



DEPRESSION FOUND IN GREEN DAY'S SELECTED SONGS: "BASKET CASE" AND "BOULEVARD OF BROKEN DREAMS" (PSYCHOLOGICAL APPROACH)

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ABSTRAK Penelitian ini membahas Depresi dalam lirik lagu Green Day. Fokus pada gejala depresi yang tersirat dalam lirik lagu berjudul "Basket Case", dan "Boulevard of Broken Dreams". Tujuan dari penelitian ini adalah untuk mengetahui jenis-jenis depresi, penyebab depresi, dan pengaruh depresi dalam lirik lagu Green Day yang berjudul "Basket Case", dan "Boulevard of Broken Dreams" dan untuk mendeskripsikan gejala depresi yang digambarkan dalam dua lirik lagu tersebut. penelitian ini menggunakan pendekatan deskriptif kualitatif dan Teknik pengumpulan analisis data mencakup mengumpulkan data, Menemukan kata dan kalimat serta Menyertakan kata dan kalimat yang mencerminkan jenis depresi. hasil penelitian ini menemukan bahwa, Gejala depresi yang muncul dalam lirik lagu "Basket Case" dan "Boulevard Of Broken Derams" meliputi Evaluasi Diri yang Rendah, Kehilangan Keterikatan Emosional, dan Perasaan Negatif terhadap Diri.

Kata kunci: *Depresi berat, dysthymia, gangguan penyesuaian, depresi sekunder, gangguan depresi simptomatik*

ABSTRACT: This study discusses Depression in the lyrics of the Green Day song. The focus is on the depressive symptoms implied in the lyrics of the songs "Basket Case", and "Boulevard of Broken Dreams". The purpose of this research is to find out the types of depression, the causes of depression, and the effects of depression in the lyrics of Green Day's songs entitled "Basket Case", and "Boulevard of Broken Dreams" and to describe the symptoms of depression described in the lyrics of the two songs. . This study uses a qualitative descriptive approach and data analysis collection techniques include collecting data, finding words and sentences and including words and sentences that reflect the type of depression. The results of this study found that the symptoms of depression that appear in the lyrics of the songs "Basket Case" and "boulevard of broken rage" include low self-evaluation, loss of emotional attachment, and negative feelings about self.

Keywords: *Major depression, dysthymia, adjustment disorder, secondary depression, symptomatic depressive disorder (italic)*

INTRODUCTION

Today some people think that literature is just a matter of fun and enjoyment. But that's not entirely true, because literature is about more than fun and amusement. According to Hudson (2015:12), in the introduction to the study of literature, literature is the expression of life through language. It can be considered something essential as it contains real life. according to Rainsford (2014: 9), literature refers to all forms of writing, with the restriction that not all written documents can be defined as literature in the true sense of the word, and literature is not only seen in written form but expressed becomes verbal. ; the thoughts, feelings, and imagination of the author. In a literary work, there are different models of literary works, such as novels, dramas, short stories, and poems. One type of literary work



that produces many new works is poetry. Poetry is about the choice of words to use and the arrangement of words that can capture the attention of readers and listeners.

Gill (2006: 3-4). The song implies a strong and complex connection between the melody and the lyrics. The melody and lyrics are often tailored to the overall emotional meaning. Music performers can also express emotion by manipulating the same acoustic variables that are manipulated in emotional language (Thompson & Russo 2004:51). There are many songs that speak of the author's psychological problems, the example is Basket Case and Boulevard of Broken Dreams. These two songs were popularized by Green Day, one of the most famous rock bands in the United States.

Green Day consists of three people namely Billie Joe Armstrong, Mike Dirnt, and Tré Cool. "Basket Case" is the seventh track and third single from their third studio album "Dookie 1994". The song topped the Billboard Alternative Songs chart for five weeks, became an international smash in 2001, and was named Rolling Stone's best album of all time in 2021. Meaning of the Lyrics "Basket Case" is a song that talks about someone who suffers from a mental illness where the person suffers from anxiety attacks and depression and feels like a crazy person.

While the song Boulevard of Broken Dreams is a song that tells about someone who feels alone all his life and from his loneliness hopes that someone can find him and help him. In this study, regarding the lyrics of two songs, namely Basket Case and Boulevard of Broken Dreams, the author wants to know what types, causes, and effects of depression can be seen in the lyrics of the songs Basket Case and Boulevard of Broken Dreams.

RESEARCH METHOD

This chapter presents methods for obtaining and analyzing research data. This includes research design, data sources, data collection, and data analysis. said that qualitative research is concerned with developing explanations of social phenomena. That was to say, it aimed to help us to understand the social world in which we live and why things were the way they were (Hancock 2009:7). The data sources of this study were taken from two Green Day selected songs entitled Basket Case and Boulevard of Broken Dreams which were created by Billie Joe Armstrong. Through browsing from the internet, than the song is downloaded, And then become the data of this research. In collecting data, the writer used three steps, as follows, 1. Reading collects data from two green day song Basket Case and Boulevard of Broken Dreams. 2. Finding words and sentences that indicate the songwriter's depression. 3. Including words and sentences that reflect the types of depression that arise from the verse of the song.

ANALYSIS

Billie Joe Armstrong has written many songs based on her life story. He wrote about his past which was full of sweet and bitter addictions, depressions he experienced in his youth and all forms of negative turbulence he experienced in his youth.

The Analysis of Basket Case



Because Green Day actually has a catalog of super interesting songs. An example of this relates to the topic of discussion discussed last, namely mental health and Green Day also incorporates this topic into one of the lyrics of a song titled Basket Case.

"Basket Case" is Green Day's third single from their 1994 album *Dookie*. Five weeks after the album's release, "Basket Case" topped the Billboard Alternative chart. The song "Basket Case" tells the story of a person whose life is too melodramatic or too dramatic. He said the man was a boring person. Going back to the song's author, Billie Joe Armstrong, he claimed that "Basket Case" spoke of a panic disorder that he often experienced when he was young. The only way to calm her down was to write a song. This is Billie Joe's form of catharsis to combat the mental health issues he is facing.

The Meaning of the Song Basket Case tells the story of Billie Joe Armstrong, who suffers from various mental illnesses. As we know, as a child, Billie Joe Armstrong suffered from various psychiatric disorders such as panic disorder, melodrama, paranoia, and depression. The word Basket Case used as the title of the song actually has a pretty deep meaning. The word "basket case" is a slang term used to describe someone who has an odd personality and unstable feelings. Basket Case said that seemed to fit the personality of Billie, who has a mental illness.

1. Types of Depression Basket Case

1. Major Depression

In this case the major depression found in the lyrics of the song Basket Case is found in the first verse:

Verse 1	Sometimes I give myself the creeps
	Sometimes my mind plays tricks on me
	It all keeps adding up
	I think I'm cracking up
	Am I just paranoid?
	Am I Just Stoned ?

Each letter in verse one describes how someone experiences symptoms of major depression. In the first verse of "Some Times I Give Myself The Creeps" the composer seems to be trying to explain that he has symptoms of major depression and that these symptoms are like a depressed mood all day and even almost every day, it all adds up. Then, in the second, fourth, and sixth rows, the composer too feels confused with himself. The symptoms of severe depression experienced by the composer are described in the verse Am I Just Paranoid? well described.

2. Dysthymia (Chronic Depressive Disorder).

A chronic depressive disorder, also called dysthymia, is also found in every verse of the song "Basket Case", sung by the composer himself. And that's in the



first verse, where the composer describes very well the symptoms of chronic depression he's going through that makes his life so chaotic and full of drama.

Verse 1	I am one of those
	Melodramatic fools
	Neurotic to the bone
	No doubt about it.

A chronic depressive disorder, also called dysthymia, is also found in every verse of the song "Basket Case", sung by the composer himself. And that's in the first verse, where the composer describes very well the symptoms of chronic depression he's going through that makes his life so chaotic and full of drama. Then in the first verse, lines three and four, there is also a symptom of the type of depressive dysthymia that Billie Joe Armstrong described in the verse, which is undoubtedly neurotic to the bone.

3. Adjustment Disorder (Reactive Depression).

People with an adjustment disorder or stress response disorder often have some of the symptoms of depression, such as B. crying easily, feeling hopeless, and loss of interest in work or activities. The maladaptive nature of the response is indicated by the presence of impairment in social or occupational functioning, or symptoms or other behaviors that represent more than an expected and culturally appropriate response to the stressor.

Now in the verse of the song Basket Case, there is also this type of depressive disorder, namely adjustment depression (reactive depression). The errors reflected in the verse "Basket Case" are also present.

verse 2	I went to a shrink
	To analyze my dreams
	She says it's lack of sex that's bringing me down
	I went to a whore
	He said my life's a bore
	So quit my whining 'cause it's bringing her down

I went to a psychiatrist to analyze my dreams but the psychiatrist made him sad because the psychiatrist said Billie Joe Armstrong lacks sex, she says it's the lack of sex, that's what I am depressing. So Billie Joe Armstrong went to a brothel, but the verse she got there was, 'Her life was boring. From the explanation of the analysis of the verse of the song's case of the basket above, we can understand that Billie Joe Armstrong also experienced an adaptive type of depression. Because of the explanation in the verse of the song above, Bille Joe Armstrong has tried many different forms of healing. He also experienced this adjustment depression because of his inherently simple childhood experiences, the relationship issues he faced, and the negative things he had experienced. He



also experienced this adjustment depression because of his inherently simple childhood experiences, the relationship issues he faced, and the negative things he had experienced.

4. Secondary Depression.

With this type of depression, Billie Joe Armstrong experienced panic attacks that caused him to feel anxious, have trouble sleeping, and lack self-confidence. The secondary depression symptoms that Billie Joe Armstrong is experiencing are caused by many negative factors or life issues that he has experienced throughout his life such as the death of his father and repeated love problems that left him vulnerable and he commit suicide wanted to. For you to have various symptoms of secondary depression, such as negative thoughts or beliefs about yourself, the world, and the future.

Chorus	Sometimes I give myself the creeps
	Sometimes my mind plays tricks on me
	It all keeps adding up
	I think I'm cracking up
	Am I just paranoid?
	Am I Just Stoned?

Billie Joe Armstrong explained that she got confused in her mind at times and said it was so awful: "Sometimes it gives me goosebumps." This can be seen with secondary depression symptoms. Then, in the third and fourth rows, Billie Joe Armstrong also wants to explain that because of her depression, the depression keeps coming back and making her mind so messy. I think I'm breaking down This is related to depression and when related to the symptoms that occur when someone is experiencing secondary depression, the symptoms that Billie Joe Armstrong feels are negative thoughts or beliefs about himself, the world, and other's futures.

5. Symptomatic Depressive Disorders.

In this type of symptomatic depression, if symptoms of symptomatic depression are present, the symptoms that appear on the back of the Basket Case song are not identified. The verse "Basket Case" only explains the types of symptoms found in major depression, dysthymia, adjustment disorder (reactive depression), and secondary depression. Because of this, the author fails to understand the symptoms of this type of depression contained in the verse of the song "Basket Case".

2. Causes of Depression Basket Case

The causes of the depression that Billie Joe Armstrong experiences in the verse of the song "Basket Case" consists of three factors, namely genetic factors, environmental factors and life events, which can be analyzed.

1. Genetic factors.



The cause of depression is also influenced by genetic factors. Hereditary signs of depression can take many forms. Signs of depression caused by genetics and other factors have something in common. In each verse of the song "Basket Case," the author did not find that there are verses in the song that reveal that Billie Joe Armstrong also suffers from this disease. The verse of the song explains that there is a fact that shows that the depression Billie Joe was going through made him so deeply afraid. But if it is related to the depression Billie Joe experienced due to genetic factors, the author believes there is none, because the problem of depression caused by genetic factors is a very identical or heredity-related problem. It is similar to the depression that Billie Joe experienced.

2. Environmental Factors.

There is a phrase in the verse of the song Basket Case that states that Billie Joe Armstrong suffers from a mental illness, including the influence of environmental factors.

Verse 1	Do you have the time?
	To listen to me whine?
	About nothing and everything
	All at once

In the song's verse, Billie Joe Armstrong talks about how he needs the people closest to him and needs someone to say to him, "Do you have time to hear me whine?" He shared the struggles that he had from the ailments that made him suffer from depression.

3. Life events.

In the verse of the song Basket Case, Billie Joe Armstrong also wants to explain that the mental illness or depressive disorder she is suffering from is also influenced by various difficult life events. In this case, Billie Joe finds his mind to be a mess and has him take illegal drugs to calm it down. Then, in the next verse that indicates he is suffering from depression due to life events, is he just high or am I? In these verses, we know that when Billie Joe is depressed he also consumes alcohol which can later harm his own body.

3. Effect of Depression Basket Case

Billie Joe Armstrong poured out all the frustration, thought, chaos, and confusion he felt at the effects of the depression he was experiencing, and then conveyed it in the form of works that later made him known to many people. Once in the history of his life, Billie Joe Armstrong once experienced chronic depression that made him mostly paranoid, and anxiety attacks that happened to him all time until at night he felt he had trouble sleeping and would go for a walk in the middle of the night.

The Analysis of Boulevard of Broken Dreams.



Boulevard Of Broken Dreams is one of the works of the band Green Day. The song was released as the second single from his seventh album American Idiot. This song was written by Green Day written by Billie Joe Armstrong. "Boulevard Of Broken Dreams" is becoming one of Green Day's signature songs. The song "Boulevard of Broken Dreams" is about the depression that Green Day frontman Billie Joe Armstrong suffers from the effects of depression. As such, the song's verse always has a reference to the road, as Billie is often found walking alone in a daze when her depression recurs.

1. Types of Depression Boulevard of Broken Dreams

1. Major Depression.

In the verse of the song "Boulevard Of Broken Dreams," which is about the great depression that Billie Joe Armstrong experienced, there are several verses that Billie wrote to explain the type of depression she was experiencing. But in the song's verse, Billie expresses this only by mentioning the characteristics and symptoms of major depression type.

Verse 1	Walk A Lonely Road
	on the borderline, of the edge and where I walk alone

In the first verse of The Boulevard Of Broken Dreams songs, Billie Joe Armstrong explains it in the song I Walk A Lonely Road. In this case, Billie Joe Armstrong wants his song to share how he was devastated when he experienced depression that once led to committing suicide due to stress.

2. Dysthymia (Chronic Depressive Disorder)

Dysthymia is a form of depressive disorder in which when a person suffers from the illness, they feel depressed and have lost interest in everything they frequently do and distance themselves from all normal activities in life.

Verse 1	I walk this empty street
	on the boulevard of broken dreams
chorus	my shadow's the only one that walks beside me

In the verse of the song Boulevard Of Broken Dreams, some verses reflect that there is this type of depression that Billie is trying to explain and wants to convey in the song. On the boulevard of broken dreams, she often thinks her dreams are shattered because of her mental illness. This can be interpreted to mean that when Billie Joe Armstrong experienced a mental disorder, he became depressed about many things or problems and distanced himself from everyone.

3. Adjustment Disorder (Reactive Depression).

An important feature of this disorder is the way the person suffering from it feels symptoms of stress caused by circumstances or problems as complicated as those in the family, spouse, and friends.



Verse 1	My shallow heart's the only thing that's beating Sometimes I wish someone out there will find me
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In the verse of the song "Boulevard Of Broken Dreams," there is also a verse in the chorus that reflects the tendency for Billie to suffer from some type of depression, an adjustment disorder, that she is experiencing. In this case, in the chorus, Billie Joe Armstrong describes how he feels shallow and broken when the depression he is experiencing destroys him.

4. Secondary Depression.

In the verse of the song "Green Day" is the term that Billie Joe Armstrong also uses to explain that there is a secondary depression that he is experiencing that he is trying to incorporate into the verse of the chorus he is singing allow .

Chorus	I walk into the empty street
	My shallow heart's the only thing that's beating

" I walk on the empty street", the choral term included in the verse of the song "Boulevard Of Broken Dreams", wants to emphasize that the emptiness in his heart he was experiencing made him feel chronically depressed.

5. Symptomatic depressive disorders.

Symptomatic depression is depression due to or accompanying physical diseases such as infectious diseases (hepatitis, influenza, pneumonia), endocrine diseases (diabetes mellitus and hypothyroidism), due to differential measures, long-term treatment with antihypertensive drugs, in the weaning phase addiction to drugs, alcohol, and tranquilizers. Therefore, many people suffer from symptomatic depression due to the side effects of these drugs, which make them feel dependent. Therefore, patients with symptomatic physical depression feel various negative things in its effect. Likewise, Billie Joe, who later became addicted to drugs and alcohol.

2. Causes of Depression Boulevard of Broken Dreams

1. Genetic Factors

The cause of depression is also influenced by genetic factors. There are similarities in the signs of depression caused by genetics and other factors. The term in the song explains that there is a term that shows that the depression Billie Joe was experiencing made him fear so deeply. But if it is related to the depression Billie Joe experienced due to genetic factors, the author believes there is none. because the problem of depression caused by genetic factors is a very identical problem or related to heredity. It's similar to the depression that Bille Joe experienced.

2. Environmental Factors



We can also conclude that Billie Joe Armstrong, the lead singer of a band, lives in a hectic environment and a tight schedule, adding to personal problems that continue to overwhelm him, leading him to take action to stop illegal drugs like using drugs and alcohol.

Verse	I walk a lonely road, that I have ever known
	I walk this empty street, on the boulevard of broken dreams

In this verse, Billie also wants to explain that her life is so empty that all her dreams are shattered. It's no wonder the depression Billie is trying to explain leaves him feeling down, perhaps because he's a musician and vocalist for the band Green Day who lives in a noisy environment.

3. Life Events

The occurrence of life problems in the occurrence of depression in a person is due to the state of stress that he is experiencing, which makes him feel mentally disturbed and generally go insane or insane. I don't think there is a factor in the verse of the song "Boulevard of Broken Dreams" that Billie Joe Armstrong wants to express in the verse of the song. The verse of the song "Boulevard of Broken Dreams" is about Billie Joe Armstrong's depression, but the author misses the depressing factor of life troubles in the verse.

3. Effect of Depression Boulevard of Broken Dreams

The effects of depression are detailed in the lyrics of the song "Boulevard Of Broken Dreams" sung by the band Green Day and in the lyrics by Billie Joe Armstrong based on her life story. Several song lyrics suggest that Billie Joe Armstrong suffers from these effects.

Verse 1	Don't know where it goes
	But it's home to me, and I walk alone
	And I'm the only one and I walk alone
chorus	My shallow heart's the only thing that's beating

Billie Joe wants to explain how the effects of the depression he was experiencing left him unable to direct the direction of his life goals. This is consistent with how a person feels the effects of depression in such a way that they experience paralysis of will, or it can be said to be a manifestation of motivation. With this verse, Billie Joe Armstrong wants to convey the confusion that results from the effects of depression. In this case, Billie Joe Armstrong has already experienced the effects of depression where he experiences low self-motivation and feels pessimistic and hopeless making him feel like everyone is avoiding him.



CONCLUSION

As explained in chapter one, this research was conducted on how depression is contained in the lyrics of the songs Basket Case and Boulevard of Broken Dreams by the band Green Day. Based on the discussion analysis, the conclusions in this study are as follows. First, the writer explains what types of depression are found in the verse of the songs Basket Case and Boulevard of Broken Dreams.

the writer found four types of depression for the verse of the Basket Case song namely, major depression, dysthymia (chronic depressive disorder), adjustment disorder, secondary depression. and five types of depression for boulevard of broken dreams namely major depression, dysthymia (chronic depressive disorder), adjustment disorder, secondary, symptomatic depressive disorders.

the symptoms of each type of depression in the verse of the song are such as feelings of hopelessness, insomnia, uneasy mood, to trigger feelings to end one's life such as deciding to commit suicide.

The second researchers examine the causes of depression based on song and judging from the facts or the biography of the songwriter. The writer examine the factors that cause depression, such as genetic factors, environmental factors, and life events.

In the third study, the writer examined the effects of depression as reflected in song lyrics and based on previous explanations. In this second study, the writer found several lyrics that reflect how the effects of depression experienced by the songwriter caused him to feel and destroy his life.

Finally from this study, the writer hopes that this study may give great contribution to the reader, in giving the deep knowledge and understanding about literature, especially about depression in song's lyric.

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