



## Relationship Between Intensity of Listening to The Song Diri by Tulus and Self-Acceptance in The Solo Tulus Friends Community

Firratu Tsaqifa<sup>✉1</sup>

Universitas Sebelas Maret, Surakarta, Indonesia

Afia Fitriani<sup>✉2</sup>

Universitas Sebelas Maret, Surakarta, Indonesia

Received : October, 2023

**Abstract**

Approved : December,

2023

Published : December,

2023

Keywords:

intensity of listening, song,  
self-acceptance, psychological  
well-being, Tulus

*Self-acceptance is an essential component of psychological well-being, and music or songs have their potential to contribute to mental health and well-being. This research aims to determine the influence of the intensity of listening to the song Diri by Tulus on self-acceptance in the Teman Tulus Solo Community. The research method used is quantitative with person-product moment correlation. The research population is members of the Teman Tulus Solo Community who follow the official Instagram account @temantulussolo and live in Solo Raya (Surakarta, Boyolali, Sukoharjo, Karanganyar, Wonogiri, Sragen, and Klaten). The sampling technique uses snowball sampling. The total sample size was 102 respondents, consisting of 89 women and 13 men. The instruments in this research were the intensity scale for listening to self-songs ( $\alpha=0.812$ ) and the Berger Self-Acceptance Scale ( $\alpha=0.844$ ), distributed online in the form of a Google form to respondents. Based on the correlation test results, there is a significant relationship between the intensity of listening to the song Diri and self-acceptance ( $p=0.035$ ;  $r=0.209$ ).*

<sup>✉</sup> Corresponding Author:  
Email : [l.ftsqaifaa@gmail.com](mailto:l.ftsqaifaa@gmail.com)

## INTRODUCTION

Living with a feeling of prosperity is the desire of many people. In psychology, psychological well-being is known as psychological well-being. According to Ryff (1989), psychological well-being is an urge within an individual to explore their overall potential. The latest measurement explores the dimensions of psychological well-being into six dimensions, namely (1) the extent to which the individual feels his life has meaning, purpose, and direction (purpose in life), (2) whether the individual views himself as living by his personal beliefs or autonomy, (3) the extent to which the individual utilizes his talents and potential (personal growth), (4) how well the individual manages life situations (environmental mastery), (5) the depth of relationships the individual has in ties with other people (positive relationships), and (6) the knowledge and acceptance that individuals have about themselves, including awareness of one's limitations (self-acceptance) (Ryff, 2014). In this research, researchers will focus on one of the main dimensions, self-acceptance.

According to Hurlock (1974), self-acceptance is the degree to which a person has considered his characteristics, feels able, and is willing to live with these characteristics. Sartain et al. (1973), Hurlock (1974), and Skinner (1977) argue that self-acceptance is the desire to see oneself as one is and recognize oneself as one is. However, self-acceptance does not reduce ambition because every individual wants to improve themselves, balanced with awareness of themselves now.

One of the characteristics of self-acceptance is someone who accepts himself, has realistic life expectations regarding circumstances, and respects himself (Hurlock, 1974). Individuals with high levels of self-acceptance have a positive attitude towards themselves, recognize and accept many aspects of themselves (including good and bad qualities), and feel optimistic about past lives. Meanwhile, the tendency to feel dissatisfied with oneself, disappointed with what happened in one's previous life, have problems with certain personal qualities and want to be different from who he is are characteristics of individuals with low self-acceptance (Ryff, 2014).

Research on the relationship between self-acceptance and psychological problems continues to develop and enrich psychological science. Self-acceptance is one of the individual achievement points in life. In a preliminary survey by researchers on 94 Teman Tulus Solo Community respondents, 88.3% stated that they knew self-acceptance. However, 45.7% of the respondents said they had not accepted themselves. This shows that there is still a lack of self-acceptance in the Teman Tulus Solo Community. Meanwhile, self-acceptance is vital in achieving well-being and meaningfulness in life.

Along with the development of educational science and society opening up to mental health issues, quite a few music and songs containing messages related to mental health have been created by their writers. In general, there is much music that shows its influence on psychological problems and is even used as a method of

psychological therapy. Previously, music was a catalyst to stimulate emotions and help individuals rest and relax until the Greeks in the 5th century BC used certain types of music to overcome psychological problems (Grocke & Wigram, 2007). The World Federation of Music Therapy explains that music therapy is the professional use of music and its elements as an intervention in education, health, and the daily environment with individuals, groups, families, or communities. This is done to optimize life quality and improve physical, social, communicative, emotional, intellectual, and spiritual health and well-being conditions (Edwards, 2017). Yinger (2017) said that treatment in music therapy can be carried out in various methods, including singing and playing instruments, writing songs, choosing songs, musical life reviews, music therapy as entertainment, music therapy entertainment, guided imagery, improvisation, and listening to music.

Based on the previous explanation, it can be seen that music can influence many aspects of a person's life. This cannot be separated from the individual's intensity in listening to music. Intensity is a quantitative measurement of a sense to measure an energy's or sense data's physical size. Indicators of the intensity of listening to music are the duration and frequency of a person listening to music (Munir, 2022).

Music and songs are a universal language, so they can be accepted universally and cannot be separated from everyday life. Various genres of music are played every day at multiple times and occasions. In the Kamus Besar Bahasa (KBBI), music is the science or art of arranging tones or

sounds in sequences, combinations, and temporal relationships to produce compositions (sounds) that have unity and continuity. Meanwhile, songs are music accompanied by lyrics. As a form of art, songs are exceptional literature.

As time goes by, songs have become a popular medium of communication. Music is an effective medium for conveying messages to the public (Hidayat, 2014). Songwriters express their feelings through writing and share them with the accompaniment of tone and rhythm, hoping that the message can be conveyed to music lovers. Apart from being entertainment and providing pleasure, songs also talk about daily life, culture, and adventure and can even deepen the feelings of each human being, the elements of which are interrelated. Therefore, the influence of music and songs cannot be separated from human life, including its impact on the psychology of music lovers. Through processing in the brain, music influences how humans feel, think, and behave.

Research on the meaning of songs on self-acceptance was previously compiled by Jayanti K. & Fitriani R. (2021) by discussing the importance of the song *Pelukku untuk Pelikmu* by Fiersa Besari. This research shows that the song *Pelukku untuk Pelikmu* gives listeners peace because it can make listeners throw away their fear and guilt. Through music, people can feel happy, sad, calm, and motivated.

One of the musicians from Indonesia who has produced many meaningful works is Tulus. Until now, Tulus fans, who are called "Teman TULUS," are spread throughout Indonesia and even abroad. Tulus

started his career as a singer in September 2011 by releasing his first album, "TULUS". His latest album, the fourth album, was released on March 3, 2022, with the title "Manusia". On the official website for his work, Tulus said that the title "Manusia" represents the ten song numbers on the album as a variety of dynamics of human feelings.

Of the ten singles listed on the album "Manusia," the song entitled *Diri* is the one that listeners most enjoy. As of September 29, 2022, the lyric video for the song *Diri* has been watched more than 19 million times on the official Tulus YouTube channel and was ranked 3rd trending on Wednesday, March 9, 2022. A total of more than 6 thousand comments on the song video. Not a few expressed their appreciation and various comments regarding how each listener interpreted and received the positive impact of the song *Diri*. This shows the great enthusiasm of music lovers for this work. As the song's writer, *Diri*, namely Tulus, created it full of its message and meaning.

Research written by Juwita et al. (2022) using the semiotic analysis method explained the meaning contained in the lyrics of the song *Diri* by Tulus. With this work, Tulus tries to embrace and invite his listeners to have a more open view of mental health. Based on the analysis results of Juwita et al. It is known that the motivational message in the song *Diri* by Tulus is about self-acceptance, which is the key to a person's happiness. The results of this research became the basis for selecting the piece *Diri* by Tulus to research the influence of the intensity of listening to music on self-acceptance.

Previous research that has been presented shows that music can influence an individual's mental health and psychological condition. In this study, researchers focused on the influence of music listening intensity on individual self-acceptance. As explained in the previous paragraph, self-acceptance is essential because it significantly impacts your well-being. The song *Diri* by Tulus was selected based on previous research, which showed the meaning of the song's lyrics. A similar study has yet to be conducted on the music *Diri* by Tulus. So, this research is a novelty that can enrich psychological science. Based on these factors, as well as looking at the conditions related to self-acceptance in the Teman Tulus Solo Community, as well as the opportunity to explore new psychological knowledge, researchers will examine the relationship between the intensity of listening to the song *Diri* by Tulus and self-acceptance in the Teman Tulus Solo Community. Therefore, this research aims to determine whether there is a relationship between the intensity of listening to the song *Diri* by Tulus and self-acceptance in the Teman Tulus Solo Community.

## METHOD

This research was conducted using a quantitative method with Pearson product-moment correlation (Nadarajah, S., & Mitov, K.V. 2003). The research population is members of the Teman Tulus Solo Community who follow the official Instagram account @temantuluslo and live in Solo Raya (Surakarta, Boyolali, Sukoharjo, Karanganyar, Wonogiri, Sragen, and Klaten). Then, samples were taken using snowball sampling. The total sample size was 102

respondents, consisting of 89 women and 13 men. The instruments in this research are the intensity scale for listening to the song Diri ( $\alpha=0.812$ ) and the Berger Self-Acceptance Scale ( $\alpha=0.844$ ), which have been tested for validity and reliability so that the items used are items that have passed the validity and reliability tests. Reliability. The research instrument was distributed online to respondents in a Google form.

## RESULT AND DISCUSSION

Based on the Pearson product-moment correlation analysis carried out on both variables, the results showed a significant relationship between the intensity of listening to the song Diri and self-acceptance in the Teman Tulus Solo Community. This is proven by  $r = 0.209$ ,  $p = 0.035$  ( $p < 0.05$ ). So, it can be concluded that the higher the intensity of listening to the song Diri, the higher the self-acceptance. Conversely, the lower the intensity of listening to the song Diri, the lower the self-acceptance.

	Intensity	Self-Acceptance
Intensity	Pearson Correlation	1
	Sig. (2-tailed)	.209*
	N	102
Self-Acceptance	Pearson Correlation	.209*
	Sig. (2-tailed)	.035
	N	102

\*, Correlation is significant at the 0.05 level (2-tailed).

Table 1. Correlation test results

The hypothesis proposed in this research was accepted based on research conducted at the Teman Tulus Solo Community. The meaning of the lyrics of the song Diri was conveyed by Juwita et al. (2022) in their study, and stated that the purpose

of the motivational message in the song Diri by Tulus is about self-acceptance which is the key to a person's happiness. A study conducted by Hayani (2021) found that keroncong music positively impacts psychological well-being in the elderly. In this study, it was explained that in elderly people who were given treatment by listening to keroncong music, the level of depression they felt was reduced. In line with what was explained by Soeraya & Sarifah (2015), it was stated that keroncong music therapy influences the level of depression in the elderly. This is determined by musical intervention to restore, maintain, and improve the individual's emotional, psychological, and spiritual health and well-being. Mutakamilah et al. (2021), in their research conducted using the literature review method, found that overall, the several types of music therapy provided were able to reduce stress levels in students, especially stress due to preparing final assignments. Ryff (1989) states that six dimensions form psychological well-being; one of the essential dimensions is self-acceptance.

Self-acceptance is closely related to satisfaction and self-acceptance. When individuals can accept their advantages and disadvantages, they tend to have a higher level of self-satisfaction. This then makes a positive contribution to overall psychological well-being. Apart from that, self-acceptance can help reduce stress and psychological pressure, improving psychological well-being. Self-acceptance involves accepting the emotions and experiences experienced, both negative emotions and challenging experiences, which cannot be separated from an individual's life. By taking and understanding these emotions and

experiences, individuals can manage emotions more effectively and improve psychological well-being. So, based on the explanation above, it can be concluded that if a person's psychological well-being is good, this is also strongly supported by good self-acceptance. However, the influence of music or songs on self-acceptance can vary between individuals. Self-acceptance is also a complex process and involves many other factors, such as life experience, environment, and psychological conditions.

## CONCLUSIONS

From the results of the research above, it can be concluded that there is a significant relationship between the intensity of listening to the song *Diri* by Tulus and self-acceptance in the Teman Tulus Solo Community, as shown by the coefficient  $r = 0.209$  with  $p = 0.035$ . So, it can be concluded that the higher the intensity of listening to the song *Diri*, the higher the self-acceptance. Conversely, the lower the intensity of listening to the song *Diri*, the lower the self-acceptance. Based on these results, the proposed research hypothesis is accepted.

This research also found that the relationship between variables was positive and categorized as weak ( $r = 0.209$ ). This can be caused by music or songs' influence on self-acceptance, which can vary between individuals. Apart from that, self-acceptance is a complex process and aspect and involves other factors such as life experience, environment, and psychological conditions. So, the researcher suggests that further research be able to analyze the variable intensity of listening to songs, especially the song *Diri*, against

various other factors to get more profound relationship results.

## REFERENCES

- Edwards, J (Ed). (2017). *The Oxford handbook of music therapy*. Oxford: Oxford University Press.
- Groce, D. E., & Wigram, T. (2007). *Receptive methods in music therapy techniques and clinical applications for music therapy clinicians, educators, and students*. London; Philadelphia: Jessica Kingsley Publishers. Retrieved from <http://site.ebrary.com/id/10182455>.
- Hayani. (2021). Pengaruh terapi musik tradisional keroncong untuk meningkatkan psychological well-being pada lanjut usia yang tinggal di panti werdha ditinjau berdasarkan jenis kelamin. *Humanistik '45*, 5(2).
- Hidayat, R. (2014). Analisis semiotika makna motivasi pada lirik lagu "laskar pelangi" karya nidji. *eJournal Ilmu Komunikasi*, 2(1), 243-258.
- Jayanti K. & Fitriani R. (2021). Pemaknaan lagu terhadap self acceptance pendengar (analisis hermeneutika gadamer dalam lagu "pelukku untuk pelikmu" karya fiersa besari). *Broadcomm: Jurnal Broadcasting Communication*, 3(2), 59-70.
- Juwita, R., Abiyyu, K. Y., Cintami, A. Z., Elysa, C., Putra, F. A., & Fitri, M. R. A. (2022). Makan motivasi dalam lagu diri karya tulus (analisis semiotika ferdinand de saussure). *KagangaKomunika: Journal of*

- Communication Science*, 4(1), 1-11.  
doi: [10.36761/kagangakomunika.v4i1.1918](https://doi.org/10.36761/kagangakomunika.v4i1.1918)
- Mutakamilah, Wijoyo, E. B., Yoyoh, E., Hastuti, H., & Kartini. (2021). Pengaruh intervensi terapi musik terhadap tingkat stres mahasiswa selama proses penyusunan tugas akhir: literatur review. *Jurnal Berita Ilmu Keperawatan*, 14(2), 120-132.  
doi: <https://doi.org/10.23917/bik.v14i2.13670>
- Kemdikbud. (2022). Musik. Dalam *Kamus Besar Bahasa Indonesia Daring*. Diakses 10 Oktober 2022 dari <https://kbbi.kemdikbud.go.id/entri/musik>
- Munir, F. N. (2022). Hubungan intensitas mendengarkan musik dan regulasi emosi remaja pasca putus cinta. *Skripsi: Fakultas Psikologi Universitas Surabaya*.
- Nadarajah, S., & Mitov, K.V. (2003). Product Moments of Multivariate Random Vectors. *Communications in Statistics - Theory and Methods*, 32, 47 - 60.
- Ryff, C. D. (1989). Happiness is everything, or is it? Explorations on the meaning of psychological well-being. *Journal of Personality and Social Psychology*, 57, 1069–1081.
- Ryff, C. D. (2014). Psychological well-being revisited: advances in the science and practice of eudaimonia. *Psychother Psychosom*, 83, 10–28.  
doi: [10.1159/000353263](https://doi.org/10.1159/000353263)
- Sartain, A. Q., North, A. J., Strange, J. R., & Chapman, H. M. (1973). *Psychology: Understanding human behavior*. Singapore: McGraw Hill.
- Skinner, C. E. (1977). *Educational psychology*. 4th Edition. New Delhi: Prentice Hall.
- Soeraya, L. A. & Sarifah, S. (2015). Pengaruh terapi musik keroncong terhadap tingkat depresi pada lansia. *Profesi*, 13(1).
- Yinger, O. S. (2017). *Music therapy: Research and evidence-based practice*. S.I.: Elsevier.