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PORTRAIT OF EGO DEFENSE MECHANISM IN SONG LYRICS *SEKUAT SESAKIT*

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Abstract
Music is a literary work that serves as a means of psychological expression for individuals. This can be seen in the lyrics of the song *Sekuat Sesakit*, which describe the ego defense mechanisms of repression and reaction formation. This situation is interesting to study in depth due to the limited research on the analysis of ego defense mechanisms in song lyrics. This study aims to explore how the lyrics of the song *Sekuat Sesakit* reflect ego defense mechanisms and their impact on an individual's psychological condition. This study uses the hierarchy of ego defense mechanisms theory described by George Vaillant. The object of study in this research is the lyrics of the song *Sekuat Sesakit* performed by Idgitaf. This study uses a qualitative method with a thematic analysis technique. The results of this study show that repression and reaction formation fall into the neurotic level of the ego defense mechanism theory. The long-term use of repression and reaction formation can cause psychological disorders that negatively affect an individual's mental health. The information from this study is expected to add to the understanding of the concept of ego defense mechanisms through song lyrics from a psychological perspective.

Keywords: music, neurotic level of ego defense mechanism, reaction formation, repression

Introduction

Music is a form of literature that can be easily enjoyed by everyone since music can be accessed on various digital platforms and is often found in social environments. Music often serves as a means of reflecting on individual emotional experiences and thoughts, which are then written down as literary works (Umurzakov, 2022). Music also functions as a medium for individual psychological expression, which has a positive impact on an individual's physical condition, emotions, and social abilities (Pang, 2022). In addition, music can be used as a means of healing, where individuals can release pain, stress, and even anxiety through music (Huang & Li, 2022). This condition indicates that music plays an important role in physical and mental well-being (Rebecchini, 2021), as well as individual mental health. This is because music can bring happiness and prevent stress in individuals (Pokharel, 2021).

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Music consists of several song lyrics that serve as a means of expressing feelings or emotions that are being felt. (Vinod, 2020; Sihabuddin et al, 2023; Suryasuciramdhan et al, 2024). The emotional expressions shown by individuals originate from the lyrics of songs in music. Through these lyrics, a person is able to express emotions that are suppressed or various things that are felt. This condition is consistent with research findings that explain that song lyrics contain various expressions of emotion (Agrawal et al., 2021; Ara & Rekha, 2024). The various emotional expressions produced by song lyrics indicate the presence of various psychological dynamics, which are interesting to explore in greater depth. This is evident in the song title by Idgitaf, *Sekuat Sesakit*. Idgitaf is a talented young singer whose real name is Brigitta Sriulina Beru Meliala. Idgitaf, or Britta, is a woman who has been interested in music since childhood (Lintang, 2025). The song title *Sekuat Sesakit* is featured in Idgitaf's mini-album titled *Semoga Sembuh* (Putri & Cyntara, 2023).

The lyrics of the song *Sekuat Sesakit* tell the story of everyday life filled with various forms of dynamic life that are full of sadness, but individuals must continue to struggle and persevere in order to live their lives (Pangestu, 2022; Khoriha, 2024). This situation highlights the intense emotional turmoil faced by individuals, where various emotional expressions can influence physical and psychological conditions (Uppal, 2023), impact an individual's behavior in navigating life (Choudhary, 2025), and affect an individual's coping skills (Sousa et al., 2024). One of the effects of emotional expression evident in the lyrics of *Sekuat Sesakit* is the choice of ego defense mechanisms employed by individuals. Ego defense mechanisms were first introduced by Sigmund Freud as mental processes used by the ego to deal with conflicts between the id and the superego (Freud, 2018). This aligns with research explaining ego defense mechanisms as unconscious psychological processes that help individuals cope with various anxieties or stresses they experience (Puspito & Widyaningrum, 2020). Additionally, ego defense mechanisms can prevent individuals from experiencing anxiety and losing self-esteem, which are part of normal development (Cramer, 2020).

The selection of ego defense mechanisms in individuals influences their personality development, which can be seen in how individuals deal with difficulties or traumatic events they experience (Zhang, 2020). Furthermore, it is explained that adaptive and maladaptive ego defense mechanisms are closely related to different personality disorder traits in adulthood. More adaptive forms of ego defense mechanisms are closely associated with healthy personality traits, while maladaptive ego defense mechanisms are closely linked to pathological personality types (Giuseppe et al., 2020). Based on this explanation, it is clear that the concept of ego defense mechanisms is an important concept for individuals, making it an interesting topic for in-depth study and development. Over time, various figures in psychology have also developed concepts of ego defense mechanisms from their own perspectives. One example can be seen in the concept of ego defense mechanisms developed by George Vaillant (Perrotta, 2020).

George Vaillant made a historic discovery in the concept of ego defense mechanisms because he was able to create clinical sketches related to the forms of ego defense mechanisms that occur in the life cycle. In addition, Vaillant created the theory of defensive adaptiveness and the hierarchical organization of defense mechanisms, which was later operationalized by Perry through the DMRS (Defense

Mechanisms Rating Scales) (Giuseppe & Perry, 2021). George Vaillant explains ego defense mechanisms as unconscious self-regulatory processes that function to address anxiety arising from internal or external factors and maintain psychological balance. Ego defense mechanisms are also innate and unconscious processes that enable individuals to alter their thinking patterns in response to various life events, thereby reducing sudden changes in both internal and external environments and minimizing cognitive dissonance (Hong & Ha, 2020).

Ego defense mechanisms also seek to protect individuals from inappropriate impulses or internal conflicts, such as anxiety or aggression, mediating and regulating external conflicts that may arise. Furthermore, ego defense mechanisms are closely related to how individuals adapt to their surrounding environment (Hong & Ha, 2020). Initially, Vaillant explained that there are four levels of ego defense mechanisms in individuals: the psychotic level, immature level, neurotic level, and mature level. Ego defense mechanisms at the psychotic level include denial and distortion; at the immature level, they include passive aggression, acting out, dissociation, projection, autistic fantasy, devaluation, idealization, and splitting; at the neurotic level include intellectualization, isolation, repression, reaction formation, displacement, somatization, undoing, and rationalization; and at the mature level include suppression, altruism, humor, and sublimation (Vaillant, 1994).

In recent years, Vaillant has also proposed the need for defensive causality, which aims to produce a consolidated adaptive response over time. Together with Perry, although conducted separately, but complementing each other, Vaillant conceptualized various forms of ego defense mechanisms grouped into seven levels or hierarchies. These seven levels or hierarchies range from the most adaptive to the least adaptive, from partial to total distortion of reality. It is also important to note that maladaptive ego defense mechanisms emerge depending on four factors: exclusivity, intensity, sufficient age, and an adequate context (Perrotta, 2020).

Various forms of ego defense mechanisms are classified based on three criteria, namely maturity level, clinical area, and source of formation. Vaillant and Perry also compiled seven levels of defense mechanisms based on these three classifications, including the highly adaptive level, which consists of ego defense mechanisms in the form of altruism, affiliation, suppression, humor, and sublimation. The sixth level is known as obsessive defenses. Examples include retroactive cancellation, intellectualization, and isolation of affection. The fifth level is called neurotic defenses, which consists of defense mechanisms such as removal, reactive formation, repression, and displacement. The fourth level is narcissistic defenses, such as idealization, omnipotence, and devaluation. The third level is known as disavowal defenses, such as negation and projection. The second level is known as borderline defenses, such as projective identification and splitting. The first level is called instinctive action or action out. At this level, individuals exhibit behavior directly and impulsively without considering the consequences of their actions (Perrotta, 2020). Furthermore, it is explained that there is actually a level 0 in the hierarchy of defense mechanisms known as defensive dysregulation or Psychotic Defenses Level. This level is not included in the DMRS measurement tool manual, but can be used in other DMRS measurement tools, such as the P-DMRS (Psychotic Defense Mechanisms Rating Scales) (Giuseppe & Perry, 2021).

Studies analyzing ego defense mechanisms have actually been widely used in various popular literary works such as novels, films, and songs. For example, in the analysis of *The Walking Dead: Michonne* (2016), *Kim Ji-young: Born 1982* (2019), and *No Longer Human* (2019), Sigmund Freud's theory is used to explain the forms of ego defense mechanisms of the main characters (Asmillah et al., 2022; Setiawan et al., 2022; Setyo & Nugroho, 2024). In literary works in the form of novels, this can be seen in the novels *Rapijali 2* and *Two Lost Souls*, which use Sigmund Freud's theory of ego defense mechanisms to explain the characters in the novels (Pratiwi & Hayatipada, 2022; Widatama et al., 2022). The novel *Rapijali 1* also uses Sigmund Freud's ego defense mechanism theory to explain the main character in the novel, but there is additional information regarding the relevance of using ego defense mechanisms as teaching material in schools (Khonifa & Kadaryati, 2023). Meanwhile, the novel *Wuthering Heights* and *Yeryüzünde bir Melek* uses Sigmund Freud's ego defense mechanism theory and reinforces it with Anna Freud's theory (Kaya, 2021). On the other hand, the analysis of ego defense mechanisms in songs is still limited in its use. Research related to this was found in a study discussing the analysis of ego defense mechanisms in a song titled *Anti Hero* by Taylor Swift. This study used Sigmund Freud's theory to explain the various forms of ego defense mechanisms in the song (Saputro et al, 2024).

From the overall results of the study, it can be seen that the theory of ego defense mechanisms derived from literary works, such as novels and films, both use Sigmund Freud's theory. The use of Sigmund Freud's ego defense mechanism theory appears to be limited in explaining the forms of themes of ego defense mechanisms in a literary work. In addition, it is known that the use of literary works in the form of song lyrics is still rarely studied using the concept of ego defense mechanisms. This situation can be used as a research gap to explore the forms of the ego defense mechanism concept in more depth in song literature through the lyrics of the song *Sekuat Sesakit*. This study will use George Vaillant's hierarchy model theory, which has never been used before. This is important so that the concept of ego defense mechanisms contained in the lyrics of *Sekuat Sesakit* can be explained in depth, thereby providing a more comprehensive explanation of the concept of ego defense mechanisms. This is in line with the research objective, which is to explore how the lyrics of *Sekuat Sesakit* can reflect and explain the form of ego defense mechanisms in greater depth, which has an impact on an individual's psychological condition. This situation can also fill a gap in research by contributing to a deeper understanding of ego defense mechanisms and their effects on an individual's psychological condition through literary works in the form of song lyrics from a psychological perspective.

Method

This study used qualitative research methods. Qualitative research is a research method that involves data collection and data analysis processes aimed at understanding and resolving various emerging issues or problems in greater depth (Pant, 2023). The qualitative research method is suitable for use in this study because it can explore data in greater depth, comprehensively, and in detail, so that the data results presented can be better (Oranga & Matere, 2023). In this study, the research object was the lyrics of the song *Sekuat Sesakit* by Idgitaf. The lyrics was analyzed to understand the form of ego defense mechanisms contained in the song.

Several instruments were used in this study, including the lyrics of the song *Sekuat Sesakit* as the main source of data, George Vaillant's theory of ego defense mechanisms as a guide to identify and classify the types and levels of ego defense mechanisms, and a guide to the thematic analysis method consisting of six stages.

This study used a data analysis technique in the form of thematic analysis. Thematic analysis is a technique used in qualitative research that aims to identify and analyze various meaningful patterns in research data (Morin et al., 2021). This is also in line with the explanation from other studies that describe thematic analysis as a technique in qualitative research that focuses on identifying various patterns and themes in research data (Lochmiller, 2021).

The thematic analysis involved several steps in the process of identifying and analyzing research data. There were six steps in thematic analysis, the first of which was transcription, familiarization with the data, and selection of quotations. At this stage, researchers can show the script of the song *Sekuat Sesakit* for later in-depth analysis. The second step was the selection of keywords. At this stage, the researcher found keywords from each song lyric to be discussed. The third step was coding. At this stage, the researcher coded each keyword. The fourth step was theme development. At this stage, the researcher organized each code that had been found so that it could be included in the themes of these defense mechanisms. Furthermore, the researcher also classified each form of self-defense mechanism theme into the level of self-defense mechanism it belongs. The fifth step was conceptualization through the interpretation of keywords, codes, and themes. At this stage, the researcher attempted to interpret and understand the research data results more comprehensively. The sixth step was the development of a conceptual model. At this stage, the researcher attempted to conceptualize research data by providing theories or research evidence to reinforce existing research data results (Naeem et al., 2023).

These steps are also in line with other studies that explain that the key to thematic analysis is to understand the data to be studied well. Understanding the research data was done by reading the data repeatedly until a good understanding was achieved (familiarization with the data). Once the research data was well understood, the researcher could generate codes from the understanding of the data that had been read repeatedly. Then, the researcher described the meaning of each piece of research data to be able to generate a code from each piece of data (generating initial codes). After the codes were created, they were grouped into specific themes according to the similarities and commonalities of the codes generated (searching for themes). After that, the researcher rechecked the meaning of the themes that had been generated to see if they were consistent with the results of the grouping of the codes that had been created. This was done to avoid various errors and increase the validity and reliability of the thematic analysis (reviewing themes). After ensuring that the resulting themes were correct, the researcher attempted to redefine each theme so that the precise definition of the other themes is known (defining and naming themes). After that, a report of the thematic analysis results was produced correctly (producing the final report) (Fuchs, 2023). This condition ensured that the researcher tried to analyze research data in accordance with these steps to avoid bias and maintain the validity and reliability of the research data.

Findings and Discussion

Findings

Based on the steps of the thematic analysis described above, various pieces of information regarding the theme and level of ego defense mechanisms found in the song *Sekuat Sesakit* can be summarized as follows.

Table 1. Results of the analysis of the grouping of descriptions, keywords, and codes from the lyrics of the song *Sekuat Sesakit*.

Lyrics	Description	Keywords	Codes
Kita berbagi cerita Rerata cerita bahagia	The option to share only happy things, while sadness is chosen to be kept private.	Only share happy news	"Holding back sadness"
Walau banyak rahasia, hadirmu menambah asa	The effort to hide many secrets in the form of feelings, yet trying to present oneself well in front of others.	Many secrets, Your presence brings hope.	"Hiding many things", "Showing something that looks good."
Kadang malu kadang sungkan Sulit untuk ceritakan masa sulit kehidupan	Choosing to suppress feelings rather than endure the shame of sharing difficulties with others.	Shame, Difficulty in sharing, A difficult life.	"Hiding a condition or difficulty experienced"
Tapi kau terus bertahan	The effort to face life, even though it is not easy to live.	Keep going	"Doing something you don't really like."
Mungkin ini memang ahliku suka menipu	Making an effort to engage in activities that contradict the reality experienced and felt.	Likes to deceive	"Doing something completely opposite."
Beribu cara sembunyikan sendu	Efforts made to hide one's feelings.	Hiding sadness	"Hiding one's feelings."
Seperti tupai yang melompat Pasti akan jatuh	An analogy of the consequences of continuously suppressing one's feelings.	It will inevitably fall	"The effect of keeping many things inside."
Tembok pertahananku rubuh	The condition of mental exhaustion caused by emotions that have been constantly suppressed.	My defenses have crumbled	"The effect of constantly hiding a difficult situation (burnout/mental exhaustion)."
Mengapa senyummu terus merekah?	Activities that individuals engage in as a response to the reality they are experiencing.	Why always smile?	"Doing something that doesn't align with the actual situation"
Bukankah bebanmu begitu berat?	The choice to hide negative emotions from others.	A very heavy burden.	"Hiding one's feelings"
Bila ku di posisimu ku tak akan bisa	The effort made to keep going despite the difficulties.	If I were in that position, I wouldn't be able to do it.	"Doing the opposite of that."
Ku tersenyum dan menjawab	The choice to show something that doesn't match what is being experienced.	Just smile	"Showing something that isn't real."

Lyrics	Description	Keywords	Codes
Kau tak sekuat sesakit aku	The choice to keep going despite the buildup of various emotions.	As strong as hurt as I am.	"Showing something opposite" And "Holding onto so many emotional layers."
Kita hidup didunia Paham betul tentang perasaan	Striving to present ourselves in a positive light despite facing significant emotional pressure.	Understanding feelings or things that actually exist.	"Displaying something that is not real or the opposite."
Dalam gelap sendirian Menanti tuk ditemukan	Anxiety arising from emotions that are constantly suppressed.	In the dark, alone	"The effect of continuously hiding emotions."

From Table 1, it can be seen that each lyric of the song *Sekuat Sesakit* is grouped and analyzed in more depth to identify the description, keywords, and implicit codes in the meaning of each lyric.

Table 2. Results of the analysis of code grouping, themes, and levels of ego defense mechanisms from the lyrics of the song *Sekuat Sesakit*

Codes	Themes	Meaning	Level	Meaning
"Suppressing sadness"	Repression	A form of ego defense mechanism that attempts to protect the ego from various internal conflicts by suppressing them so that they do not appear in the conscious mind	Neurotic Defense Level	The level of ego defense mechanisms that describes the discomfort that arises when an individual uses this type of ego defense mechanism, leading to anxiety disorders.
"Hiding many things" "Displaying something that appears good".	Repression and Reaction Formation	Repression: A form of ego defense mechanism that attempts to protect the ego from various internal conflicts by suppressing them so that they do not appear in the conscious mind. Formative Reaction: A form of ego defense mechanism that manifests behavior opposite to what is actually felt or experienced	Neurotic Defense Level	The level of ego defense mechanisms that describes the discomfort leading to the emergence of anxiety disorders in individuals when using this type of ego defense mechanism model.

Codes	Themes	Meaning	Level	Meaning
"Hiding a condition"	Repression	A form of ego defense mechanism that attempts to protect the ego from various internal conflicts by suppressing them so that they do not appear in the conscious mind.	Neurotic Defense Level	The level of ego defense mechanisms that describes the discomfort leading to the emergence of anxiety disorders in individuals when using this type of ego defense mechanism model.
"Doing something that is actually disliked."	Formation Reaction	A form of ego defense mechanism that exhibits behavior opposite to what is actually felt or experienced.	Neurotic Defense Level	The level of ego defense mechanisms that describes discomfort to the point of anxiety disorders in individuals when using this type of ego defense mechanism model.
"Doing the opposite."	Formation Reaction	A form of ego defense mechanism that exhibits behavior opposite to what is actually felt or experienced.	Neurotic Defense Level	The level of ego defense mechanisms that describes discomfort leading to the emergence of anxiety disorders in individuals when sing this type of ego defense mechanism model.
"Hiding feelings."	Repression	A form of ego defense mechanism that attempts to protect the ego from various internal conflicts by suppressing them so that they do not appear in the conscious mind.	Neurotic Defense Level	The level of ego defense mechanisms that describes the discomfort leading to anxiety disorders in individuals when using this type of ego defense mechanism model.
"The effect of holding many things inside."	Repression	A form of ego defense mechanism that seeks to protect the ego from various internal conflicts by suppressing them so they do not surface into conscious awareness.	Neurotic Defense Level	The level of ego defense mechanisms that describes discomfort to the point of anxiety disorders in individuals when using this type of ego defense mechanism model.
"The effect of continuously hiding difficult situations (burnout/ mental exhaustion)."	Repression	A form of ego defense mechanism that attempts to protect the ego from various internal conflicts by suppressing them so they do not surface into consciousness.	Neurotic Defense Level	The level of ego defense mechanisms that describes discomfort to the point of anxiety disorders in individuals when using this type of ego defense mechanism model.

Codes	Themes	Meaning	Level	Meaning
"Doing something that does not align with the actual situation"	Formation Reaction	A form of ego defense mechanism that manifests behavior contrary to the actual feelings or experiences of the subject.	Neurotic Defense Level	The level of ego defense mechanisms that describes the discomfort leading to the emergence of anxiety disorders in an individual when using this type of ego defense mechanism model.
"Hiding one's feelings"	Repression	A form of ego defense mechanism that seeks to protect the ego from internal conflicts by suppressing them so they do not surface into consciousness.	Neurotic Defense Level	The level of ego defense mechanisms that describes discomfort to the point of anxiety disorders in individuals when using this type of ego defense mechanism model.
"Doing the opposite."	Formation Reaction	A form of ego defense mechanism that exhibits behavior opposite to what is actually felt or experienced.	Neurotic Defense Level	The level of ego defense mechanisms that describes discomfort leading to the emergence of anxiety disorders in individuals when using this type of ego defense mechanism model.
"Displaying something that is not real."	Formation Reaction	A form of ego defense mechanism that manifests behavior contrary to what is actually felt or experienced.	Neurotic Defense Level	The level of ego defense mechanisms that describes the discomfort leading to the emergence of anxiety disorders in individuals when uses this type of ego defense mechanism model.

Codes	Themes	Meaning	Level	Meaning
"Displaying Something opposite" and "Holding onto many emotional residues."	Formation Reactions and Repression	Formation reactions: A form of ego defense mechanism that exhibits behavior opposite to what is actually felt or experienced; Repression: A form of ego defense mechanism that attempts to protect the ego from various internal conflicts by suppressing them so that they do not appear in the conscious mind.	Neurotic Defense Level	The level of ego defense mechanisms that describes the discomfort leading to the emergence of anxiety disorders in individuals when using this type of ego defense mechanism model.
"Displaying something that is not true or the opposite."	Formation Reaction	A form of ego defense mechanism that exhibits behavior opposite to what is actually felt or experienced.	Neurotic Defense Level	The level of ego defense mechanisms that describes discomfort to the emergence of anxiety disorders in individuals when using this type of ego defense mechanism model.
"The effect of continuously hiding emotions."	Repression	A form of ego defense mechanism that seeks to protect the ego from various internal conflicts by suppressing them so they do not surface into consciousness.	Neurotic Defense Level	The level of ego defense mechanisms that describes discomfort leading to the emergence of anxiety disorders in individuals when using this type of ego defense mechanism model.

Table 2 shows that each song lyric has been analyzed and grouped into themes and levels of ego defense mechanisms, accompanied by definitions of the forms and levels of ego defense mechanisms. This makes it easier to identify the type of theme and level of ego defense mechanism in each song lyric.

Discussion

From the two tables above, it can be seen that the researchers attempted to check each song lyric by reading it repeatedly, describing each lyric, and finding each keyword before finally assigning a code to each song lyric. This was done to avoid bias and ensure that each song lyric was assigned the correct code. After that, the researcher grouped codes that had similarities and common meanings into themes that corresponded to the meaning of the code. Then the researcher double-checked the definitions and concepts of each selected theme to ensure that they accurately explained the meaning of the codes that had been generated. After finding the right theme for each code, the researcher regrouped the themes into levels of ego defense mechanisms in accordance with George Vaillant's hierarchical model theory. The process of grouping codes into themes and levels of ego defense mechanisms was repeated several times to ensure there was no bias, thereby maintaining the validity and reliability of the research data.

The results of the analysis of the two tables above show that each lyric in the song *Sekuat Sesakit* displays similar codes containing a person's efforts to hide various sadness or emotions they are experiencing, and show something opposite to what they are feeling. This condition is known as the ego defense mechanisms of repression and reaction formation. Repression and reaction formation in the hierarchy of defense mechanisms theory fall under the neurotic defense level (Giuseppe & Perry, 2021). The neurotic defense level represents an individual's fairly good adaptive abilities but can cause problems, such as anxiety, if used continuously (Vailant, 1994).

Neurotic defense level is included in the fifth level of the ego defense mechanism hierarchy model theory described by Vaillant and Perry (Perrotta, 2020). This level shows that individuals who often use ego defense mechanisms in the form of repression and reaction formation will easily experience confusion and anxiety, which can have negative effects on the individual's physical and psychological condition. Information about the dangers of using the neurotic defense level is reinforced by other studies that explain that neurotic and immature defense mechanisms are positively correlated with the emergence of various psychological problems or disorders (Békés et al., 2023; Hoşgören-Alıcı et al., 2023; Gori et al., 2024).

Repression is defined by Freud as a form of ego defense mechanism that attempts to protect the ego from various internal conflicts by suppressing them so that they do not appear in the conscious mind (Krickel, 2024). Individuals do this to maintain and preserve their psychological condition when faced with things that can threaten them (Jones, 2020). On the other hand, reaction formation is a form of ego defense mechanism introduced by Freud as behavior that is opposite to what is actually felt or experienced (Çolak& Dumlupinar, 2023). This is done to reduce the anxiety present in the individual (Hanif & Almohammed, 2021). In each lyric of the song *Sekuat Sesakit*, repression is used to describe individuals who often suppress negative emotions, such as discomfort and sadness, in order to survive. This situation is in line with the use of repression, which is often used to reduce various discomforts or pains (Kahr, 2022). This will greatly affect an individual's thoughts, feelings, and behavior in living their life (Giuseppe & Perry, 2021). People who frequently repress their emotions are more likely to experience health problems (Marheinecke et al, 2024), such as stress (Tyra et al, 2023), depression (Patel & Patel, 2019), and other psychological disorders (Baziliansky & Cohen, 2021).

On the other hand, the use of reaction formation in the lyrics of the song *Sekuat Sesakit* shows that individuals try to display something opposite to what they are actually experiencing (Colak & Dumlupinar, 2023). This is in line with the function of reaction formation, which is able to protect individuals from feelings of guilt, various negative emotions that may arise in consciousness, and ensure that the individual's behavior is accepted by the surrounding environment (Giuseppe & Perry, 2021). In addition, reaction formation is also often used to hide various unacceptable feelings or emotions, dependent attitudes, or inappropriate sexual activities (Hanif & Almohammed, 2021). However, continuous use of reaction formation can cause trauma (Wolf et al, 2018), various unresolved conflicts, and even psychological disorders (Talepasand & Mahfar, 2018).

These explanations show that the use of repression and reaction formation in the song *Sekuat Sesakit* is used by individuals to survive in their lives. Individuals

try to hide their sadness and fatigue or display something beyond their true feelings to continue to survive their lives. However, the use of repression and formation reactions is not recommended for long-term use. This is because repression and formation reactions can cause various serious psychological problems in individuals.

Conclusion

This study aims to explore how the lyrics of the song *Sekuat Sesakit* can reflect and explain the forms of ego defense mechanisms in greater depth and their effects on an individual's psychological condition. The forms of ego defense mechanisms found in the song *Sekuat Sesakit* are repression and reaction formation. The results of this study also make it easier for individuals to understand the effects of using ego defense mechanisms in the form of repression and reaction formation in everyday life. The long-term use of repression and reaction formation is not recommended because it can cause various psychological problems. In addition, the results of this study are also expected to provide new knowledge and understanding for each individual to be able to choose a more effective form of ego defense mechanism, which can avoid various negative emotions and solve individual problems appropriately. This situation is also expected to support individuals in maintaining better mental health.

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