and behaves. Third verse shows elements of paying attention in which Nadin observes the environment and starts to fall in love by paying attention to him. Fourth verse has the same lyrics and mindfulness elements as the second verse which are open heartedly and non reactively. Fifth verse shows elements of present moment, non reactively, and open heartedly in how Nadin lets go of the separation and accepts the situation as it is.

Based on the elements shown in *Sorai* that has been explained above, it can be concluded the most frequent elements that showed up are paying attention, open heartedly, and non reactively. Although present moment only showed up once, it is just as important as other elements. Mindfulness is shown in *Sorai* through paying attention to the situation, to be open heartedly accepting the given situation by bringing compassion to the situation even though it brings unpleasant feelings or pain, to be non reatively which to think about the consequences of how we respond to a situation, and to be present in the current situation, accepting what is happening in what is “now” or current situation and not get stuck in the past memories. Non judgmentally element did not show up in *Sorai*, non judgmentally is to encourage people to not judge their experience as good or bad, rather to be neutral to the situation. Nevertheless, Nadin Amizah captures their separation as something positive and it brings peace to her and the situation. It is concluded that non judgmentally element in mindfulness theory is not always required in mindfulness. It is shown that Nadin Amizah still applies mindfulness in her song lyrics even though she isn’t applying non judgmentally element in her situation.

Looking and accepting the situation positively provides peace for herself, it is still aligned with the meaning of mindfulness by (Siegel, 2010), which is awareness of present experience with acceptance. The researchers suggests non judgmentally element to be modified into encouraging people to be neutral or positive towards the situation.

Sorai is to remind people to see the positive light in a separation, to celebrate the happy moments, to accept the situation as it is, that even though sometimes love did not unite, we should be grateful to have met people that once brought happiness to us. Through mindfulness, letting go and accepting what is happening in our lives becomes easier. It proves how mindfulness is a necessary element to be applied in our day to day life in order to have a peaceful and meaningful life.

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