

CHAPTER II

REVIEW OF LITERATURE

B.1 Psychoanalysis and Freud's Theory

B.1.1 Definition of Psychoanalysis

A collection of psychological theories and methods that all highlight the unconscious as a significant component of human behavior and adaptability are together referred to as psychoanalysis. Austrian physician and neurologist Sigmund Freud (1856–1939) initially created psychoanalytic methods to treat emotional disturbances. This gave rise to what is today called "talk" psychotherapy (Lipner & Muran, 2017). The unconscious mind, which retains suppressed memories, desires, and thoughts that are frequently unavailable to the conscious mind but nonetheless have an impact on behavior, is a key component of Freud's psychoanalytic theory. Freud believed that these unconscious components showed up as involuntary behaviors, dreams, and slip-ups, also referred to as "Freudian slip-ups". In order to assist people in discovering repressed material and unresolved problems that influence their personalities and emotional lives, he created methods like dream analysis and free association to delve into the unconscious.

B.1.2 Freud's Personality

According to Khoirunisa et al. (2022) emotions, motivations, and other internal components are the most significant aspects of this subject. The theory assumes that personality develops when problems arise from these psychological

components, which are often created in elementary school or childhood. Psychoanalytic theory states that personality consists of three components, each of which is an interrelated psychological system, namely the Id, Ego, and Superego. Freud's theory proposes that the fundamental structure of personality is characterized by the dynamic interplay between these three elements - The Id represents instinctive desires and drives, such as the desire for pleasure or survival, which are often unconscious and primitive in nature. The Superego, on the other hand, is the internalized moral standards and rules of society, which act as a counterweight to the Id's desires. The Ego mediates between these two forces, negotiating between the demands of the Id and the constraints of the Superego, trying to maintain balance in one's actions and behavior.

B.1.3 Defense Mechanism

According to Bowins (2004), one essential element of our ability to preserve emotional balance is psychological defense mechanisms. Without them, the conscious mind would be far more susceptible to emotionally charged negative stimuli, like those related to melancholy and anxiety. Defense mechanisms, which the ego employs to shield people from psychological suffering, are fundamental to Freud's theory of how the mind resolves the tension between morality and desire. People can avoid directly facing painful thoughts or feelings by using unconscious techniques including repression, denial, and projection enables a person to assign their undesirable feelings or thoughts to other people, whereas repression entails forcing upsetting memories from conscious awareness. Over-

reliance on protective mechanisms can result in maladaptive behaviour and emotional blockage, even though they might provide momentary respite.

For psychological development to be healthy, conflicts must be resolved at each stage. Unresolved disputes during the oral period, for instance, may result in dependency problems as an adult behavior, arguing that fixations at any stage can lead to personality traits or neuroses. This part of Freudian philosophy underlines how early childhood events, frustrations, have long-term repercussions on the psyche.

B.1.4 Unconscious and Symbolism

Symbolism is included in Freud's theory of psychoanalysis, particularly in regard to dreams and the unconscious mind. Freud stated that symbols are often used by the subconscious to communicate. According to B. Dobie (2011) dream interpretation theory, the conscious mind represses or distorts these subconscious impulses, which is why many repressed desires, fears, and emotions are symbolically conveyed in dreams. Symbolism is an important means by which unconscious impulses and concepts bypass the sensors of the conscious mind. For example, recurring themes in dreams may indicate deeper psychological problems, and certain things may symbolize sexual desires or problems. Since unintentional mistakes in speech or behavior can symbolically express repressed thoughts or feeling, symbols also relate to his view of Freudian slips, the understanding or metaphor in cultural expressions all use symbolism.

Although Freud's theories have faced criticism, mainly due to limited scientific validation, his influence has endured. Concepts such as the unconscious, defense mechanisms, and the interaction between the Id, Ego, and Superego continue to inform contemporary psychotherapy, cultural studies, and creative analysis. Despite advances in modern psychology, Freudian psychoanalysis remains a fundamental approach to understanding the complexities of human behavior, emotional conflict, and symbolic expression.

B.2 Mental Health

Mental health is an increasingly relevant issue, especially among the younger generation. Difficult times such as academic pressure, family problems, and self-discovery are often challenging for them. Young people, including K-pop fans, often face high social pressure, but do not always have a safe space to express their emotions. According to Juslin (2013) music is often one of the ways used to express emotions, deal with psychological challenges, and find inner peace. Music then becomes one of the most universal ways to create a safe space, when the listener can feel understood without having to speak directly.

NCT Dream as a group that most of its members grew up with, understands that many of their listeners face emotional challenges. The songs in the Dreamscape album reflect this realization, where themes such as the struggle against stress, hope, and emotional awakening are often the focus. The group realizes that their music serves not only as entertainment, but also as a medium for empathy and emotional support. By using symbolism in the lyrics such as in the

songs *No Escape*, *Rains In Heaven*, and *Heavenly*, they provide a reflection of the emotional struggles that many fans go through, and also offer a sense of comfort.

This realization also comes from the personal experiences of the group members. One of the NCT Dream members “Renjun” once confirmed to have experienced emotional distress and mental struggles during a difficult time in his life that led him to go on hiatus for some time. In April 2024, SM Entertainment announced that Renjun would be taking a temporary hiatus from group activities due to a worsening of his physical health and symptoms of anxiety, following medical advice for rest and stability (Han, 2024). Later, Renjun revealed to his fans that he was struggling with depression and panic disorder, which resulted in a breakdown that required him to take a break from activities. This experience provided a deep understanding of the importance of mental health and how music can be a healing tool. This strengthened the connection between NCT Dream and their fans, making their works authentic and relevant to listeners facing similar challenges.

B.3 NCT Dream

NCT Dream is the third subunit of the K-pop group NCT (Neo Culture Technology) under the auspices of the major agency in South Korea, SM Entertainment. The unit first debuted on August 24, 2016 with the single “Chewing Gum”. Initially, NCT Dream was introduced as a unit of seven teenage members all under the age of 20, with a concept that focuses on youth and growth. The members are Mark, Renjun, Jeno, Haechan, Jaemin, Chenle, and Jisung. Originally,

NCT Dream set up a system of “graduating” from the group when they reached the age of 20 and that made the group different from other NCT subunits.

In the first year, NCT Dream released albums such as “My First and Last” and “We Young”. These albums became a turning point for the group, showcasing their emotional side and showing their musical potential. In the same year, they also participated in SM Station with the song “Joy”. In 2018, they released the song “Go” for the NCT 2018 project in the album “NCT 2018 Empathy”. That year they achieved great success with the release of the album “We Go Up”. However, in 2019, the original concept of “graduation” was implemented, and Mark became the first member to “graduate” from NCT Dream. The graduation system received a lot of attention and protests from fans who felt that the concept changed the group's already tightly knit dynamic too much. Nonetheless, NCT Dream's popularity further increased with the release of the album “Boom” in 2019, which showcased a more mature side of the group and strengthened their appeal among international listeners despite only being a six-member group.

In 2020, SM Entertainment announced that the graduation system would be abolished, and NCT Dream would keep its seven members permanently, with Mark eventually rejoining. This decision was welcomed by fans and gave NCT Dream the opportunity to grow together without age restrictions. This made Mark the only member to experience the graduation system. In April 2020, NCT Dream released the album “Reload”, which contained hit songs such as “Ridin” and “Love Again”. This album marked the consolidation of NCT Dream as a full group with all seven

members. During this period, NCT Dream released their full-length albums, “Hot Sauce” and “Hello Future” in 2021, which became a huge success in South Korea and other countries, breaking sales records and cementing their status as one of NCT's most popular subunits. Based on information from Nam (2021), they achieved over 2 million sales within 16 days, earning them the title of “double million seller”. They also released the albums “Glitch Mode” and “Beatbox” in 2022, which further cemented their identity as a group that is flexible in musical concepts, from nostalgic teenage themes to more mature and energetic performances. Still in the same year, NCT Dream also released a winter special mini album, “Candy”. The song “Candy” itself is a reconstruction of one of H.O.T's songs with the same title and was released in 1996.

Reported by Cho (2023), NCT Dream expanded their international presence by releasing their first Japanese single, “Best Friend Ever,” which topped Oricon's daily singles chart upon release. The album was highly anticipated by Japanese fans, showing their commitment to connecting with international fans and expanding their music market. In 2024, they released their first English single, “Rains In Heaven”. The song was widely praised for its poetic lyrics containing themes of empathy and emotional support. The song portrays NCT Dream's musical maturity in conveying a deep message. Previously, NCT Dream has also released the album “Smoothie” and released the second Japanese album titled “Moonlight”. To close the year 2024, NCT Dream released an album titled “Dreamscape” which describes the journey to the world that has long been dreamed of and the various emotions felt in it.

B.4 Dreamscape Album

The 4th full-length album “Dreamscape” is an organic composition of 11 songs that depicts a journey into a long-dreamed world and the various emotions felt inside. In the album “*Dreamscape*”, songs such as *No Escape*, *Rains In Heaven*, and *Heavenly* represent the various emotional stages on the journey to the dream world. These three songs not only reflect the complexity of emotions, but also depict the inner conflicts, hopes, and resolutions that are at the core of the journey.

No Escape can be interpreted as a story about the struggle to deal with feeling trapped, whether in certain emotions, situations, or thoughts. The lyrics depict internal conflict and the feeling of not being able to escape the burden at hand, but also imply an attempt to find a way out or face reality bravely. According to the website SM Entertainment (2024), *No Escape* is a pop song with a self-help message about how it's impossible to escape from a nightmare reality when you think you've completely escaped it, but it's all a lie.

Rains In Heaven can be interpreted as an emotional journey that describes the process of reflection, healing, or transformation. The song is about the struggle to deal with deep and complex emotions. The main themes can include reflection and acceptance, where the narrator faces fear, guilt, or doubt, and eventually finds hope in the midst of adversity.

According to Ranjit (2024) *Heavenly* describes a journey of self-discovery. The bravery to overcome hardship and realize goals in the face of life's uncertainty

is the song's central subject. By using the analogy of soaring and achieving new heights, NCT Dream promotes hope and tenacity. As seen by the endeavor to soar higher, Heavenly lyrics depict a journey of self-discovery | which uncertainty becomes a chance for personal development.

B.5 Review of Related Studies

To strengthen the researcher's opinion about the research, a review of previous research or studies is needed to conduct this research. This research will analyze psychological criticism in the album of NCT Dream's "Dreamscape" using Sigmund Freud's approach in the context of empathy and support. To help analyze the data and theories for this research, researchers have collected several articles and journals as data or theory references to support the usefulness of the theories that researchers will use in analyzing the data from this research.

The first research by Murti (2013) with the title "Defense Mechanism of Adele Reflected in Adele's 21 Album: A Psychoanalytic Approach". This research applies Sigmund Freud's psychoanalytic method to evaluate Adele's defense mechanisms in the Adele 21 album, paying particular attention to how Freud's theories of the Id, Ego, and Superego appear in Adele's lyrics. The research, which is qualitative in nature, draws on primary data from 21's lyrics and secondary sources, such as books and websites that are pertinent to psychoanalytic theory. Each song's structural components, including measures, harmony, rhythm, pace, and sections like the intro, verse, pre-chorus, chorus, and bridge, are examined using a descriptive method. The songs' emotional depth is attributed to a number

of structural components, according to the conclusions, which emphasize Adele's personal defensive themes. Adele's psychological complexity, especially her character growth throughout the album, is clarified by Freud's psychoanalytic framework.

The second research by Liu et al. (2023) entitled "An Analysis of Billy Joel's Song Lyric Vienna using Psychoanalytic Literary Criticism Theory". This research of psychoanalytic criticism demonstrates how texts have been seen as manifestations of the author's inner fears and wants using Freud's and later theorists' methodologies. This method positions literature as a medium where concealed emotions are subtly portrayed by viewing literary characters as reflections of the author's own personal characteristics. Freud described dream-thoughts as emerging symbolically through metaphors and similes, similar to the language of poetry, which psychoanalytic critics attempt to interpret to uncover signs of unresolved emotions and psychological conflicts. Billy Joel's use of metaphors in his song "Vienna" reflects aspects of his psychological experience, according to this study's qualitative examination of the song using psychoanalytic criticism. This approach demonstrates how song lyrics, just like literary texts, serve as a vessel for exploring the subconscious, making psychoanalytic theory a valuable framework for interpreting both literature and music.

The third research by Anindhita & Wulandari (2015) with the title "The Psychological Concepts In Taylor Swift's "Blank Space"". This study aims to analyze the elements of poetry contained in the lyrics of the song "Blank Space" by Taylor

Swift and to show readers the content depicted in the music video in the context of psychology using Freud's psychoanalytic approach. This research uses intrinsic and extrinsic theories to analyze data and literature research to collect data. The findings of this study are the existence of psychoanalytic content in American pop music which includes Id, Ego, and Superego, defense mechanism actions, and symbolization reflected in the lyrics and scenes in the song and music video "Blank Space".

"The Psychoanalytic and Interracial Viewpoint in "My Humps" Music Video" is the title of the fourth related study, which was written by Ayuningtyas & Harsono (2017) using Freud's psychoanalytic theory, this study attempts to uncover psychological content in the music video and examine the poetic components in the song's lyrics. This study uses textual and contextual methodologies, such as close reading, close listening, and close watching, to analyze visual and lyrical aspects. The results demonstrate how psychoanalytic ideas, such as the Id, Ego, Superego, defensive mechanisms, psychosexual themes, and interracial interactions, are prevalent in American hip-hop and are represented in the "My Humps" music video's lyrics and scenarios.

The fifth related study is by Normalita (2020) titled "Portrait of Id, Ego, and Superego Listeners on Song Lyrics by Didi Kempot Study Literary Psychology". This research aims to describe the Id, Ego, and Superego of listeners in response to Didi Kempot's song lyrics, using Sigmund Freud's psychoanalytic approach within literary psychology. A qualitative descriptive method was employed, combining

content analysis and interviews, with song lyrics such as "Bojo Galak", "Cidro", and "Banyu Langit" as primary data sources. Data analysis was conducted using an interactive model. Findings show that the Ego is the most dominant aspect in listeners, as they consciously experience emotional responses to the songs, a pattern that aligns with the lyrics' strong display of ego. The study concludes that through literary psychology, the mental structures of listeners can be understood in terms of Id, Ego, and Superego, as reflected in both their responses and the song lyrics.

Based on several previous studies, the relationship between their research and the author's research is that both analyze song lyrics through Freud's psychoanalytic approach. In contrast, the current study aims to analyze the three songs *No Escape*, *Rains In Heaven*, and *Heavenly* on NCT Dream's "Dreamscape" album in terms of how empathy and support are psychologically conveyed through lyrics. This research will provide unique insights by focusing on how mental health issues are expressed in the context of k-pop music, as well as adding a new dimension to the application of Freud's theory in music analysis.