DEFENSE MECHANISM AS A RESPONSE TO TRAUMA IN "TAKE A BREAK" FROM ARASH BUANA *LOGIC MESS* ALBUM

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Abstract: This research explores the expression of psychological trauma in "Take a Break", one of the songs in the debut album by Indonesian singer-songwriter Arash Buana, *Logic Mess* (2022). The song presents a personal narrative shaped by emotional distress, inner conflict, traumatic experiences, and the journey to deal with them. Using Sigmund Freudian view on defense mechanisms, this study discusses how trauma is portrayed and processed throughout the song lyrics. The methodology used in this research is a qualitative descriptive analysis. The finding shows that the trauma experienced by the song character is resolved through various defense mechanisms such as denial, sublimation, rationalization, regression, and displacement which also confirms the relevance of Freud's theory in interpreting the inner dynamics of an individual.

Keywords: *Arash Buana, Freud's psychoanalysis, self-defense mechanisms, trauma*

INTRODUCTION

Contemporary popular music serves as an effective medium for articulating issues of psychological trauma and mental health among Indonesian adolescents experiencing high social pressure, as reflected in the prevalence of anxiety disorders among adolescents due to academic and social expectations, producing culturally rich representations as analyzed within the framework of literary psychoanalysis (Fajry, 2023) where this study explicitly focuses on the representation of trauma in the lyrics of the song "Take a Break" by Arash Buana from the album *Logic Mess*, rather than on the psychology of the singer as an individual. In this regard, "Take a Break", a song by

Indonesian singer-songwriter Arash Buana, stands out as a compelling narrative of psychological turmoil and emotional vulnerability. *Logic Mess*, the album in which the song is featured, is Arash Buana's debut album which was released digitally on August 19, 2022. The album consists of eleven songs that are all in English and describe the emotional journey and complexity of Arash's life experiences as a teenager (Pratama, 2023). The album features various themes such as love, loss, anxiety, and introspection, which are expressed through the pop music genre. As the first work released under his own independent label, Arash Buana Records, *Logic Mess* is a personal reflection of the emotional upheaval he experienced during 2021 to early 2022. There are also several songs in the album *Logic Mess* that raise issues of emotional trauma and problems with the musician's bitter experiences. "Take a Break", particularly, shows how people may try to deal with painful and traumatic experiences in ways that are not always clear or conscious (Pohan, 2022).

Trauma is commonly understood as a psychological or behavioral disorder that results from stress or physical injury (Ahmad et al., 2023; Straten, 2024). In addition, trauma can also be defined as psychological injury due to external influences arising from a traumatic event. A traumatic event can be a one time event, can last a long time, or can be experienced repeatedly by the person experiencing it (Zoromba, 2024). Past trauma, especially trauma experienced during childhood or adolescence, is often carried into adulthood, embedded in the subconscious, and affects the way we behave and interact with our environment (Arifah & Indriyani, 2024).

According to Caruth, the effects of trauma often do not appear immediately but can show up later in life. These effects may include intrusive symptoms such as sudden flashbacks, disturbing memories, or physical reactions to triggers (Pedersen, 2019; Kaur & Jaggi, 2023). In many cases, traumatic experiences are pushed out of conscious awareness, a process known as repression, but they can return in different and unexpected ways (Pedersen, 2019; Newsome, 2022). Because of this, the stories or narratives people create about their trauma play an important role. These narratives help individuals make sense of what they went through and begin the process of emotional healing (Jelínková, 2022). In this regard, "Take a Break" functions not only as a musical song but also as a narrative platform through which the characters reflects on his own

psychological struggles. The lyrics act as a medium through which trauma is both remembered and disguised, shaped by the inner conflict of the narrator.

This research uses Sigmund Freud's theory of literary psychology as a theoretical framework. Freud believed trauma arises from a conflict between the conscious and unconscious mind (Ardiansyah, 2022). When individuals undergo traumatic experiences, the associated emotions and memories are often repressed, pushed into the unconscious where they cannot be directly accessed (Harimuti, 2024). In Freud's model, the ego protects itself from overwhelming anxiety through various defense mechanisms. These are unconscious strategies that distort or reshape reality to make psychological pain more manageable (Sandri, 2024).

This research aims to explore how trauma is portrayed in "Take a Break" from Arash Buana's album *Logic Mess*, and how these traumatic experiences are managed through defense mechanisms, according to Freud's theory. This research focuses on this one song because it features situations in which characters experience emotional distress, inner conflict, or anxiety, and they consciously or unconsciously use various means to protect themselves from those uncomfortable feelings. The study examines how the musician expresses inner conflict and uses psychological strategies to process and communicate his emotional wounds.

In doing so, this research also considers the songs' lyrical form as poetic expression, exploring it as a form of lyrical literature. It examines song as a psychological text to show how artists use creative methods to express mental health challenges and individual suffering, thereby supporting wider conversations about music as a therapeutic expression and emotional narrative. The researcher studied Arash Buana's "Take a Break" through Freudian theory to understand how traumatic experiences and emotional responses manifest in his song lyrics, and then resolved.

Previous studies have explored the connection between trauma and Freud's defense mechanisms in both music and literature, showing how emotional pain and psychological conflicts are expressed through artistic works. For instance, Murti et al. (2014) analyzed Adele's *21* album through a psychoanalytic lens, identifying how the singer's emotional experiences are reflected in her use of defense mechanisms in the lyrics. Likewise, Zuraida et al. (2014) examined the novel *The Last Song* by Nicholas Sparks to reveal the ego defenses used by its characters in dealing with traumatic

situations. Soualah (2023) investigated the character of Severus Snape in J.K. Rowling's *Harry Potter* series, showing how his trauma is expressed through various unconscious strategies. Similarly, Sumalani and Khan (2018) studied the main character of *My Feudal Lord*, highlighting how ego defense mechanisms are employed to cope with emotional distress. Although these studies show the value of applying psychoanalytic theory to songs and literary texts, there has been no academic research specifically examining trauma and defense mechanisms in Arash Buana's "Take a Break". As a song created during a difficult period in the artist's life, it functions not only as a musical work but also as a narrative of trauma, anxiety, and emotional growth. Therefore, this study aims to fill that gap by offering a psychoanalytic reading of the song, using Freud's theory to analyze how the artist represents and processes trauma through music.

REVIEW OF LITERATURE

According to Sigmund Freud, trauma is an experience or stimulus that is so intense and overwhelming that it exceeds the individual's ability to cope or process it psychically, which is then stored in the subconscious and triggers deep psychological conflict (Ningtias, 2022). Trauma is often expressed by art media including music, as a form of release and processing of verbally expressed emotions. Music becomes a therapeutic channel that allows individuals to express their trauma, related pain, sadness and anger. Music can also help strengthen the ego in managing the internal conflict between the urges of the id, and the demands of the superego (Fajry, 2023).

Sigmund Freud's ideas about trauma form an important foundation in psychoanalysis and have strongly influenced how psychological trauma is understood today. In his work *Beyond the Pleasure Principle*, Freud explores the relationship between traumatic experiences and the mind's response to them. He explains how trauma affects mental health through psychological processes like repression and repetition (Harel, 2020), and also how traumatic events are often hard to understand or process when they happen, and this confusion leads to delayed emotional and psychological reactions (Harel, 2020; Dhungana, 2023).

One of Freud's key concepts is "*Nachträglichkeit*" or belatedness, which means that the impact of trauma might not be felt immediately. Instead, a person may relive or

re-experience the trauma later in life through dreams or repeated behaviors. These experiences are attempts by the unconscious mind to process what happened (Haj, 2021). Freud calls this a "repetition compulsion", where a person repeats the trauma in different ways rather than avoiding it. This idea goes against the "pleasure principle", our natural desire to seek pleasure and avoid pain, because the person keeps reliving painful experiences instead of moving past them (Harel, 2020). In the context of trauma, traumatic experiences can be stored in the subconscious and trigger deep psychological conflict (Wulandari, 2020). Trauma is not confined to the moment of its occurrence but emerges belatedly, resurfacing when the mind can no longer sustain its repression. This delayed return reflects the psyche's attempt to shield itself from unbearable experiences by relegating them to the unconscious (Barnaby, 2012).

Sigmund Freud identified multiple defense mechanisms which function to assist people in handling traumatic events. He identifies five defense mechanisms which include denial, sublimation, rationalization, regression and displacement. The ego exercises these defense mechanisms as automatic coping strategies which shield individuals from emotional distress and anxiety that results from traumatic events.

Denial plays an important role as a coping strategy that helps protect individuals from facing painful realities connected to traumatic experiences. It can appear in different ways, such as avoiding the truth or even reshaping how someone sees a situation. People often use denial without realizing it, as a way to reduce emotional pain. Studies have shown that denial can help ease emotional distress in the short term, offering relief from overwhelming thoughts or memories (Lee et al., 2020; Marlinna & Ernawati, 2024).

Sublimation, according to Freud, is a defense mechanism that allows people to redirect their instinctual urges, especially aggressive or sexual impulses, into more acceptable and constructive activities (Akhtar, 2020). Sublimation is often seen as a healthier way to cope because it turns pain into something meaningful. Thus, sublimation is not only a way to protect the ego, but also a means of self-development and positive contribution.

Rationalization functions as a typical defense mechanism which people use to protect themselves. People use rationalization to develop logical explanations which defend against uncomfortable or puzzling occurrences. The method enables people to

minimize their feelings of guilt and anxiety and mental discord. People use rationalization to protect their self-esteem by avoiding uncomfortable self-truths which Sigmund Freud first described as a defense mechanism. People stop themselves from getting blame and emotional pain through the delivery of explanations which seem reasonable.

Regression occurs when someone acts like a younger version of themselves during a stressful or traumatic situation. Adults might cry, throw tantrums, or seek comfort in childish behaviors like clinging to others. This behavior can help them escape from stress or responsibility for a while. When a person struggles to cope with anxiety or face a difficult reality, the ego may use regression as a defense mechanism to protect itself from emotional distress (Lee et al., 2020).

Displacement is when someone directs their anger or sadness at a safer target instead of the real source of their pain. For example, an employee who feels mistreated by their boss might come home and express their frustration by arguing with a family member or scolding a pet, instead of confronting the source of the problem directly (Marlinna & Ernawati, 2024).

At the core of Freud's theory, these defense mechanisms work unconsciously to reduce anxiety caused by inner conflicts, especially those related to traumatic experiences. The connection between trauma, emotional distress, and the use of defense mechanisms is complex, as shown in both literature and psychological studies.

METHOD

This research used qualitative methods to understand the meanings, experiences, and perspectives of individuals or groups who exhibit deep socio-cultural behavior across diverse environments. According to Sugiyono (2022), the descriptive qualitative research method is a post-positivist research approach. It is used to examine objects in natural conditions, with the researcher serving as the key instrument. This research was approached with a focus on psychoanalytic literary criticism, specifically applying Sigmund Freud's theory of defense mechanisms. The aim is to explore how trauma is represented and processed in "Take a Break" from Arash Buana's album *Logic Mess* through the lens of Freud's psychological theory.

The primary data in this study is the lyric text of the song "Take a Break" from Arash Buana's album *Logic Mess*. The selected song was chosen based on its strong emotional and psychological content, especially its reflection of inner conflict, distress, or signs of unresolved trauma. The lyrics are treated as a literary text and analyzed to uncover the representation of trauma and the psychological defense mechanisms used to cope with it. The data were collected through close reading of the song lyrics. The researcher carefully examined the lyrics to identify lines or phrases that suggest emotional pain, inner turmoil, or psychological defense.

This study applies textual analysis to interpret the meaning of the lyrics in relation to Freud's concept of defense mechanisms. The steps of analysis include: close reading of the selected song to identify expressions of trauma, interpretation of lyrical elements using Freud's theory of defense mechanisms (such as denial, regression, sublimation, rationalization, or displacement), thematic analysis of how the lyrics reflect unconscious responses to trauma, and drawing conclusions about how the defense mechanisms serve as coping strategies for the emotional experiences depicted in the song. The findings are presented in a descriptive format to show how the lyric functions as a form of psychological expression and emotional survival, offering insight into the relationship between trauma and creative writing in contemporary music.

FINDINGS AND DISCUSSION

This study systematically identifies representations of psychological trauma in the lyrics of "Take a Break" song through the application of five ego defense mechanisms according to Sigmund Freud's theory, namely denial, sublimation, rationalization, regression, and displacement. An in-depth textual analysis reveals that this trauma manifests as internal conflict within the narrator of the lyrics, triggered by social pressure and excessive academic expectations placed on Indonesian teenagers, as reflected in recurring lexical patterns such as "pressure," "exhaustion," and "escape," which form a narrative structure of psychological fragmentation. These findings are categorized into two main analytical thematic clusters phenomenological manifestations of trauma and operationalization of ego defense mechanisms which will be elaborated hierarchically and triangulatively with textual evidence in the following description.

Trauma

The psychological trauma in the song "Take a Break" from album *Logic Mess* reflects the inner of the character in the song conflict that arises from social pressure and unfulfilled self-expectations, which the musician directly experienced based on his own experiences. Trauma is commonly understood as a psychological or behavioral disorder that results from stress or physical injury (Ahmad et al., 2023; Straten, 2024). Psychological trauma refers to an intense and prolonged emotional response to severe stress that depletes mental resources, causing extreme emotional exhaustion, feelings of hopelessness, and the desire to escape. In the context of this song, trauma appears as energy exhaustion due to external demands that conflict with personal abilities, similar to burnout that affects the mind and emotions, making it difficult to manage stress. The inner struggle also makes them feel lonely and separated from others and loneliness, as the character feels not understood or able to share the burden felt (Shine, 2021).

The character in the song experiences the trauma himself, as the album *Logic Mess* was a personal emotional record from 2021-2022, when he was 19 years old and struggling with the pressure of creating a big hit after the success. The characters in the songs reflect himself, a Gen Z teenager who feels he has failed to meet his own and others' expectations. The trauma arises from family pressure, social circles, and a society that imposes high expectations, compounded by self-dissatisfaction from feeling that he has not reached his potential such as failing to realize big dreams and personal sacrifices during the creative process. The character in the song acknowledges that this pressure comes from the drive for commercial success, which diverted his focus from authentic music to seeking external validation, causing ongoing internal conflict. Lyrics like "*turning 19 / not as what I thought as I should be*" and "*every single night I'm fighting for myself / so why do they keep bothering*" depict confusion and the daily struggle against pressure, with fatigue evident in "*everyday feels like a war*" and the plea in "*all I ask is just a break far away from everything*". The part "*how every night I wish I died then start a fight*" shows deep despair and emotional isolation, reflecting Arash's experience when he feels drained by unbearable expectations.

The lyrics of the song "Take a Break" from the album *Logic Mess* convey feelings of loneliness, emotional struggles, and personal problems that are difficult for Arash to handle. For example, the lyric "*If I could take a break / Far away / From*

everything / Would that be okay?" shows the wish to escape from pressure and inner pain. These words express more than physical exhaustion because they reveal a fundamental need for mental and physical recuperation. The words express a strong desire to escape from all the difficulties which life brings. The person in the song wants to "*get away from everything*" because they feel trapped in a painful and stressful situation. People experience overwhelming mental and emotional distress which leads them to seek escape as a protective measure.

The song talks about feeling lonely, not just because you're alone, but also because you're hurting inside and wondering about life's bigger questions. There's a fight going on inside, between wanting to meet others' expectations and needing to take care of your own mental health. In this case, the lyrics become a kind of rhetorical question that shows doubt and uncertainty whether the desire to "rest" and get away from the pressure is acceptable or justified, which also indicates guilt or fear of judgment from the surrounding environment.

The trauma expressed in this song is a reflection of past experiences and unresolved inner conflicts. Arash describes how he struggles against recurring feelings of distress and emotional exhaustion that can be psychoanalytically understood as manifestations of inner wounds stored in the subconscious. In the perspective of Freudian psychology, these traumas are not only consciously present, but rooted in the subconscious, where painful memories and feelings are stored and influence one's behavior and emotional state without being fully aware of them.

When the trauma is not processed in a healthy way, the subconscious will trigger various self-defense mechanisms to protect the ego from excessive anxiety and pain. One of the most dominant mechanisms is denial. In the context of the song, denial can be seen as a way for the character to refuse or avoid facing the harsh reality that burdens him, so he tries to close himself off from the painful reality so as not to get hurt emotionally. Another way defense mechanism is by escaping into daydreaming, where the song character imagines or hopes to "Take a Break" or rest away from all the pressure.

This escape is a way to avoid dealing with a stressful situation by imagining a safer and more comfortable world. Also, sublimation plays a role in the song. Sublimation is when people redirect their negative or harmful feelings into good or

useful actions. In the song "Take a Break," the wish to take a break and rest from pressure is an example of sublimation. Instead of letting stress or worry take over, the energy is used to focus on healing and finding peace. This sublimation is also reflected in Arash's own creative process, which channels feelings and trauma through music as a medium of expression and healing.

Defense Mechanism

The album *Logic Mess* is an album of eleven songs with the theme of romantic relationships that are full of dynamics, emotional ups and downs and struggles of teenage feelings and mental health. The song "Take a Break" is a song about mental and emotional health experienced by a 19-year-old teenager who feels pressured by life expectations and intense inner struggles. With the problems experienced, the teenager makes self-defense mechanisms including denial, sublimation, rationalization, regression, and displacement.

Denial

"Turning 19, not as what I thought as I should be." (Buana, 2022)

The lyrics describe a psychological defense mechanism called denial. In Freud's psychoanalytic theory, denial is a process in which the ego refuses to acknowledge a reality that is painful or does not match expectations, as a way to protect itself from deep emotional pain. Denial serves as a psychological shield when a person faces a reality that contradicts the expectations or ideals that have been built before. In the context of these lyrics, the 19 year old individual felt that his life was not going according to what he expected or should have happened.

The character in the song denies the fact that his career as a musician at the age of 19 after transitioning from child acting to indie music did not achieve the great success or stability that was anticipated, choosing to ignore his failure to meet his own expectations in order to maintain a temporary psychological balance. He denies it because that reality triggers feelings of inadequacy and emotional exhaustion due to pressure from the industry, family, and society demanding commercial hits after his initial success, as in his previous work. The character in the song hopes that at the age of 19, he will reach the peak of his creative independence. However, the reality of the pressure to create success sacrifices authenticity for validation, and the daily struggle

against external expectations makes him feel like a failure, triggering a refusal to postpone facing that disappointment.

"But I don't care if it's supposed to go like this." (Buana, 2022)

The lyrics illustrate an attitude of rejection of the reality or norms that are considered "supposed" to occur in life. This attitude reflects an attempt to deny social rules or expectations that require life to go a certain way. In the context of psychological defense mechanisms, this rejection serves as self-protection from pain, disappointment, or distress that arises when reality does not conform to generally accepted expectations or norms. By refusing to follow the "should", individuals try to maintain control over their lives and avoid feelings of distress due to the mismatch between social expectations and personal experience. It can also be a way people show emotional resistance, helping them deal with inner struggles and keep their mental peace, while standing up for who they are and their freedom even when facing outside pressure.

"But all I ask is just a break." (Buana, 2022)

The song's words can be seen as asking for a moment of rest from the outside stress and never-ending demands in life. The lyrics of this song describe how denial functions as a psychological defense mechanism, as the character fights against the demands of life by seeking respite from his responsibilities "just a break". This desire for a break is a way of stepping back mentally to avoid dealing directly with pressures that feel overwhelming. According to Freud's ideas about the mind, this is how the part of the mind called the ego tries to handle both inner and outer problems by creating some space away from the cause of stress to prevent getting too overwhelmed emotionally.

This request for a break also shows the need for time to think and recover, which is key in healing from trauma or emotional pain. Taking a step back helps people feel less anxious and gives them space to understand their feelings and thoughts more clearly. This is especially important for younger people today who face a lot of social pressure and high expectations, which can make them feel too stressed or unable to cope. The character employs denial as a psychological shield to prevent immediate anxiety and despair which results from the pressure.

However, denial is not a good way to deal with things in the long run because it stops people from dealing with and understanding their real experiences. If someone keeps denying something, it can cause ongoing inner struggles and stop them from growing emotionally or healing from past hurts. Because of this, the lyrics show a process where a person tries to avoid the pain of a sudden truth by first not wanting to believe it, and eventually, they come to accept the situation on their own.

Sublimation

"If I could just simplify"
"And have my way to enjoy my life"
(Buana, 2022)

The song's words show how someone deals with strong feelings by turning them into something better. According to Freud, this is called sublimation, where bad or heavy emotions are redirected into positive actions. In this case, character talks about wanting to make life simpler and find joy in his own way. This demonstrates his ability to transform emotional responses which stem from stress and anxiety and previous pain into constructive and joyful activities.

Sublimation helps people turn tough emotions or inner struggles into positive and meaningful actions (Hasibuan, 2021). Instead of dwelling on his negative emotions, Arash directs his energy toward creating basic joy for himself. The method functions as a problem prevention system which also enables him to handle stress and internal challenges through constructive solutions. Through these words, Arash demonstrates his battle with mental challenges by seeking happiness and purpose in life beyond his current difficulties. The concept aligns with sublimation because individuals transform their stress and pressure into beneficial activities which produce satisfaction and personal development while reducing emotional distress.

" If I could take a break far away"
"From everything, yeah, would that be okay?"
(Buana, 2022)

The lyrics reflect sublimation because the desire to *"take a break"* from all the pressure is not just an escape, but a conscious effort to manage stress and emotional exhaustion in a healthy way. The lyrics reveal how the character manages his mental strain and internal tension through physical distance from his challenging responsibilities. In the context of sublimation, *"take a break"* refers to the process of transforming emotions or aggressive impulses that are unacceptable to be expressed

directly into activities or desires that are more beneficial and acceptable to society. The request to "*take a break far away*" is considered a more mature and healthy way to deal with existing pressures or impulses, by seeking positive and flexible solutions, such as temporarily distancing oneself to clear one's mind and return to functioning better.

Freud established that sublimation functions as a mental defense mechanism which people use to transform their distressful emotions into useful behaviors. The song shows Arash employs this strategy to maintain his mental health through brief breaks from his everyday stress. Rather than staying trapped in feelings of worry or tension, he lets these emotions push him to take a step back, which helps him manage himself better. He needs this pause to gather his thoughts and find peace so he can return to his daily struggles with greater strength and inner stability.

Arash achieves mental recovery through active stress avoidance by removing himself from every demanding situation. The individual demonstrates sublimation through their ability to transform anxious feelings and exhaustion into productive behaviors which include self-care and emotional regulation. The character demonstrates the process of sublimation in the song "Take a Break" by transforming his emotional stress and mental turmoil into his musical performance. The song functions as a vessel for sublimation because it converts the anxious feelings and emotional fatigue into creative musical expression and personal introspection. These lyrics show how music functions as an emotional outlet which helps people handle their difficult experiences according to these lyrics.

Rationalization

"How I really liked to day dream"
"And Figure ways on how to make a scene"
(Buana, 2022)

These lyrics show the chacater trying to understand and explain his own actions, like daydreaming and looking for ways to express himself. In terms of psychological defense mechanisms, this is an example of rationalization. Rationalization is when someone gives believable reasons or explanations for their actions or feelings, even if those actions or feelings are caused by inner conflicts or emotions they do not want to face.

Rationalization is a way the ego uses to lower stress and confusion by coming up with logical reasons for actions that might not make sense, like daydreaming or

trying to "*make a scene*" to show expression. Psychologically, this statement can be interpreted as a form of rationalization, because the narrator tries to give positive meaning to escapist behavior (daydreaming), which is actually a reaction to emotional pressure or inner conflict. Through the lyrics "*How I really liked to daydream / And figure ways on how to make a scene*", the author demonstrates a mental technique for transforming his escapist behavior into a form that is considered logical and normal by others. Through rationalization, Arash not only avoids facing discomfort directly, but also constructs a narrative that makes his behavior acceptable to himself and others. This helps maintain emotional balance and provides control over complex psychological experiences.

Regression

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"Wish I died"
"Then start a fight"
(Buana, 2022)

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The lyrics reflect an impulsive and destructive expression of emotion, which is the hallmark of a psychological defense mechanism called regression. Regression is a process in which individuals revert to more primitive and childlike patterns of behavior or emotional responses as a means of escape from stresses, anxieties, or conflicts that are difficult to deal with on an adult level. When faced with severe stress or anxiety, the ego is sometimes unable to manage the stress in a rational and mature manner, thus regressing to an earlier stage of psychological development, where emotional responses are simpler and more direct, such as anger, despair, or a desire to escape reality. The lyrics of "*Wish I died*" show extreme feelings of despair, while "*Then start a fight*" reflects spontaneous and less controlled aggressive reactions. This is characteristic of regression, as individuals avoid mature ways of solving problems and revert to simpler, more aggressive, or destructive ways that reflect earlier stages of psychological development. However, in the context of the lyrics "*starting a fight*", this action shows a more primitive and emotional response in seeking a way to escape from the heavy pressure weighing on the mind, so it is considered a regression according to Freud's theory.

Displacement

"Every single night, I'm fighting for myself" (Buana, 2022)

The lyrics can be analyzed as a form of psychological defense mechanism called displacement. In this context, the character channels his inner conflict and anxiety into a form of internal resistance or fight as a way to deal with the pressure he feels. Displacement occurs when individuals divert emotions or urges that are difficult to face directly to other object or forms that are more psychologically acceptable. In this lyric, "*fighting for myself*" does not mean physical resistance against others, but rather an inner fight that represents the internal conflict between desires, fears, and emotional distress experienced. By transferring these feelings of anxiety and conflict into the image of an active "*fight*", Arash gives a more concrete and manageable form to his anxiety.

Negative emotions, anxiety, and heavy pressure that usually come from external factors such as family, social environment, or self-expectations are transformed into a form of internal struggle. Thus, individuals divert tension and worries that are difficult to deal with directly into psychological resistance that is more manageable mentally. The psychological process shows that the ego fails to deal with the actual source of stress, such as social or internal pressure, when faced with intense conflict, because the ego diverts these feelings into symbolic internal battles. The definition of displacement is consistent with this behavior because it shows how people divert their emotions to safer objects or forms in order to protect the ego from overwhelming anxiety. These lyrics accurately describe the process of transition through psychological descriptions. The lyrics present psychological struggles as a metaphor for how people transfer internal emotions that develop from unresolved conflicts and pressures that they cannot deal with directly. Freud's theory of ego defense mechanisms explains this behavior because it describes how people respond to traumatic experiences and emotional disturbances.

CONCLUSION AND SUGGESTIONS

Conclusion

Based on the results of this research, it can be concluded that the album *Logic Mess* by Arash Buana clearly expresses the character psychological dynamics,

especially in dealing with trauma and emotional distress experienced during adolescence. From the analysis of the song lyrics, especially "Take a Break", we can see that Arash shares his personal feelings about inner pain, letdowns, and mental exhaustion through his music. The research demonstrates that the character in the song applies denial and sublimation as coping mechanisms for stress and inner struggles which become evident through his narrative style and language selection. The study shows music functions as a medium for expressing and handling difficult emotions while Freud's psychological theories reveal how contemporary youth experience their internal world. The research provides a detailed understanding of how teenage trauma experiences connect with their coping methods and artistic expression through Arash's musical work.

Suggestions

Based on the results of the research on Arash Buana's "Take a Break" song, it is recommended that future research expand the object of study by involving analysis of the experiences of listeners or fan communities to understand the impact of trauma expression and self-defense mechanisms in music on a wider audience. Further research can also use an interdisciplinary approach by incorporating interview or survey methods to obtain richer empirical data on the relationship between psychological expression in music and adolescent mental health. In addition, comparative analysis with the works of other musicians or different music genres could provide new perspectives on variations in trauma expression and self-defense strategies in the context of Indonesian popular culture.

The limitations of this study, which only focuses on analyzing lyrics without involving in-depth biographical data or direct experiences of songwriters, can be taken into consideration for future researchers to dig deeper into the personal and social aspects that influence musicians' creative processes. The findings of this study are expected to be utilized by educational practitioners, counselors, and mental health observers as a reference in understanding the psychological dynamics of adolescents through the medium of music, as well as encouraging further studies on the role of music as a medium of expression and psychological recovery in the lives of today's youth.

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