

**SUBLIMATION: A SELF DEFENSE MECHANISM IN
TAYLOR SWIFT'S SONG LYRICS**



An undergraduate thesis

**Submitted as a partial fulfillment of the requirements
for *Sarjana Sastra* Degree**

**Yunda Asri Lestari
1909010038**

**FACULTY OF CULTURAL SCIENCES AND COMMUNICATION
UNIVERSITAS MUHAMMADIYAH PURWOKERTO
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APPROVAL SHEET


This is to certify that this graduating paper entitled **“SUBLIMATION: A SELF-DEFENSE MECHANISM IN TAYLOR SWIFT’S SONG LYRICS”** by **Yunda Asri Lestari** has been approved by the advisor and the Head of the English Literature Study Program to be examined by the Board of Examiners

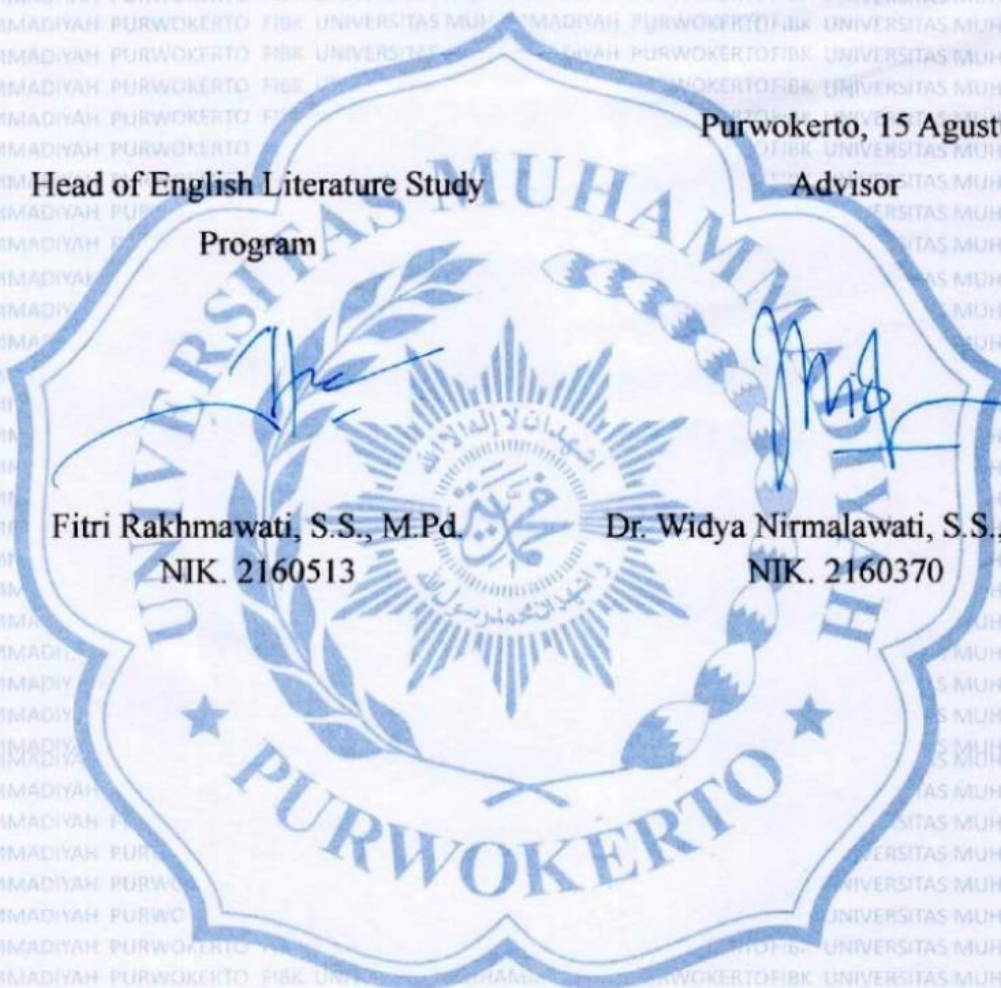
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VALIDATION SHEET

**SUBLIMATION: A SELF DEFENSE MECHANISM IN TAYLOR SWIFT'S
SONG LYRICS**

An Undergraduate Paper

Yunda Asri Lestari

1909010038

**has been examined and approved by the Board of Examiners as one of the
requirements for the Sarjana Sastra degree on August 18th, 2023**

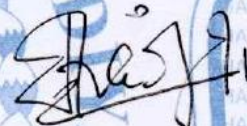
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I, the undersigned researcher of the undergraduate thesis entitled **“SUBLIMATION: A SELF-DEFENSE MECHANISM IN TAYLOR SWIFT’S SONG LYRICS,”** hereby attest and affirm that the material in this thesis has not been previously submitted and published for a degree in any universities, and to the best of my knowledge, any referenced-quotations are shown in the arrangement of citations and bibliography. If later it can be revealed that this undergraduate thesis contains partly or wholly plagiarized pieces of other intellectual works of any kind, I will be ready to accept sanction.

Purwokerto, 11 Agustus 2023



Yunda Asri Lestari

MOTTO

“There is only one way to happiness and that is to cease worrying about things which are beyond the power or our will.”

— Epictetus



DEDICATION

I dedicate this long piece of writing to my much-loved family, who have dedicated their energy, thoughts, and time to support me in completing my study.



ACKNOWLEDGEMENTS

Alhamdulillahirobbil 'alaamiin. All praise be to Allah the Exalted and the Merciful. His endless love, bless, and guidance are the most priceless of all. Without Him, none of the purposes of our lives can be achieved. Being the humblest creature is the savior form uncertain pathways. In truth, this research has been conducted in such tough and challenge courses. Herewith, the researcher would like to express the gratitude and thanks to the people who supported the researcher in this research work:

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6. Isna Restiana and Annikmah Khoirotunnissa, S.Pd. who always accompanies the researcher journey of life.
7. Taylor Swift, my idol who inspires the researcher through her songs to write this thesis.

Purwokerto,
Yunda Asri Lestari

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ABSTRACT

Yunda Asri Lestari, 1909010038. 2023: *Sublimation: A Self-Defense Mechanism in Taylor Swift's Song Lyrics*. Undergraduate thesis for Sarjana Sastra Degree, English Literature Study Program, Faculty of Cultural Sciences and Communication, Universitas Muhammadiyah Purwokerto.

Sublimation is a process of transforming harmful or destructive emotions into something positive or generating socially acceptable outputs. It is part of Sigmund Freud's (1894/1896) defense mechanisms in his series of psychoanalytic theories. Taylor Swift created a defense mechanism by expressing it in her musical works with sublimation. Taylor Swift sublimates in her songs, such as "Mean", "Innocent", "Look What You Made Me Do", and "Vigilante Shit". The purpose of this research is to discover the forms of Taylor Swift's sublimation in four song lyrics. In this qualitative research, researcher used Sigmund Freud's psychoanalytic theory of defense mechanisms to analyze the sublimation type in Taylor Swift's songs and Michael Riffaterre's semiotic theory for poetry to analyze the signs of sublimation found in Taylor Swift's four songs through her songs' lyrics. This research used primary data forms of sublimation in the forms of words, phrases, and sentences. The result of this research shows that the forms of sublimation found in Taylor Swift's four song lyrics, which are "Mean", "Innocent", "Look What You Made Me Do", and "Vigilante Shit" consist of four forms. These forms are a form of destructive emotions that Taylor Swift managed to alter into something constructive. Those are disappointment, anger, hatred, and sadness. Taylor Swift sublimated those destructive emotions in order to prevent or diminish intrapsychic conflicts that could arise.

Keywords: *Sublimation, defense mechanism, Taylor Swift, song lyrics, destructive emotions*

INTISARI

Yunda Asri Lestari, 1909010038. 2023: *Sublimasi: Sebuah Mekanisme Pertahanan dalam Lirik Lagu Taylor Swift*. Skripsi. Program Studi Sastra Inggris, Fakultas Ilmu Budaya dan Komunikasi, Universitas Muhammadiyah Purwokerto.

Sublimasi adalah proses mengubah emosi yang berbahaya atau merusak menjadi sesuatu yang positif atau menghasilkan output yang dapat diterima secara sosial. Teori ini merupakan bagian dari mekanisme pertahanan Sigmund Freud (1894/1896) dalam rangkaian teori psikoanalisisnya. Taylor Swift menciptakan mekanisme pertahanan dengan mengekspresikannya dalam karya musiknya dengan sublimasi. Taylor Swift melakukan sublimasi dalam lagu-lagunya, seperti “Mean”, “Innocent”, “Look What You Made Me Do”, dan “Vigilante Shit”. Tujuan dari penelitian ini adalah untuk mengetahui bentuk-bentuk sublimasi Taylor Swift dalam empat lirik lagu tersebut. Dalam penelitian kualitatif ini, peneliti menggunakan teori psikoanalisis Sigmund Freud tentang mekanisme pertahanan untuk menganalisis tipe sublimasi dalam lagu-lagu Taylor Swift dan teori semiotika Michael Riffaterre tentang puisi untuk menganalisis tanda-tanda sublimasi yang terdapat dalam empat lagu Taylor Swift melalui lirik lagunya. Penelitian ini menggunakan data primer berupa bentuk-bentuk sublimasi dalam bentuk kata, frasa, dan kalimat. Hasil dari penelitian ini menunjukkan bahwa bentuk-bentuk sublimasi yang terdapat dalam empat lirik lagu Taylor Swift, yaitu “Mean”, “Innocent”, “Look What You Made Me Do”, dan “Vigilante Shit” terdiri dari empat bentuk. Bentuk-bentuk tersebut merupakan bentuk emosi destruktif yang berhasil diubah oleh Taylor Swift menjadi sesuatu yang konstruktif. Bentuk-bentuk tersebut adalah kekecewaan, kemarahan, kebencian, dan kesedihan. Taylor Swift menyublimasikan emosi-emosi destruktif tersebut untuk mencegah atau mengurangi konflik intrapsikis yang dapat muncul.

Kata kunci: *sublimasi, mekanisme pertahanan, Taylor Swift, lirik lagu, emosi destruktif*

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