

INTISARI

Penelitian ini bertujuan mendeskripsikan struktur makna lirik lagu menggunakan strata norma Roman Ingarden serta mengungkap proses *self-healing* dan *self-acceptance* melalui pendekatan psikologi sastra Carl Rogers dalam empat lagu karya Ghea Indrawari, yaitu “Teramini”, “Berdamai”, “Terima Kasih Sudah Bertahan”, dan “Jiwa yang Bersedih”. Keempat lagu tersebut dipilih karena dianggap representatif dalam menggambarkan pengalaman emosional individu yang berkaitan dengan luka batin, penerimaan diri, dan proses pemulihan psikologis. Metode yang digunakan adalah deskriptif kualitatif dengan pendekatan psikologi sastra. Teknik pengumpulan data dilakukan melalui simak dan catat serta studi pustaka untuk memperoleh data lirik lagu dari berbagai sumber tertulis. Analisis data dilakukan dengan mengidentifikasi dan menginterpretasikan makna lirik berdasarkan lima lapisan strata norma Roman Ingarden, yaitu lapis bunyi, lapis arti, lapis objek, lapis dunia, dan lapis metafisis yang kemudian dikaitkan dengan konsep *self-healing* dan *self-acceptance* dalam psikologi humanistik Carl Rogers. Hasil penelitian menunjukkan bahwa keempat lirik lagu tersebut menggambarkan perjalanan emosional individu dari kondisi luka batin menuju penerimaan diri melalui refleksi, dialog batin, sikap ikhlas, serta munculnya harapan dan ketenangan sebagai bagian dari proses pemulihan psikologis.

Kata kunci: psikologi sastra, strata norma Roman Ingarden, *self-healing*, *self-acceptance*, lirik lagu.

ABSTRACT

This study aims to describe the structure of meaning in song lyrics using Roman Ingarden's strata norma and to reveal the processes of self-healing and self-acceptance through Carl Rogers' literary psychology approach in four songs by Ghea Indrawari, namely "Teramini," "Berdamai," "Terima Kasih Sudah Bertahan," and "Jiwa yang Bersedih." These songs were selected because they are considered representative in portraying individual emotional experiences related to inner wounds, self-acceptance, and psychological recovery. The research applies a descriptive qualitative method with a literary psychology approach. Data were collected through listening and note-taking as well as library research to obtain lyric-related information from various written sources. The analysis was conducted by identifying and interpreting the meaning of the lyrics based on the five layers of Roman Ingarden's strata norma, which consist of sound, meaning, object, world, and metaphysical layers, and then connecting them to the concepts of self-healing and self-acceptance in Carl Rogers' humanistic psychology. The findings show that the four song lyrics depict the emotional journey of individuals from experiencing inner wounds to achieving self-acceptance through self-reflection, inner dialogue, sincerity, and the emergence of hope and inner peace as integral parts of psychological recovery.

Keywords: *literary psychology, Roman Ingarden's strata norma, self-healing, self-acceptance, song lyrics*