



Semantics Analysis to Denotative and Connotative Meaning on DPR IAN's Scaredy Cat

Apsari Eka Putri¹, Otong Setiawan Djuharie²,

^{1,2} English Literature Department, Faculty Adab and Humanities, University of Islamic State

Sunan Gunung Djati Bandung, Indonesia

apsariekaputri@gmail.com^{1*} otongsetiawandjuharie@uinsgd.ac.id²

Address: Jl. AH Nasution No. 105 Cipadung, Cibiru, Kota Bandung, Jawa barat, Indonesia

Corresponding author: apsariekaputri@gmail.com

Abstract. *This study investigates the meanings associated with the song "Scaredy Cat" by Ian DPR, focusing on connotative and denotative aspects through a semantic perspective. Using qualitative research methods, this work builds on existing research related to figurative language. The findings highlight the complex interaction between the song's literal meaning and its deeper emotional implications, which collectively enhance its impact. Denotative aspects provide a clear understanding of the songwriter's experience, while connotative elements invite deeper engagement with themes of fear, anxiety, and vulnerability. This research reveals that figurative language, such as metaphors and imagery, contributes to the layered interpretation of songs. This complexity not only strengthens the emotional bond between the artist and the audience but also encourages listeners to reflect on their own feelings and experiences. The importance of language in music as a means of expressing human emotions is emphasized. By combining empathetic language and figurative language, songwriters can create a sense of release and emotional connection. The results align with previous research on the importance of figurative language in enhancing lyrical meaning and emotional resonance. Further research is recommended to explore the relationship between semantics and emotional expression across various music genres.*

Keywords: *Scaredy Cat, DPR IAN, Semantics, Denotative, Connotative*

1. INTRODUCTION

Language serves as a fundamental tool for human communication, enabling the effective expression of ideas, emotions, and specific objectives. However, in everyday interactions, understanding language relies not only on the explicit literal meanings but also on the implied meanings influenced by context, cultural background, and subjective experiences (Barradas and Sakka 2022). This phenomenon is particularly evident in song lyrics, which employ artistic and symbolic language styles, making the conveyed messages incomprehensible when interpreted solely through the literal meanings of the words.

The urgency of this research is grounded in the necessity for a deeper understanding of how song lyrics function not only as a means of literal communication but also as vehicles for conveying complex emotional, cultural, and identity aspects. A comprehensive semantic approach to song lyrics is essential for uncovering hidden layers of meaning, which has implications for art appreciation, linguistic studies, and popular culture research. Recent studies show that understanding contextual and cultural meaning is a crucial factor in interpreting literary texts and modern song lyrics.

Semantics, a branch of linguistics that examines the meanings of words, phrases, and sentences, plays a central role in this analysis. (Israa Burhanuddin Abdurrahman 2019) defines semantics as the study of language meaning manifested in various linguistic units. Furthermore, (Leech 1974) categorizes meaning into two primary types: denotative meaning, which refers to the literal meaning associated with concrete and identifiable objects or concepts, and connotative meaning, which encompasses the emotional, cultural, and social values attached to a linguistic expression, varying based on cultural context and individual experiences.

(Cruse 1986) views denotative meaning as the objective meaning related to the truth conditions of propositions, forming the basis for truth-conditional semantics. This foundation is crucial for understanding how language conveys factual realities through words and sentences. Meanwhile, (Dickins 2018) asserts that connotative meaning does not directly relate to factual truth but provides an additional dimension of subjective interpretation through cultural, ideological, social, and emotional nuances that enrich communication and add depth to literal meanings.

In the context of song lyric analysis, the separation and exploration of these two aspects of meaning are vital to ensure that interpretations extend beyond the literal side, encompassing the emotional messages and cultural values that are implicitly contained. This aspect has been insufficiently elaborated in previous studies related to the song "Scaredy Cat" by DPR IAN, which primarily focused on figurative language (Clara 2024) without distinctly differentiating between denotative and connotative meanings.

Thus, a significant gap in the literature exists: a lack of studies that focus on these two semantic dimensions separately and comprehensively within the context of this song. Addressing this gap is essential for achieving a more objective and in-depth analysis that captures the intricacies of the implied messages contributing to the formation of artistic identity and the emotional resonance of the song.

The status of this research is to complement and expand upon existing studies. Specifically, this study aims to support and enrich semantic analyses of song lyrics through a more detailed and structured approach to denotative and connotative meanings. Additionally, this research revises generalist approaches to become more focused and systematic in the collection and interpretation of linguistic data from the lyrics.

The novelty of this research lies in the integration of classical semantic theories, such as truth-conditional semantics, with modern approaches that consider the socio-cultural

dimensions of connotative meaning. This multidimensional approach not only enriches theoretical linguistic studies but also contributes new insights to contemporary music studies by opening new perspectives on understanding lyrics as a multi-layered medium of communication. Furthermore, the application of dual meaning analysis within a single study represents a rarity in previous research.

The objectives of this study are to detail and comprehensively analyze the denotative and connotative meanings in the lyrics of "Scaredy Cat" separately and in depth. Consequently, this research aims to understand the literal messages conveyed through denotative meanings, reveal the layers of emotional, social, and cultural meanings reflected in connotative meanings, present a comprehensive understanding of how these two meanings interact to form the overall message of the song, contribute methodologically to the application of classical and modern semantic theories in song lyric studies, and pave the way for future research related to multidimensional semantic analysis in musical works and other literary texts.

With this emphasis, the research is expected to provide richer and deeper insights into the fields of linguistics, cultural studies, and music studies, thereby making a meaningful academic and practical contribution to the understanding of contemporary musical art. By analyzing the complex relationship between language and music, this study aims to reveal how lyrics reflect cultural narratives and emotional experiences. This investigation is particularly relevant in the context of modern music, where artists often address complex social issues through their work. The findings are expected to deepen our understanding of how musicians convey their thoughts and feelings, as well as how listeners interact with these messages.

2. LITERATURE REVIEW

Analysis of song lyrics has been an important focus in music and literature studies, especially in understanding how lyrics can convey emotions. DPR IAN's song "Scaredy Cat" is a relevant example to explore how the lyrics convey what the writer is feeling. In this study, Geoffrey Leech's semantic theory provided a useful framework for analyzing denotative and connotative meanings in song lyrics, which could help the listener understand the emotional comforts contained in them.

(Leech 1974) developed a semantic theory that distinguishes between denotative and connotative meanings. Denotative meaning refers to the literal meaning of words, while connotative meaning encompasses the emotional and cultural associations associated with

them. When analyzing the lyrics, understanding these two meanings is very important, as the text not only conveys information, but also evokes deep feelings and experiences.

The researcher complements previous studies discussing figurative language with semiotic analysis in a study entitled “FIGURATIVE LANGUAGE AND SEMIOTIC ANALYSIS IN DPR IAN’S ‘SCAREDY CAT’ LYRICS AND VIDEO” (Clara 2024). In this study, the researcher takes a further step by focusing on semantic analysis, which is an important aspect in understanding the meaning contained in song lyrics. With this approach, the researchers sought to delve deeper into the connotative and denotative meanings present in the use of figurative language.

In this study, the researchers recognized that song lyrics often contain complex layers of meaning, where words and phrases not only have literal meanings but also carry various associations and emotions that can influence the listener's perception. Therefore, by referring to previous studies, the researcher seeks to provide a more comprehensive contribution to our understanding of how figurative language functions in song lyrics.

3. RESEARCH METHOD

The research methodology employed in this study adopts a qualitative approach. According to (Creswell and Creswell 2018), qualitative research is designed to comprehend the meanings, experiences, and perspectives of individuals or groups within their social contexts through the collection and analysis of non-numeric data, such as in-depth interviews and observations. This approach emphasizes coding and thematic grouping to identify patterns and meanings within the data.

The qualitative method is utilized primarily to analyze both the denotative and connotative meanings present in the lyrics of the song "Scaredy Cat" by DPR IAN, released on March 22, 2021. The focus of this research is strictly on the song's lyrics, deliberately excluding visual elements from the music video, thereby directing attention primarily toward understanding the meanings embedded within the text. The primary data for this study is sourced from the lyrics available on the website <https://genius.com/>, recognized as an accurate and reliable resource (DPR IAN 2021) . The research process commences with a comprehensive collection of the lyrics from the online platform, followed by an in-depth reading to grasp the context and emotional nuances present in the lyrics. Data collection techniques are systematically implemented, wherein the researcher identifies words and phrases that possess denotative meanings referring to their literal interpretations, as well as

connotative meanings that encompass additional emotional and cultural significance. During this process, the researcher also notes the use of figurative language, such as metaphors, similes, and personification, which contribute to the development of connotative meanings within the lyrics.

In the operationalization of the research, the researcher classifies linguistic elements in the lyrics based on semantic theory, distinguishing between denotative and connotative meanings. Denotative meaning is defined as the clear and explicit interpretation, while connotative meaning is understood as a deeper significance related to experiences and values within a social context. This approach serves as the foundation for conducting a more profound analysis aimed at uncovering the various layers of meaning present in the lyrics.

The data analysis technique in this study emphasized a comprehensive analysis approach. After the data was collected, the researcher analyzed the data by comparing it according to the predetermined semantic category. Researchers paid close attention to the context of each word or phrase's sentence and role in shaping the entire song's message, and evaluated how the use of figurative language enriched the intended means. The results of the analysis consist of narratives describing the relationship between denotative and connotative meanings shown in the lyrics.

Furthermore, this work strictly validates the results of the analysis by referring to the relevant literature on semantics. This includes that the resulting interpretation is consistent with and responsible for the study of existing languages. This approach provides a strong theoretical framework, resulting in a profile understanding of the explicit and implicit messages contained in the lyrics of "Scaredy Cat".

4. RESULT AND DISCUSSION

This analysis provides a deep understanding of the two layers of meaning found in song lyrics, which include denotative (literal) and connotative (implied or emotional) interpretations. These layers work synergistically to express the songwriter's deep emotional struggle in facing fear, anxiety, and vulnerability. The clarity of literal meaning provides the foundation for the listener's understanding (Abuarrah 2018), while connotative meaning adds a complex emotional and psychological dimension that deepens the listener's engagement and empathy.

Lyrics	Denotative meaning	Connotative meaning
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I think I'm scared of all the signs	Expressing fear of certain signs	Fear of bad omens or excessive anxiety about minor issues
Just leave the lights on and close the blinds	Requesting to keep the lights on and the blinds closed	Fear of darkness, seeking a sense of safety from the environment
Because I'm a scaredy-cat	Referring to himself as a coward like a cat	A symbol of someone who is highly sensitive or easily frightened emotionally
Please, no more heart attacks	A plea to avoid experiencing heart attacks	A hope to no longer endure emotional shocks, inner wounds, or panic
I scream out loud just to see if I'm alive	Shouting to determine if he is still alive, if their spirit remains	A feeling of numbness or loss of meaning in life, a desire to feel something.
Dial 911, I'm calling from under my bed	Contacting emergency services (911) from a hiding place (under the bed)	An illustration of extreme fear and a search for protection, symbolizing anxiety
I feel like I'm disappearing in a hole	Feeling as though one is vanishing into a hole and unable to find a way out	A depiction of depression, feeling overwhelmed, alone, and invisible, as if there is no escape from the darkness
There are clouds in disguise, they might just rain on me	There are disguised clouds that may rain down on him	Hidden problems that can suddenly arise and cause emotional pain repeatedly and endlessly
It's hard to breathe when you're not there	Difficulty breathing in the absence of someone	A feeling of suffocation, anxiety, or emptiness due to the loss of someone who provides a sense of

		security, representing dependency on a comforting presence
Sometimes I know you don't care	Occasionally feeling that others do not care	A sense of abandonment or unreciprocated love
Why does no one lend a hand when I say I will drift away?	No one helps when he say he will drift away	A symbol of despair and feeling ignored while facing suffering, struggling to find answers to the problems encountered
I'm losing my mind	Losing one's sanity	Describing emotional pressure or an unstable mental condition
Just hold my hands you'll see	Hold his hand and you will see	A request for emotional support, a desire to be understood and accompanied after expressing anxiety

Table 1. Denotative and Connotative in Scaredy Cat

The lyrics “**I think I'm scared of all the signs**” open with a seemingly simple admission of fear toward observable phenomena. On a denotative level, the songwriter expresses genuine anxiety toward certain external indicators. However, beneath this surface meaning lies a deeper connotation, revealing intense, almost compulsive anxiety. The songwriter's psychology amplifies every small or ambiguous sign into a potential threat or confirmation of impending doom. This phenomenon reflects a state of heightened hypervigilance, often associated with anxiety disorders, where ordinary things become terrifying and trigger anxiety. This insight into the songwriter's inner state allows listeners experiencing similar hyperawareness to immerse themselves in this intense emotional reality, creating a sense of shared experience and understanding.

Transitioning to the subsequent phrase, “**Just leave the lights on and close the blinds,**” the denotation depicts a physical adjustment to the environment, a request to illuminate the room while shutting out external visual stimuli. However, the connotative meaning unveils the songwriter's profound need for psychological safety. Here, light transcends mere brightness; it becomes a protective agent that wards off darkness and the fears it symbolizes. The act of

closing the blinds amplifies this sheltering gesture by physically and symbolically isolating the outside world, reflecting the songwriter's attempt to exert control over their environment as a buffer against emotional distress. This duality illustrates how literal requests in lyrics can symbolically underscore coping mechanisms for anxiety, revealing the intricate relationship between physical space and emotional security.

The lyrics **“Because I'm a scaredy-cat”** is a playful admission of fear. At a denotative level, these lyrics directly mean “I am easily frightened” (Cambridge Dictionary 2023) and an unduly fearful person (Merriam-Webster 2025). However, the connotative implications of this phrase are much deeper, revealing a complex emotional. The phrase serves as an honest reflection of the songwriter's emotional vulnerability, while also hinting at the self-judgment and social stigma that often accompany feelings of fear and anxiety. By identifying as a “scaredy-cat,” the songwriter cleverly combines humor with vulnerability, suggesting a struggle against internal pressure to appear strong and unshakable. This duality highlights an often-overlooked reality: the conflict between social expectations and personal emotional experiences. The use of a lighthearted term like “scaredy-cat” sharply contrasts with the serious nature of the underlying emotions, creating a relatable yet profound commentary on the human condition. This tension prompts listeners to reflect on the social norms that dictate how emotions should be expressed or suppressed. The song challenges the stigma often attached to vulnerability, especially in cultures that often glorify stoicism and strength. By embracing the label “scaredy-cat,” the songwriter invites a broader conversation about the importance of acknowledging and accepting fear, ultimately fostering a more empathetic understanding of emotional experiences. This exploration of fear resonates not only with those who share similar feelings but also serves as a reminder that vulnerability can coexist with strength, enriching the human experience.

When the songwriter pleads, **“Please, no more heart attacks,”** the denotative meaning references a severe cardiac event, a literal health crisis often precipitated by stress (Levine 2022). Yet, emotionally, this phrase transcends its physical specificity to represent emotional overwhelm and panic attacks. The songwriter effectively conveys how profound anxiety can manifest physically, rendering emotional distress visceral and tangible. This connection underscores the mind-body relationship in mental health, emphasizing the severity of unchecked emotional suffering and the urgent desire to avert further psychological breakdowns. The lyric thus serves as a poignant reminder of the physical toll that emotional turmoil can exact on the individual.

The phrase "**I scream out loud just to see if I'm alive**" reveals the deep chaos and confusion that the songwriter is experiencing. It reflects a feeling of uncertainty about whether they are truly alive or merely going through the motions of existence. This expression suggests that the songwriter is struggling to find direction in life, feeling lost and overwhelmed by a sense of emptiness. In this state, the act of screaming becomes a way for them to assert their existence, as if they are trying to prove to themselves that they are still alive, even when everything around them feels lifeless. The scream symbolizes a desperate need for connection and affirmation of life. It is not just a sound; it represents the songwriter's struggle to be heard and to feel something amidst their emotional turmoil. This experience can be likened to a profound sense of emptiness, where the act of making noise serves as a reminder that they are still here, even when they feel disconnected from the world.

The metaphorical image in "**Dial 911, I'm calling from under my bed**" merges a literal hiding place with symbolic depth. Literally, being under the bed evokes a childhood refuge used to evade threats; however, in this case, it signifies a regression to a protected state amid extreme fear. Connotatively, it embodies a desperate quest for concealment and solace when emotional anxieties become unbearable. This spatial imagery symbolizes withdrawal from overwhelming realities, a coping mechanism that resonates with those who seek physical or emotional escape from distress (Imbens-Bailey and McCabe 2000). The power of this metaphor lies in its relatable evocation of primal fear and the instinct to retreat, inviting listeners to reflect on their own experiences of seeking refuge in times of distress. A metaphor is a figure of speech that describes one concept in terms of another, highlighting similarities between them, and is fundamental to human thought and language, shaping our understanding of abstract ideas through more concrete experiences. (Jin 2024)

The phrase "**I feel like I'm disappearing in a hole**" presents a straightforward image of vanishing or sinking. Beyond this denotative aspect, it connotes an acute sense of invisibility, depression, and profound isolation. The songwriter portrays emotional pain as a consuming void, where identity and presence are eroded beneath the weight of loneliness. This metaphor offers listeners insight into the experience of feeling unseen and disconnected, making it a compelling articulation of mental health challenges that can otherwise remain obscured. The imagery of a "hole" serves as a powerful symbol of despair, evoking the suffocating nature of depression and the struggle to maintain a sense of self in the face of overwhelming emotional pain.

In the lines "**There are clouds in disguise, they might just rain on me,**" the denotative meaning refers to clouds that conceal their threatening potential. Connotatively, this imagery powerfully symbolizes underlying emotional challenges that may unexpectedly emerge and lead to distress. The songwriter recognizes that beneath a facade of tranquility, unpredictable feelings of sadness, anxiety, or trauma are present, poised to "rain" upon their mental well-being. This lyric effectively encapsulates the unpredictable and often hidden nature of emotional struggles, enhancing the listeners' awareness of the internal conflicts that may remain unseen. The metaphor of clouds serves as a poignant reminder of the fleeting yet significant nature of emotions, implying that even during periods of apparent stability, turmoil may be lurking just beneath the surface. Furthermore, the concept of "rain" can be interpreted as a representation of unresolved issues, with new problems accumulating simultaneously, creating an overwhelming sense of burden. This multifaceted interpretation underscores the complexity of emotional experiences, illustrating how various challenges can converge and intensify, ultimately impacting one's mental state.

The phrase "**It's hard to breathe when you're not there**" literally implies physical difficulty in breathing, but it has a metaphorical meaning, describing the emotional suffocation felt when there is no calming presence. This line effectively illustrates how a lack of emotional support or love can manifest as feelings of anxiety or panic. The singer's expression highlights the deep connection between emotional relationships and psychological well-being, emphasizing the significant impact that loss or separation can have on mental health. The image of breathlessness triggers a deep emotional response, allowing listeners to empathize with the limiting nature of emotional isolation. The songwriters aim to convey that they experience great difficulty and deep despair when they have no friends. The lyrics serve as an expression that having someone by our side can lighten the burdens and challenges being faced.

The lyrics "**Sometimes I know you don't care**" explicitly express an awareness of other people's indifference. Connotatively, these lyrics convey deep feelings of abandonment, unrequited love, and emotional neglect. These feelings of being unappreciated or unsupported reinforce the singer's vulnerability, highlighting the importance of reciprocal relationships in building emotional resilience. The absence of such relationships can lead to feelings of isolation and despair, as individuals struggle with the emotional burden of feeling ignored or belittled. The acknowledgment of this indifference serves as a stark reminder of the emotional toll that perceived neglect can take, prompting listeners to reflect on the importance of empathy and connection in their own lives. It highlights how crucial it is for individuals to feel seen and

valued, as these feelings are the foundation of mental well-being. These lyrics resonate deeply, inviting listeners to consider their own experiences with love and neglect, and to recognize the impact their actions or inactions can have on others.

When the songwriter asks the question, “**Why does no one lend a hand when I say I will drift away?**”, the denotative meaning conveys the immediate absence of help or intervention. Symbolically, this line summarizes deep, invisible, and negated feelings of despair during critical moments. It highlights the songwriter's intense desire for recognition and support amid emotional distress, underscoring the essential human need for social and emotional connections as a means of survival. This request for help resonates with listeners, prompting them to reflect on their own experiences in seeking support during difficult times. This situation illustrates the response of close people who may be skeptical, indifferent, or unwilling to get involved with the circumstances facing the songwriter, even if they really need help, while it guides them through their struggle or simply lists their complaints. The emotional weight of this appeal emphasizes the importance of empathy and understanding in interpersonal relationships, especially when one is navigating through a painful experience.

The statement “**I’m losing my mind**” literally communicates mental instability or cognitive impairment (Foulkes 2022). This statement implies intense pressure and fragmentation caused by an excess of emotions. The lyrics summarize the songwriter's experience of mental suffering in concise terms, making the inner conflict easy to understand and feel directly by the listener. The boldness of this statement serves to normalize conversations about mental health, encouraging broader dialogue about the complexities of emotional well-being. By expressing such honest and vulnerable feelings, the songwriter invites listeners to confront their own struggles with mental health, creating a sense of shared experience and understanding. This phrase captures a feeling many people can relate to, especially in stressful or crisis situations where emotional burdens feel overwhelming. This relatability is crucial in dismantling the stigma often associated with mental health issues, as it highlights the shared nature of these experiences rather than portraying them as isolated or shameful.

The phrase “**Just hold my hands, you’ll see**” functions as an appeal for physical reassurance, serving as a potent metaphor for emotional support and empathetic understanding (Sened et al. 2023). This expression invokes the therapeutic capacity inherent in human connection, emphasizing that comfort and comprehension can fortify individuals confronting anxiety and fear. It communicates an optimistic perspective regarding the indispensability of

compassionate interpersonal relationships, proposing that even in moments of profound despair, the mere presence of another individual can provide solace and assurance. Specifically, the invocation to "just hold my hands" signifies the author's disclosure of their innermost thoughts and emotions to a confidant willing to act as a source of support or attentive listener. The subsequent clause, "you'll see," articulates the author's expectation that the recipient of this disclosure will develop an awareness and acceptance of the author's distressed state, thereby recognizing the author's need for assistance. In this way, the phrase encapsulates both the denotative meaning of a literal request for physical comfort and the connotative implications of emotional healing and connection, illustrating the profound impact of human relationships in times of vulnerability.

Comprehensive results show that the songwriter's use of language clearly maps concrete experiences (denotative meanings) and layered emotional complexities (connotative meanings). This synergy allows the song to not only tell stories of fear and anxiety but also evoke empathy and emotional validation in listeners facing similar challenges.

The benefit of this study lies in its contribution to understanding how song lyrics function as rich emotional texts that can positively affect mental health by articulating complex inner experiences. By examining specific linguistic choices, the study sheds light on how songwriting can drive identification, reduce stigma, and promote emotional catharsis.

In line with previous studies, it highlighted the therapeutic potential of music for mental health, especially as discussed in the systematic review "The impact of musicking on emotion regulation: A systematic review and meta-analysis," this analysis discusses the gap in how the right lyrical content conveys a nuanced emotional state. The book reveals that the connotative language in the lyrics is essential for deep emotional engagement, transcending mood swings to actively form the listener's emotional understanding and response (Peters et al. 2024).

This analysis emphasizes the important role of double-layered meaning in songwriting as a tool for mental health awareness and emotional expression, highlighting the profound impact that lyrical depth can have on individual and collective emotional experiences. Through the exploration of these themes, this analysis not only enriches our understanding of the songwriter's intentions but also underlines the broader implications of how music can serve as a means for emotional exploration and healing.

5. CONCLUSION

In conclusion, this analysis reveals the complex interaction between connotative and denotative meanings in songs, highlighting how these layers of semantics enrich the overall impact of the lyrics. Denotative meanings provide clear and easily understood interpretations of the songwriter's experiences, allowing listeners to understand the emotions being expressed. However, it is the connotative meaning that elevates the lyrics, adding depth and complexity. This nuanced interpretation invites listeners to engage with the emotional nuances and psychological complexities that often accompany feelings of fear, anxiety, and vulnerability.

These findings suggest that figurative language in songs, including metaphors and imagery, creates rich patterns of meaning that resonate on multiple levels. This duality not only strengthens the emotional resonance of the lyrics but also deepens the connection between the songwriter and the listener, allowing the listener to reflect on their own experiences and emotions. Semantic exploration in this context shows how the connotative and denotative dimensions of language can work together to convey complex emotional realities, ultimately enriching the content of the lyrics.

The implications of this research extend beyond the song itself, highlighting the broader significance of language in music as a means of expressing human experience. By choosing words that evoke empathy and challenge social norms, songwriters can facilitate emotional catharsis and strengthen connections among listeners navigating their own emotional landscapes. Additionally, this study supports existing research emphasizing the role of figurative language in deepening understanding of connotative and denotative meanings. Figurative expressions serve as essential interpretive tools for delving into the complexity of lyric analysis, thereby enriching emotional engagement and cultural resonance in music. In light of these findings, it is recommended that future research continue to explore the relationship between semantics and emotional expression in music, examining how different genres and lyrical styles may influence listeners' emotional engagement. Additionally, further studies could investigate the therapeutic potential of music and lyrics in promoting mental health awareness and emotional well-being. Through this ongoing exploration, we can deepen our understanding of the profound impact that language and music have on our emotional lives, ultimately enriching the discourse surrounding mental health and emotional expression.

ACKNOWLEDGEMENTS

I would like to sincerely thank my supervisor, Mr. Otong Setiawan for all the guidance and support throughout this journey. Your advice and encouragement have meant a lot to me. I'm incredibly grateful to my parents for supporting me in so many ways, both emotionally and financially. I couldn't have done this without your belief in me and your constant support. A big thanks to my friends Alma, Bella, Caca who kept me motivated and lifted my spirits when things got tough. Having you by my side made this experience much easier. Finally, I would like to give special thanks to Arghie for being there emotionally and helping me so much to reach this point. Your support has truly made a difference.

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