

Youth's Depression of an Artist Portrayed in "Lonely" Song by Justin Bieber

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Abstract

The aim of this study are to analyze the messages in the song "Lonely" and the factors that make Justin Bieber depressed portrayed in "Lonely" by Justin Bieber using psychological approach with the theory of Edward Bibring; *The Mechanism of Depression* (2018) and of Aaron Beck; *Cognitive Theory of Depression* (2009). The historical background of Bieber's mental health has been examined based on articles from newspapers or magazines, Bieber's official Instagram, and Justin Bieber's Youtube documentary. The researchers used the qualitative descriptive method in conducting this research. Researchers found three messages in "Lonely" by Bieber based on data provided by Bieber. There are expressions of despair and helplessness and struggles of life with fame. Based on the data above, researchers found four factors that made Bieber depressed. Those are substance abuse (drugs), abusive relationships (emotionally and physically), Lyme disease, and irresponsible behavior.

Keywords: Depression, Psychological, Artist, Song.

INTRODUCTION

It is not enough to comprehend the form and sound of a language; it is also necessary to understand the meaning. As a result, people in the modern day engage in a variety of ways, including through literary works such as poetry, novels, and song lyrics, which are often indicated in the messages. Nowadays, there are a lot of ways people use to tell the story they have been through, the heavy feeling they have, or even just let go of their thoughts so they can feel more relaxed or just to be heard. One of them is through song lyrics.

Many artists wrote their songs based on their true story, most of the songs they created are songs related to mental health especially in "Lonely" song by Justin Bieber. That is why many people say being an artist is the loneliest job, and it will be much harder when you become an artist at a very young age. Justin Bieber has a bigger picture of how he got popularity at an early age. The researchers used the song "Lonely" for this study to identify Justin Bieber's condition as an artist while he was a teenager or adolescent.

Literary psychology is the study or analysis of the author as a figure that can be learned through certain psychological theories, or as individuals with distinct personalities, or as a process of creation during the writing process, or as an analysis of psychological types and psychological laws found in literary works, or as a final analysis of the literary influence on readers. We can deduce the author's psychological state from his work.

As the lead single off Bieber's sixth studio album "Justice" (2021), he released a song called "Holy" starring Chance the Rapper, and he released "Lonely" feat Benny Blanco in 2020. "Justice" (2021) has a bright production and loud, strong choruses that are meant to reverberate across venues. In some ways, it picks up where "Purpose," the former child star's debut to adult pop stardom, left off. On the album's closing ballad, "Lonely," Bieber is candid and raw about his experience growing up in the spotlight. He bemoans the lack of production by Blanco and Finneas, Bieber's friend and Billie Eilish's brother and producer, who understands a thing or two about the alienation that comes with youthful pop stardom. "Lonely" is a song written by Justin Bieber.

This study utilized Beck's theory of depression, Negative Cognitive Theory, to determine the negative thoughts included in the song "Lonely" and to find the negative thinking that causes depression (2009). Negative thoughts resulting from dysfunctional beliefs are frequently the primary cause of depressive symptoms. There is a clear correlation between the frequency and intensity of a person's negative thoughts and the severity of their depressive symptoms. (Beck & Alford, 2009). In other words, the more negative thoughts you have, the more depressed you will be. This study also uses Bibring's depression theory to identify the characteristic and the mechanism of depression in Bieber cases. Sense of depression and helplessness when persons felt helpless whenever confronted with superior powers, deadly organic sickness, or repeated neurosis, or the fate of being lonely, alone, or unloved, or when presented with the seeming evidence of being weak, inferior, or a failure (Rapaport, 2018).

As a review for this research, the researchers included several findings from previous studies by different researchers. The first researcher is Waskita (2019) who focused on Depression and suicide message as seen in Chester Bennington of Linkin Park's Selected Lyrics from 2000 (Hybrid Theory) Until 2017 (One More Light) using the perspectives of psychology analysis, pragmatics analysis, and song lyrics analysis. The second

study conducted by Mahnunik (2015), she discovers three characteristics of slang words utilized in Justin Bieber song lyrics in his research. As a result, the author is interested in three types of slang. Blending, clipping, coinage, and acronym are the four terms. The third researcher is Ertanti (2019). She determines what types of linguistic features men and women employ on Talk Shows, as well as the purpose of such features. However, after Ertanti completed the research, Justin Bieber and Hillary Clinton were able to use the language elements used by women and men, respectively.

These three previous studies show that the researchers found only one that focuses on the mental health condition of the artist, which is Chester Bennington of Linkin Park, not Justin Bieber. Besides that, there are two previous studies about Justin Bieber that focus on the use of slang words in Bieber's song lyrics and examine the language features of men and women on talk shows. However, no one has done a study on Bieber's mental health state through his songs.

The researchers wanted to conduct this study so that when celebrities, such as musicians like Justin Bieber, open up about their battle with depression, it has the potential to influence the general public and even start a conversation about mental health. In line with the background of the study, the problems are formulated as follows:

1. What are the messages in "Lonely" song by Justin Bieber?
2. What are the factors that make Justin Bieber depressed?

Related to the explained above, there are several reviews of related literature about this study as follows:

Depression

People are naturally agitated when pressures and obligations prevent them from meeting vital life needs. As a result, when people feel helpless to meet their requirements, they may feel stuck. Unmet needs can cause the brain to become stressed, which can lead to a serious depression. Human beings suffer as a result of their surroundings. They suffer not only because of their current circumstances, but also because of their emotional past and learning, as well as their innate personality features.

Relationships, like other life circumstances, definitely have a lot to say about why some individuals are depressed and others are not. Furthermore, because attitudes, feelings, and ways of responding to life may all be acquired from others, the more depressed people there are, the more easily depression spreads through communities (Tyrrell, 2016).

The International Classification of Diseases, tenth revision (ICD-10) is a medical classification system produced by the World Health Organization. ICD-10 defined three depressive episodes based on their symptoms. It is mild (F32.0), moderate (F32.1), and severe in all three categories of depressive episodes (F32.2). The individual experiences a gloomy mood, a lack of interest and pleasure, and diminished energy, which leads to increased fatigability and decreased activity. It is common to feel weary after only a brief duration of physical activity. There are the following symptoms present: (a) decreased concentration and attention; (b) decreased self-esteem and self-confidence; (c) feelings of shame and unworthiness (even in moderate episodes); (d) pessimistic and bleak views of the future; and (e) thoughts or actions of self-harm or suicide (World Health Organization, 2011).

Psychological Approach

A psychological approach is an approach that focuses on the psychological components of literary works. This approach stems from the author's realization that progressivity is measured not only in terms of materialism, but also spiritually and physiologically. Psychoanalysis is one of the psychological theories that is appropriate for and related to literary works. Psychoanalysis is a theory that describes how a person fights and represses anything that occurs within him. The researchers in this study picked psychoanalysis as the approach, which is explained in the following explanation.

Literature art can be defined by understanding the psychological context of a writer's expression. The expression is impacted by the writer's state of mind at the time it is written. This sentiment is shaped by the writer's environment and personal experience. Psychology has always been inextricably linked to human life. Individuals are unable to disentangle their psychology from their lives. Psychology discusses and describes the fundamental force that propels humans forward in life, which is motivation. Motivation is critical for achieving and maintaining the life that people expect. All that humans have accomplished and will accomplish stems from motivation (Guerin, 2005).

Edward Bibring (2018); the Mechanism of Depression

Psychoanalytic critique reflects not only the author's thoughts and personality, but also the author's work as an object or text of imagination, which is most frequent in persons, including artists and writers, especially during the creative process. It's crucial to keep in mind that both literature and psychology appeal to the imagination and feelings (Aras, 2015). But the researchers did not use Freud theory for this research. The researchers used Edward Bibring theory. He had a friendly association with Sigmund Freud. Bibring Publishing focuses on scientific contributions to psychoanalytic therapy theory, depression research, and psychoanalysis history.

Edward Bibring (1894–1959) was a psychoanalyst who practiced in both Austria and the United States.

Bibring focuses on conflicts over aggressiveness and object loss, as well as secondary depression determinants of. According to Bibring's theory, depression is caused by a sense of helplessness, low self-esteem, and self-directed anger provoked by failures to meet narcissistic goals at any developmental stage.

Bibring split with conventional belief and joined hands with individuals who saw depression as an affective state characterized by a loss of self-esteem. He believed that early childhood traumatic events contributed to a propensity to depression. He did add, however, that self-esteem might be harmed not only by the failure to meet one's need for love and affection, but also by the failure to meet one's other goals. He claimed that all depressive reactions had something in common, despite the fact that they come in a variety of forms (Beck and Alford, 2009).

Self-esteem is a prevalent aspect, as is the loss of self-love, which, in melancholia, intensifies into self-hate. Depression, according to Bibring, is similar to feelings of depersonalization and boredom. There is not so much hatred directed at oneself in the mildly depressed person as there is a depletion of the narcissistic supply of self-love. A somewhat sad person is more likely to let he die than to kill himself.

Individuals felt helpless when confronted with superior powers, fatal organic disease, or recurrent neurosis, or the seemingly unavoidable fate of being lonely, isolated, or unloved, or unavoidably confronted with the apparent evidence of being weak, inferior, or a failure in all of these cases (described). In all of them, the sadness was accompanied by a sense of dread, regardless of what the conscious or unconscious foundation of this emotion was: in all of them, a blow was administered to the person's self-esteem, on whatever grounds such self-esteem may have been built.

Aaron Beck (2009); Negative Cognitive Theory

This idea, known as the cognitive theory of depression, is based on the finding that some people used to perceive the world as dangerous and powerless to cope with it. People like this are prone to blaming themselves for unfavorable situations that are beyond their control. They also have a tendency to believe that bad things will stay a long time and undervalue everything they do (Evans and Andrews, 2005).

People that are depressed have a bleak and negative view of themselves, their circumstances, and their future prospects. They convey a sense of despondency, discouragement, and powerlessness. In certain ways, people believe they are inadequate and insufficient. Suicide attempts are possible, as are thoughts of death and a desire to die.

Depressed individuals exaggerate negative events, purposely omit unfavorable information from context, disregard more positive aspects of their circumstances, and portray themselves in absolute and dichotomous terms. According to the revised learned-helplessness model, depressed individuals are especially prone to blaming themselves for their challenges and viewing their faults as permanent and universal.

Beck also asserts that depressed people's thought processes are dominated by three dysfunctional belief themes (or "schemas"): 1) I am imperfect or inadequate, 2) every experience I've had has ended in defeat or failure, and 3) the future is dark. The Negative Cognitive Triad consists of these three notions. Depression is very likely to emerge when these beliefs are prevalent in someone's cognition (if it has not already occurred). The negative triads (3 negative Schemata) are (1) Negative self-perception (2) Negative world perception (3) Negative future perception (Anxiety and Depression Association of America, 2018).

Depressive disorders are defined by people's dysfunctional negative perceptions of themselves, their life experience (and the world in general), and their future—the cognitive triad—from a cognitive standpoint. People who suffer from depression frequently believe they are unlovable, powerless, destined, or inferior. They prefer to blame their bad luck on their alleged physical, mental, and/or moral deficiencies. They have an overwhelming sense of guilt, believing that they are worthless, blameworthy, and rejected by both themselves and others (Ellis, 2016)

METHOD

In this study, the researchers utilized a descriptive qualitative approach to identify and analyze the psychological effects of Justin Bieber's song as data, as well as to identify and analyze factors that make Justin Bieber depressed using theories of Psychological Approach by Edward Bibring (2018) and Aaron Beck (2009). The qualitative method is described in Layman's terms. The goal of the qualitative method is to collect data from various sources in order to have a better knowledge of the subject. Nonrandom or purposeful selection approaches are used in qualitative research to select participants based on a set of criteria (Ary, 2010). Based on Ary's comment on qualitative research, it is reasonable to assume that this study does not rely on random data to support its findings.

The primary data source for this study is Justin Bieber's "Lonely" song lyric on internet [Justin Bieber & benny blanco – Lonely Lyrics | Genius Lyrics](#), and the data is in the form of written text coverage (words, phrases, and sentences) from the song, which contains characteristics of young artists who become depressed based on Bieber's story. Secondary data sources include literary works that are related to the study of this research. The data was gathered using Edward Bibring's psychoanalytic theory (2018) and Aaron Beck's cognitive theory of depression (2009) as the basic theory and history of Bieber based articles on the internet. Also, the researchers took the data of the factors that make Justin Bieber depressed from articles in online magazines. Those are *GQ* (2020), *Screenrant* (2020), *Digital Music News* (2016), *Vogue* (2019), *People* (2019), *TMZ* (2016 and 2020), and *Fox News* (2017). The researchers also used data from Justin Bieber's Instagram post (@justinbieber) and

YouTube Originals documentary, *Justin Bieber: Next Chapter* (2020) that confirmed his own situation to make the information from the magazine more valid on his true condition. The researchers classified the stages of depression of Bieber using theory of International Classification of Diseases Tenth revision (ICD-10) classified three episodes of depression according to the symptoms. In all three types of depressive episodes, it is **mild (F32.0)**, **moderate (F32.1)**, and **severe (F32.2)**.

The first step is that the researchers listened to "Lonely" song by Justin Bieber during this research. The researchers listened to the "Lonely" song four times in a week. Recognizing the song for the first and second time entails identifying the song's articulation. Second, the researchers classified the quotations from the "Lonely" song that have to do with this research, assisted with theories and also factual data from Justin Bieber. Third, after identified the song "Lonely" by Justin Bieber, the researchers looked for information about the factors that cause Justin Bieber's depression from reference articles that match the factors experienced by Justin Bieber. Last, the researchers then took accurate information that fits with the data that the researchers need and make research that fits with the goals of this research.

The researchers reported the data obtained from the study as per the research method described earlier. Researchers made a report on the results of this study after going through a number of steps, such as figuring out what the problems were, gathering data, and analyzing data.

FINDINGS AND DISCUSSION

Findings

This part discussed the results of the data analysis based on the research questions which are to find the messages or the meaning of the "Lonely" song and the factors that make Bieber depressed. In this research, Bieber shows how depressed he is through the "Lonely" song. The lyrics of the "Lonely" song and the history or background of Bieber as a pop star at a young age are the objects of study that are used in accordance with the theory. In understanding the data, the researchers presented an explanation and the finding data as follows:

The Messages in "Lonely" song by Justin Bieber

The researchers found two messages in the "Lonely" song by Bieber. There are expressions of desperation and helplessness and the struggle of living with fame. The researchers presented an explanation and the messages as follows:

Express of desperation and helpless

Bieber was trying to explain his condition in the Chorus of his song shown in the following extract 1.

Extract 1 (00:49-00:58):

(Chorus)

'Cause I've had everything

But no one's listening

And that's just fuckin' lonely

Bieber emphasized how lonely he felt all of the time, despite having all of the money, recognition, and access to whatever he desired. Bieber feels lonely with what he has. Sometimes it is not all about money and success, but only the people who really care about him. "*I've had everything*," it demonstrates that Bieber was attempting to explain his situation at a time when he had already achieved the pinnacle of his career.

At the sound of this Post-Chorus section, Bieber sings it as if he is pleading for help, and there is a sense of desperation in it as shown in the following extract 2.

Extract 2 (00:59-01:10):

(Post-Chorus)

I'm so lo-o-onely

Lo-o-o-onely

Bieber feels so lonely with all of those burdens. Bieber feels lonely with what he has. Sometimes it is not all about money and success, but only the people who really care about him. Bieber sings the post-chorus portion "*I'm so lo-o-o-onely*," in Extract 2 as if he is screaming for help, and there is a sense of desperation in his voice. With all of those responsibilities as a youth and also as a pop star singer, Bieber feels quite lonely. Feelings of sadness that never stop causing them by several factors, such as life problems and problems with fame, like Justin Bieber, make him feel helpless.

The struggle living with fame

In Verse 1, Bieber thought that he was quite famous until now, but he still felt that something was different from what he saw, like he imagined that he would have a good life, a long career, and accept love from a lot of people. And it doesn't look anything like what he imagined. It is shown in extract 3.

Extract 3 (00:13-00:23):

(Verse 1)

Everybody knows my name now

But somethin' 'bout it still feels strange

Like lookin' in a mirror, tryna steady yourself

And seein' somebody else

It is like he did not find his true self at a young age. Bieber describes how his sudden rise to fame turned his life upside down and felt uncomfortable because, as a kid celebrity, he didn't have enough time to mature or enjoy his privacy. Bieber did not have the opportunity to live a conventional teenage life. He could not be with his family or go out in public without being noticed.

As in Verse 2 of his song shown in extract 4, Bieber expresses how he did not have a typical childhood due to his celebrity as a child. Because he was continuously burdened with his singing profession, traveling, and performing the same song over and over again, he had no time to go to school, play with friends, or be on a sports team.

Extract 4 (01:12-01:24):

(Verse 2)

Everybody knows my past now

Like my house was always made of glass

And maybe that's the price you pay

For the money and fame at an early age

Most children's childhoods are opportunities for them to make errors and learn from them, but Bieber was never allowed to make mistakes since he was continuously scrutinized by the public and judged for his conduct. The phrase "**my house was always made of glass,**" in Extract 4 is described as being a target of judgment and criticism. People who tried to tear him down and criticize him became the most difficult thing in Bieber's life. People have the capacity to affect Bieber's self-esteem and self-worth, altering who he is and how he perceives the world.

The phrases in Extract 4 are "**and maybe that's the price you pay**" and "**for the money and fame at an early age,**" which demonstrate that Bieber has experienced some unpleasant things, like how he should be perfect and a good person. It made the whole world criticize him and also judge him badly when he was no longer everyone's expectation in this world. There is always something to be sacrificed, like mentally and physically, in order to achieve a dream. It is being an artist. That is the struggle living in fame.

Because the media would plaster it all over the news, the world saw Bieber fall downhill and get himself into trouble. Many people were unaware that what made him appear to be a troubled child was actually the impact of celebrity on his mental health in Verse 2 of his song shown in extract 5.

Extract 5 (01:24-01:34):

(Verse 2)

And everybody saw me sick

And it felt like no one gave a shit

They criticized the things I did as an idiot kid

In his youth, he made mistakes and made poor decisions, and it was seen by the entire world. Reading the lyrics, it is obvious that Bieber, who was discovered by Usher and Scooter Braun when he was 13 years old, used the song to express his own personal thoughts about his fame.

From the phrase of the lyric in Extract 5, the researchers identified Negative Triad from Beck's theory. The phrases are "**and it felt like no one gave a shit**" and "**they criticized the things I did as an idiot kid,**" it is also negative world perception because the pattern of perceiving oneself negatively is the second component. Bieber believes he is inferior, insufficient, or worthless, and he relates his negative experiences to physical, mental, or moral flaws. Furthermore, he sees himself as unwanted and useless as a result of the alleged flaw, and they tend to reject themselves as a result of it.

The Factors that make Justin Bieber depressed

The following factors that make Bieber depressed are supported by articles from magazines or newspapers to identify the data. So, the data is valid and legit based on the track record of Bieber's situations and conditions that triggered his mental health.

Substance Abuse (Drugs)

Justin Bieber acknowledged that he was using narcotics to an extreme degree. He used to take inducer drugs and smoke heavily every morning. His mental health became numb as a result of this, and he became depressed. Bieber revealed in the latest episode of his *Justin Bieber: Seasons* (2020) series that at his lowest point, he worried his drug addiction would kill him. Following an ecstasy and hallucinogenic mushroom binge, Bieber stated that members of his security team would have to check his pulse throughout the night to ensure he was still breathing.

Extract 6, GQ News Article (2020):

"There was an air of continuous learning. It seemed as though I had achieved all of this accomplishment and yet I was still sad and in misery. And these unaddressed concerns persist. And I believed that all of my accomplishments would make everything right. Thus, the medicines served as a numbing agent to enable me to continue," he explained.

From the extract 6, Bieber previously stated that his drug use throughout his adolescent years got "legit insane terrifying."

Abusive relationship and emotionally abusive

Bieber admitted that he "abused" his relationship and was the catalyst for its end. He claims he made every stupid decision he could think of and went from being the most liked and adored person on the planet to becoming the most mocked, judged, and detested person on the planet. So many troubles came in 2013 on his tour, According to the *Fox News* a news article in 2017. In 2013, Bieber was nineteen years old. His mental state was not stable. He used to be angry, underestimate everything, and get into trouble, such as doing illegal things and going to jail.

Because of the intention of scandals and chaos that he caused, it is possible that Bieber will be judged badly by fans and people who see it. Moreover, Bieber's relationship with Selena Gomez was also strained at the time. When it was established during the interview that Gomez was speaking about Bieber, the singer did not hesitate to speak her truth in extract 9.

Extract 9, Screenrant News Article (2020):

She disclosed, "It is perilous to maintain a victim mindset. And I'm not being impolite; I do believe I was a victim of certain forms of abuse." She confirmed that Bieber had mistreated her emotionally.

Bieber's mental stability was damaged because he was suffering as a result of his relationship with Gomez, forcing him to act out in irrational ways as described in extract 9.

Lyme disease

Bieber had Lyme disease, which attacked his skin, as well as Epstein-Barr (mono), which made him weary, fatigued, and gave him awful migraines. Although it was a physical illness, it had an equal influence on his emotional health. Due to his recent Lyme infection diagnosis, singer Justin Bieber says he has had a "tough couple of years." In January 2020, Bieber announced the news via his Instagram post; he admitted having some health issues in extract 12.

Extract 12, @justinbieber Instagram (2020):

"While many people continued to scream Justin Bieber looks like shit, is on meth, etc., they omitted to mention that I was recently diagnosed with Lyme illness and also had a severe case of chronic mono that damaged my complexion, brain function, energy, and overall health," Bieber wrote.

Irresponsible Behavior

Bieber believed that everyone adored him, that his bank account was brimming with cash, and that he could do whatever he wanted. People's continuous compliments made him feel like a terrific person. However, this caused him to act irresponsibly toward others and caused his followers to despise him.

Following the controversy and heartbreak in 2013 until 2014 when he was 18 at that time, Bieber involved some criminal behavior. He was detained on suspicion of driving while inebriated and he made a friend who drew him into bad situations as explained in extract 13.

Extract 13, Fox News Article (2017):

In California, Bieber was accused of tossing eggs at a neighbor's house. Bieber and his accuser struck an out-of-court settlement, with Bieber agreeing to two years of probation, a twelve-week anger management class, and five days of community service.

Bieber was photographed in front of a graffiti wall in Rio de Janeiro, holding a spray paint can. According to the *Fox News Article* (extract 13) in 2017 entitled "Justin Bieber's worst moments of all time," Brazilian authorities later charged him with illegally painting graffiti on the wall of an abandoned hotel. From the irrational behavior that Bieber displayed from 2013 to 2016, many people around the world saw him as a bad example and, of course, criticized Bieber's bad actions as reported in extract 13.

Discussion

After explaining the extract in the findings section, the researchers can finally answer the first research question that is about the messages in "Lonely" song by Justin Bieber and the factors that make Justin Bieber depressed. Thus, in this discussion section, the researchers presented a discussion of the findings to make it clear the research problem.

The first question is the messages in the "Lonely" song by Justin Bieber. There are expressions of desperation and helplessness and the struggle of living with fame. Bieber's negative thoughts contained in "Lonely" song are in line with the depression theory that results from negative thoughts, namely the Negative Cognitive Theory by Beck (2009). Beck believed that negative thoughts resulting from dysfunctional beliefs are frequently the primary cause of depressive symptoms. Bieber's dysfunctional views inevitably result in emotions of dissatisfaction with the people around him, such as his family, friends, and also his partner, leaving him feeling lonely.

Negative Cognitive Theory (2009), sometimes known as the Negative Cognitive Triad, refers to these three principles from Beck's theory as a whole. Depression is quite probable when these beliefs are widespread in a person's thinking (if it has not already occurred). The negative triads (3 negative Schemata) are (1) Negative self-perception (2) Negative world perception (3) and Negative future perception. The negative triads are shown in lyrics or extracts that have been explained in findings.

The Negative Triad of negative self-perception is shown in the phrase of the lyrics because from a cognitive standpoint, depressive disorders are defined by people's dysfunctional negative perceptions of himself, his life experience (and the world in general), and his future. The pattern of negatively construing experiences is the first component of the triad. Bieber continuously perceives defeat, deprivation, or disparagement in his interactions

with his surroundings. He regards his life as a series of burdens, challenges, or terrible occurrences, all of which significantly detract from him.

The Negative Triad of negative world perception is shown in the phrase of the lyrics because the pattern of perceiving oneself negatively is the second component. Bieber believes he is inferior, insufficient, or worthless, and he relates his negative experiences to physical, mental, or moral flaws. Furthermore, he sees himself as unwanted and useless as a result of the alleged flaw, and he tends to reject himself as a result of it.

In line with Beck's negative cognitive triad of negative future perception that Bieber may have a hard time seeing him as someone who can ever thrive, be accepted, or feel good about himself, which can lead to retreat and isolation, worsening their mood. So, Bieber is isolated in his own thoughts, which contributes to his depression. Bieber achieved celebrity at the tender age of 16, and his public troubles are widely documented. Bieber expects their current challenges or suffering to last an infinite amount of time.

The second question is the factors that make Justin Bieber depressed. There are substance abuse (drugs), Abusive relationships (emotionally and physically), Lyme disease, and Irresponsible behavior. Bieber behavior relates to dynamic perspective by Edward Bibring (2018), which is the mechanism of depression, sees helplessness as the root of depression: "What has been described as the basic mechanism of depression, the ego's shocking awareness of its helplessness in regard to its aspirations, is assumed to represent the core of normal, neurotic, and probably also psychotic depression." (1953, p. 24). This theory expresses Bieber's helplessness. As it turns out, this behavior is indicative of depression. When confronted with the seemingly unavoidable fate of being lonely, isolated, or unloved, or the unavoidable evidence of being weak, inferior, or a failure in all of these cases, individuals felt helpless.

From the internal factors that make Bieber depressed are substance abuse (drugs) and Lyme disease. The external factors that make Bieber depressed are abusive relationships and emotionally abusive behavior and irresponsible behaviors. However, from the factors that make Justin Bieber depressed, the level of depression that Justin Bieber has can also be assessed. As supported by the theory of the classifications of depression, the researchers used the International Classification of Diseases tenth revision (ICD-10) in 2011 to classify three episodes or stages of depression according to the symptoms. In all three types of depressive episodes, there are mild (F32.0), moderate (F32.1), and severe (F32.2).

Based on the data from the research questions, which are the messages of the "Lonely" song and the factors that make Justin Bieber depressed, Bieber shows some symptoms based on ICD-10. Those are (a) diminished concentration and attention; (b) diminished self-esteem and self-confidence; (c) guilt and unworthiness; (d) bleak and pessimistic views of the future; (e) ideas or acts of self-harm or suicide.

From all the symptoms indicated by ICD-10, Bieber experienced all the symptoms mentioned. As long as the Bieber has all the symptoms, Bieber is considered to be having a severe depressive episode. This is because, unless retardation is an important part of the episode, Bieber who has a severe depressive episode is usually very agitated or anxious about things. In more severe cases, suicide is a definite hazard as described in extract 14. Loss of self-esteem, feelings of worthlessness and shame are likely to be evident. During a severe depressive episode, Bieber is unlikely to be able to engage in social activities; he is always anxious in public and stopped his tour, besides a brief appearance, as he transitioned from adolescence to adulthood in the grips of the music business.

CONCLUSION

After analyzing the youth depression in Justin Bieber's "Lonely," the researchers provided conclusions based on the findings and discussion, as well as recommendations to readers or future researchers who are interested in related research such as depression using a psychological approach.

After identifying the messages of "Lonely" by Justin Bieber, the researchers found two messages in "Lonely" by Justin Bieber based on the data by Justin Bieber. Those are expressions of desperation and helplessness and the struggle of living with fame. The moral values are categorized in messages of "Lonely" song, which are challenges and struggles are part and parcel of one's life and treating people justly and equitably.

From the data above, the researchers found four factors that make Justin Bieber depressed. It is substance abuse (drugs), abusive relationship and emotionally abusive, Lyme disease, and irresponsible behavior. From all of the data from research questions and also from the theories, the researchers saw Bieber's youth depression as an artist.

This research is expected to be beneficial to the readers who want to analyze case studies of psychological perspectives on the youth depression depicted in the song. This research is also expected to increase knowledge for people interested in the subject of depression, especially the symptoms, stages of depression, and impacts of depression in the future.

However, it is possible for future researchers who wants to analyze this song using another approach to get broader comprehension on the song. For example, the researchers may analyze this song using a psycholinguistic approach. Finally, the researchers hope that there will be good readers that can give corrections to this research.

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