

REPRESENTATION OF MENTAL HEALTH AWARENESS IN DIFFERENT GENRES OF SONGS ENTITLED “TIRED” BY ALAN WALKER AND “BEFORE YOU GO” BY LEWIS CAPALDI

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ABSTRACT

This study investigates the representation of mental health awareness in the lyrics of two different songs: Alan Walker's "Tired" with Gavin James (EDM) and Lewis Capaldi's "Before You Go" (Pop). The methodology used is called critical discourse analysis (CDA), which is based on the idea put forth by Norman Fairclough. This study identifies textual, discursive, and social practice factors in song lyrics to understand how mental health awareness is raised. The results show that although "Tired" supports people with mental health concerns by using simple meaning and minimal figurative language, "Before You Go" uses more figurative language, such as metaphor and exaggeration, to arouse sentiments of regret and empathy. Analysis shows that both songs increase awareness of mental health issues, even if they employ different approaches.

Keywords: Mental Health, Awareness, Songs, Lyrics, Figurative Language.

INTRODUCTION

The issues of mental health have commonly increased in the last three decades (Long et al., 2023). Technological influence is also the primary factor in access to information related to social issues in the world, one of which is the issues about mental health. The current generation, both young and old, is very aware about mental health issues. Mental health is a term describing a person's emotional state. A person's mental health can be seen from how someone behaves.

The world of entertainment is widely enjoyed by various generations that are starting to open up to social issues nowadays. One of the media which can represent an issue is a song. A song is the product of the writer's ideas expressed through lyrics and a particular melody. Song as a product or work can remove this issue through the lyrics that are poured. Word selection can also represent the meanings implied in a song, including messages about mental health. Also, a song is a kind of discourse that represents a social issue. In this study, we use two songs with different genres as the objects.

In this study, we use CDA as the framework. CDA differs from traditional language analysis, which may only look at the linguistic aspects. Instead, CDA focuses on the social context behind language, placing greater emphasis on who is speaking, to whom, in what situations, and for what purpose. For example, in news analysis, CDA might look at how a particular story is focused on influencing public opinion or favoring a particular group. CDA is typically used to study how power structures function in everyday interactions, such as in the media, politics, education, and so on. The ultimate goal is to gain insight into inequalities and uncover hidden biases, which are often thought of as neutral or natural. CDA Explores how song lyrics influence public opinion and social norms, framing music as an ideology-forming discourse. It can be found that discourse in song lyrics can represent social realities and problems. Through CDA, it reveals linguistic choices and social context, positioning it as a form of discourse that goes beyond

entertainment to convey deeper social and cultural meanings. In a Critical Discourse Analysis: The Critical Study of Language, Norman Fairclough's model written by Huang, (Huang Hoon Chng, 1996) is an interdisciplinary study that views language as a social practice. Fairclough argues that social and cultural contexts influence every use of language as a communicative event. CDA focuses on how language shapes and reflects ideology, social structures, and practices of power. Therefore, the goal of critical discourse analysis is to discover how language can create, maintain, or change social power. This method sees language not only as a means of communication but also as a means of controlling and constructing world perspectives. Therefore, CDA evaluates not only language structures such as vocabulary or grammar, but also the social, political, and cultural contexts underlying its use Norman Fairclough's model.

Lyrics in songs often imply hidden meanings or messages from the author. This message sometimes does not reach the listener, because lyrics in the song use many different words and styles of language. The difference in genre of a song also has a significant effect on the elections and language style in the lyrics. Also, the melody that sometimes is not in sync with the meaning of a song is the reason why many listeners do not understand deeper from a song. Therefore researchers help readers understand the meaning of a song in depth using a discourse analysis, namely with the Critical Discourse Analysis (CDA) theory, which can be a means to analyze the discourse on a song. The theory stated by Norman Fairclough gives an advantage in understanding the relationship between languages to explore the meaning contained in it, by attributing the elements of the discourse with a broader social and cultural reality (Durmaz & Yoğun, 2022). The selection of this theory is because this theory not only analyzes text, but also discourse practices, and social practice, thereby allowing an understanding of how discourse changes and is influenced by social context.

"Tired" is an EDM song written by Alan Walker along with Oliver Green, Mood Melodies, Gavin James, Mike Needle, Marcus Arnbeek, Lars Kristian Rosness, Daniel Bryer, Gunnar Greve Pettersen, dan Big Fred and was released in 2017. The melody of this song is cheerful and rich in sound and really represents the genre of EDM itself. Meanwhile another song that was chosen as the object of analysis is "Before You Go" written by Lewis Capaldi with Thomas Andrew Searle Barnes, Benjamin Alexander Kohn, Peter Kelleher, and Philip John Plested. This song was released in 2019 and is very popular globally. These two songs were chosen because of their popularity in international music entertainment and the lyrics themselves that contain deep meaning. Many people listen to these songs and create various interpretations of the meaning. The author is interested in discovering representation of mental health awareness which are contained in these songs.

There are a lot of analyses of songs by using Critical Discourse Analysis (CDA) theory. Majority of the previous studies that have been collected by the author applied the Critical Discourse Analysis theory by Norman Fairclough, and some used Teun A. Van Dijk theory such as (Dewi, 2022) was examining the effect, judgment, and appreciation that create role or attitude of the author towards a song of "Easy On Me" by Adele. CDA theory by Teun A. Van Dijk also has been applied in different objects of research, it was a debate of presidential candidates in Iran's 2021 Presidential Election by (Rahro et al., 2024). Beside that, a number of researches have also been written by applying the CDA theory of Norman Fairclough, for example (Ruanglertsilp, E., 2022) was investigating self-empowerment in Ariana Grande's 'thank u, next' album lyrics. (Adeagbo et al., 2024) were collaborating the CDA theory by Fairclough with Pragmatic Act Theory (PAT) by Jacob L. Mey in order to analyze the pragmatic acts and discursive features of

contemporary hip-hop lyrics on n Omah Lay's "Reason" and Mohbad's "Feel Good.". Recently in 2024, (Rowena M. Magdayao & Maureen G. Aguisando, 2024) investigated the most dominant type of pop music in the music industry in the Philippines from 2017-2023 by using Fairclough's CDA framework. Research was also found by (Zhang et al., 2022) that aimed to discover the hidden psychological message and ideologies of media's news reports of Chinese and Americans by applying Wang Zhenhua's Appraisal Theory and Halliday's Systemic Functional Grammar. Similar to the research (Alek et al., 2020) that examined the song "Look What You Made Me Do" by Taylor Swift using the CDA by Fairclough approach and supported by semiotics studies, but the analysis focused on revealing the symbolic meaning of the song. However, based on previous studies, the author discovered that there was no Fairclough's CDA theory used to examine the representation of mental health issues in song lyrics and compare that based on two different genres. Therefore, the author is interested in analyzing the representation of mental health issues through the lyrics of a song found in two songs with different genres.

METHODOLOGY

The method used by the author in this study is a qualitative method in the form of descriptive analysis. The data from this research are the lyrics of Lewis Capaldi's song entitled "Before You Go" and from Alan Walker ft. Gavin James song entitled "Tired". The researcher used three analytical processes proposed by Fairclough's CDA model.

1. The first stage is textual analysis. It analyzes the text by the lyrics of these two songs based on the lexical choice, grammatical, cohesion and structure. Researchers discover how the songs spread awareness of mental health in both songs by analyzing the lyrics to find out the lexis, grammar, cohesion and text structure used.
2. The second level of Fairclough is process analysis. In this section the researchers have to find out the process of text production, distribution, and how it is consumed in society. The researchers find this by looking at how the authors produce the songs, how the songs are distributed, and how the society interprets the song. In order to find out the society's interpretations, the researchers used an interview method by asking some questions regarding how they comprehend the meaning of the song.
3. The third section of Fairclough's three dimensional theory is social analysis. The researchers also analyze the social practice in the text by looking at how these songs support and spread the awareness of mental health to the public. In this section, the researchers also apply the interview method to discover the perspective of the society regarding the influence of these songs to the improvement of their mental health awareness.
4. Last, the researchers compare the result of analysis of both songs to discover the similarities and differences regarding the text features, discursive practice, and how the songs spread the awareness of mental health.

RESULT AND DISCUSSION

1. Textual Analysis

The first step to analyze the songs is textual analysis. Textual analysis is used to see the textual elements of the songs that represent mental health awareness. In textual analysis, there are several elements that the researchers analyze, such as figurative language, word choice, and structure of the lyrics.

1) Text Analysis of "TIRED" song by Alan Walker ft. Gavin

Data 1: *Just forget about this mess, I'm waiting on the sidelines, From the sidelines"*

Analysis: After analyzing the lyrics, the researchers did not find the figurative language and the choice of word the authors use “*forget about this mess*” have a meaning about the writers’ desire to persuade the listeners to forget about the problem in the past, which means the authors want the listeners to focus on their own without thinking what’s the problem in the past. Next, the writers of the song use words “I’m waiting on the sidelines”, from a choice of word the writers want to show to the listeners that if you want someone to talk to, the authors are always in their side, or if you feel tired please look at the inside of you because you’re not alone in the world.

Data 2 : *“I see those tears in your eyes, I feel so helpless inside”*

Analysis: These lyrics can be analyzed by looking at its word choice and structure of the lyrics because it doesn't show the usage of figurative language. The word “I” shows the subject of this sentence. It shows the first person pronoun that performs the subsequent verb. The first person pronoun shows that the writer itself wants to do the action. So, the writer itself is aware of what He wants to do. Then the words “those tears in your eyes” show someone’s sadness or struggles that are related to someone’s mental health. The next sentence is correlated to the previous sentence. After seeing someone’s sadness, the author shows his empathy which is shown by the words “feel so helpless inside”. This also shows the author’s awareness of someone’s mental health.

Data 3: *“Oh love, there's no need to hide. Just let me love you when your heart is tired”*

Analysis: The word “love” shows how the author comforts people who have struggles and it can make the reader or listeners, who have struggles with their life and mental, feel more accepted. Then, the sentence “there’s no need to hide” also comforts the readers to show their feelings because there’s no need to hide. Do not be afraid to show your feelings. The following sentence is also correlated to the previous sentence. After the author said to not be afraid to show your feelings to the readers, the author opened himself to love the readers and asked them to let him love them. Also, this sentence shows that the author accepts whatever the readers feelings and whoever they are.

Data 4: *If your ghost pulls you apart. And it feels like you've lost who you are. My love, there's no need to hide. Just let me love you when your heart is tired”*

Analysis: The first sentence can be analyzed by using figurative language. The word “ghost” can be classified as a metaphor because it represents another meaning or symbolizes the meaning of unresolved emotion or all the bad things in the reader’s self. Not only metaphor, but also can be classified as a personification because the verb “pulls you apart” is human’s ability or human’s action that is placed in the “ghost” (based on the lyrics). The following sentences are correlated to the condition in the first sentences. The following sentences have been analyzed in the previous data and can be concluded that those sentences show the author’s intention to comfort the readers who have mental issues.

After analyzing the song “TIRED” by Alan Walker ft. Gavin James, the researchers found that the authors of the song have mental health awareness and it is shown by the word that is used from the lyrics, the cohesion, and the figurative language. There are 4 data that are found. Most of the data can be analyzed by looking at the word choice and its cohesion to the following or previous lyrics. Whereas, few lyrics can be analyzed by looking at the figurative language. The song “TIRED” by Alan Walker ft. Gavin James is a song with electronic dance music genre. From this analysis, the researchers conclude that the electronic dance music genre mostly uses direct meaning sentences rather than indirect meaning sentences (figurative language).

2) Text Analysis of The Song “Before You Go” by Lewis

Data 1: *“I fell by the wayside like everyone else”*

Analysis: In these lyrics, the words *“fell by the wayside”* are detected as the words which contain non-literal meaning. These words are idiomatic expressions whose meaning is a person’s feeling of being left behind or failing. The researchers analyze that these lyrics imply the meaning that the author of the song feels left behind or failing like other people do. “like everyone else” here indicates that the author aware that everyone does failure, it is not he himself that does that, so it is the awareness of mental health since the lyrics means someone’s understanding about failure that commonly exists in everyone’s life. Pieper and (Ardiansyah et al., 2023) defined that healthy psychology is signed by the acceptance of someone towards his shortcomings. These lyrics mean the condition when someone realizes that he failed but he knows that everybody does fail so instead of focusing on his own failure, he understands well that failure is a common thing.

Data 2: *“When you hurt under the surface, like troubled water running cold”*

Analysis: The lyrics of “when you hurt under the surface” are built from imagery. The author chose the words “under the surface” which evokes a mental image of invisible things beneath the outer layer. These lyrics tell implicitly the condition where the things that have been hurt is not the body but the soul. The following ones contain the figurative language of simile. Simile is a figurative language that compares two things by using the word “like” or “as”, so the word “like” in the lyrics is the indicator. It compares how hurt a person feels with the bad condition of nature constituents. The researchers analyze that *“troubled water running cold”* here represents how bad the mental condition of the person who is hurt. If the normal water looks clear and running well, but here the water itself is troubled and running cold, it implies that there is something wrong with the water. Through these lyrics the author shows his awareness of someone’s mental condition. He knows that the person’s mental state is not stable and in a terrible condition.

Data 3: *“Well, time can heal, but this won't”*

Analysis: These lyrics are paradoxical because there is a contradiction between what time can heal and what it cannot. The awareness towards someone's mental health is shown through these lyrics. The author here attempts to emphasize how painful it is when someone feels even the time is not able to fix the situation. Time used to be successful to heal but it is no longer useful for this matter.

Data 4: *“Was there something I could've said to make your heart beat better?”*

Analysis: This sentence is included in the figurative language part of the metaphor but does not speak literally about the heart or heartbeat, but uses "heartbeat" as a symbol or representation of a person's feelings or emotional state. In this sentence, "make your heartbeat better" describes the author if someone was still alive, he would try to say or do something that would improve the feelings or emotional condition so that someone would not decide to end their life.

Data 5: *“If only I'd have known you had a storm to weather”*

Analysis: "A storm to weather" is included in the metaphor that describes the difficulties, challenges, or heavy problems that someone must face. The word "storm" does not mean a physical storm, but rather an emotional struggle or a stressful life. This sentence describes the author’s regret with someone experienced who faced the trials of life with full pressure.

Data 6: *“Was there something I could've said to make it all stop hurting?”*

Analysis: This sentence is included in the metaphor. In this word, "stop hurting" here does not refer to physical pain, but to emotional feelings such as sadness, disappointment, or hurt. This sentence describes the feelings of regret and despair of the author who wonders if there are words that can be said to prevent the pain, both emotional and mental.

Data 7: *“It kills me how your mind can make you feel so worthless”*

Analysis: The word “kills” here is used excessively to emphasize the emotional pain. The word “mind” here states that someone’s mind is worthless to themselves. Therefore, this sentence is included in the figurative language section of hyperbole and personification. This sentence conveys the author's deep sadness towards the fact that someone could feel so worthless or suffer because of their own mind.

Data 8: *“Was never the right time whenever you called”*

Analysis: These lyrics do not use figurative language to convey the message in it, but this is categorized into choice of words. Where the choice of words in these lyrics represent the awareness of mental health disorders, how the author realized that he did not give enough or rarely enough time to someone who left him, when she or he needed him as a place to talk to or just to keep company. This also shows that the author is aware of the importance of taking time to listen to stories from people who are depressed or suffering from mental health disorders. And also the words “whenever you called” indicate that someone called the author often, showing how she or he needed someone to listen to.

Data 9: *“Would we be better off by now,”*

Analysis: The analysis of these lyrics focuses on word choice and lyrical structure since they do not contain figurative language. The word “would” indicates a hypothetical situation of the words “better off by now” that they would be okay, in the sense that the author would not feel guilty about leaving and his someone close, who was suffering from mental illness, would not decide to end their life.

Data 10: *“If I'd have let my walls come down?”*

Analysis: In these lyrics, researchers analyze the lyrics by looking at the choice of words that represent mental health awareness. The word "if" here indicates the hypothetical or conditional situation, which means, the word "if" is used to express the possibility that did not happen, there is regret or reflection on what could have happened if a different decision was made. Then in the next lyric fragment "let my walls come down" shows that the author feels that by being more vulnerable and honest, maybe he can provide better support to the closest people who are experiencing difficulties. In this lyric there is also a metaphorical meaning, which is shown by the word "walls", this metaphorical meaning as a description of the author’s emotional boundaries. Thus this lyric represents the awareness of mental health disorder, where the author expresses a lot of regret in the lyrics of the song, and also expects the possibilities that might have happened if he was aware from the beginning.

From the analysis, the researchers found that in the song “TIRED” by Alan Walker ft. Gavin James uses word choice that represents mental health in data 1-3, such as “forget about this mess”, “I’m waiting on the sidelines”, “I see those tears in your eyes”, “I feel so helpless inside”, “There’s no need to hide”, “Just let me love you when your heart is tired”. Then, in data 4, the researchers found a figurative language used in the word “If your ghost pulls you apart”. The words “ghost pulls you apart” contain 2 kinds of figurative language, which are Metaphor and Personification.

In the “Before You Go” song, the word choice and metaphor are most used by Lewis Capaldi in representing the awareness of mental health. The word choice exists in 3 data, meanwhile metaphors are more because they were found in 4 data. Some of the metaphors are "heartbeat" which represents a person's feelings or emotional state, the word "storm" that does not mean a physical storm, but rather an emotional struggle or a stressful life. Beside metaphors, other kinds of figurative languages also were discovered in the lyrics, they are idiomatic expression, simile, paradox, hyperbole, imagery and personification.

The word choice itself can be found in data 8, 9, and 10 where the whole lyrics almost contain literal words. Therefore from the findings, it can be said that in the genre of pop song, Lewis Capaldi as the songwriter of “Before You Go” applies various figurative language and the quantity is more than the word choice.

Based on the analysis above, there are some similarities and differences between these two songs in representing mental health awareness in their lyrics and word choices. In the song “TIRED”, the word choices are mostly using direct meaning sentences. In the song “Before You Go”, the researchers also found that the word choice is mostly using direct meaning to convey the message of the song.

2. Discursive Analysis

The next step for analyzing this topic, using CDA theory, is by using discursive analysis. The way authors analyze in discursive analysis is by looking at how the songs are distributed and interpreted by the public. In this section, the authors find out some platforms that provide these songs and some websites that provide information about how the author’s of the songs are distributing or promoting the song. Whereas, the authors of this article collect several answers from strangers to see how people interpret these songs before they analyze the deepest meaning of these songs.

1) How the Songs Are Distributed

The song “TIRED” by Alan Walker ft. Gavin James was distributed on May 19th, 2017 This song is available on Spotify, YouTube, and many other platforms. Whereas, the song “BEFORE YOU GO” by Lewis Capaldi has a different side. The song “Before You Go” was released as a single on November 19th, 2019 from the extended edition of Lewis Capaldi debut studio album, “Divinely Uninspired to a Hellish Extent.” This song was distributed in many music platforms such as Spotify, YouTube, and others.

2) How the Songs are Interpreted

Then, the authors of this article provide a table of the google form result to see how people interpret the “TIRED” song by Alan Walker ft. Gavin James. Here is the table’s result:

Table 1 Public Interpretation of “TIRED” Song by Alan Walker ft. Gavin James

No	Public Interpretation
1.	Someone who can change people's moods and take them to a place they've never been before.
2.	A very relatable and heartfelt song. It reminds us that we are not perfect and that we all need time to heal.
3.	You need someone to go through the hardest time in your life. No matter how strong you are, one day you'll get tired and you'll need someone to lean on

4.	In my opinion, the song "Tired" by Alan Walker ft. Gavin James seems to be about someone going through a hard time and feeling lost and lonely. Alan and Gavin express their desire to help and support this person, offering love and understanding.
5.	In my personal opinion, the meaning of the song is unrequited love, trying to love someone who is insensitive. So it seems like he's tired of trying to code someone whose love is actually for someone else.
6.	I think the meaning of the song is how someone convinces his lover that he is willing to be a support when the lover is tired. He tries to convince his lover that he will always be by her side even though many have left her.
7.	This song has a meaning for someone who is tired of something or in his life and he wants to take a short break before he continues his life journey and to feel better he gives himself space. And this is very motivating for us as students, to keep giving ourselves space to rest for a moment so that we can continue the next process of life and make ourselves better.

Analysis: From the table the researcher found most of the data, the society interpretation of the song is about who someone so loneliness get tired in this life, needed break time and space from this world, and from the data also the researcher found that the society representation about love and romance, like in the song someone just falling in love alone, so the authors in the song want to give them hug and don't let them alone in the world.

Based on the website genius, the result of their interview with the author from the "TIRED" song, this song was made for everyone who needs to be more aware about mental health because the authors in this song want to be someone who always be inside the listeners. and also the authors in this song want to give a special thanks to all extras and involved.

Table 2 Public Interpretation of "BEFORE YOU GO" Song by Lewis Capaldi

No	Public interpretation
1.	the importance of communication in maintaining relationships. and this also gives a message to the listener not to delay speaking and before it is too late.
2.	This song invites us to cherish every moment we have with the people we love. Never delay expressing our feelings, because regret always comes later.

3.	Communication is a key to a successful, healthy and strong relationship.
4.	<p>If I look at the lyrics of the song "Before You Go" by Lewis Capaldi, this song seems to be about regret and longing after a breakup. Lewis expresses his pain and sadness over losing a loved one.</p> <p>The lyrics show that Lewis regrets not expressing his true feelings to his partner before they left. They realize that they could have done more to maintain the relationship. Lewis also expresses the pain and loneliness they feel after the breakup, describing a deep sense of loss and loneliness.</p> <p>The song conveys a message about the importance of expressing feelings and appreciating the people we love. It shows that regret can be a heavy burden after losing someone, and that it is important to communicate openly and honestly in a relationship.</p>
5.	The point of this song is that it's hard to move on even though it hurts.
6.	I think the song is about someone who wants to convince someone that they are valuable. They wonder how to keep them from getting lost in their own thoughts.
7.	This song has a meaning about the importance of maintaining communication with someone so that it does not become a misunderstanding and regret before he chooses to leave. And teaches us to be able to maintain emotional communication when facing a problem. Because we have to be someone who is responsible for everything we say to others. So that it doesn't become a misunderstanding.

Analysis: The researchers have conducted interviews in order to discover the interpretation of both songs by the society. The interview consists of one open question in the form of an essay, so there are various answers that come from the respondents.

“Before You Go” was comprehended as a song of regret by most of the respondents. Five of seven respondents say that this song is about someone who regrets because he did not say what he wanted to say to another person. When the person leaves, all that exists is regret. Meanwhile, there is also another interpretation given by one respondent. The respondent states that this song is about someone who cannot forget a person, and it hurts so bad. The other respondent has quite a different opinion. It is said that someone is trying to assure another person that she or he is valuable. The researchers also have searched what is the message that the writer of the song tries to deliver. Based on the Genius website, "Before You Go" explores the fallout from a close friend or family member taking their own life, including the sense of guilt that follows. Throughout the song, Lewis keeps asking himself if there was anything he could have done to stop it. The researchers compare how similar the public interpretation is with the meaning by the song writer, and find out that little of society have similar interpretation with the writer, only one respondent has almost close interpretation.

3. Social Practice

Based on the CDA theory by Norman Fairclough, there is social practice analysis to see how the object influences human's social life. In this case, the songs "Tired" by Alan Walker ft. Gavin James and "Before You Go" by Lewis Capaldi influences the public in mental health issues. Based on the previous step of analysis, the songs bring out the issue of mental health, which is proven by the lyrics, the word choice, some figurative languages, and the writer's intention. The most potentially social practice that is influenced by these songs is the mental health awareness in the society. These songs support someone's mental health and persuade people to be aware, respect and protect people with mental health issues.

However, in these objects or songs, there is a different perspective in supporting mental health issues. The first song "TIRED" by Alan Walker ft. Gavin James directly supports someone with mental health issues and comforts them to remind them that they have a home to come back to. Whereas, the song "BEFORE YOU GO" by Lewis Capaldi shows the regretness of someone who loses their love because they have mental health issues, but this can also comfort someone who has mental health issues because they know that there are some people who will be sad because of their loss. All of these analyses have been proven in the previous analysis above, which is textual analysis and discursive analysis.

CONCLUSION

In conclusion, the song "TIRED" by Alan Walker ft. Gavin James and "BEFORE YOU GO" by Lewis Capaldi represent mental health awareness in their lyrics. The author shows their awareness of mental health by using strong meaning lyrics in their songs. The lyrics contain many word choices and a kind of figurative language. After the researchers did this research, the researchers concluded that mental health issues can be represented in many genres of songs, including Pop and EDM (Electronic Dance Music). However, there is a different way to serve the representation of mental health awareness in those songs with different genres. The EDM genre of song uses less figurative language than Pop genre song. Meanwhile the Pop genre of song has various figurative languages to represent the awareness of mental health. Then, after analyze this topic by using Fairclough's theory, the use of figurative language and word choices influenced the audience' interpretation of the song's meaning. Therefore, the more the authors use figurative language, the more difficult it is for the audience to understand the meaning, especially for mental health awareness. The distribution of "TIRED" and "BEFORE YOU GO" songs are quite similar. Both of them were widespread in many music digital platforms, but the release period is different. "TIRED" was released in May 2017 meanwhile "BEFORE YOU GO" was released two years later exactly in November 2019. After the distribution, the songs were enjoyed internationally by the society. Therefore, researchers also analyzed the impact of these songs on society. The researchers found that these songs have influenced society to support the people who have mental health issues or mental health struggles. In addition, the songs increase people's awareness of mental health.

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