



## Trust Issue Analysis: Psycholinguistic Study In Sherine Abdel Wahab Garh Tany's Song Albums

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### Abstract

*This research explores the phenomenon of trust issue in a romantic relationship through the analysis of song lyrics in the album Garh Tany performed by Sherine Abdel Wahab. The purpose of this research is to represent the trust issue phenomenon contained in the lyrics of Sherine's song on the album Garh Tany. The data was collected through the analysis of lyric text from three songs contained in the Garh Tany album, namely Shabri Aleel, Eh eh, and Garh Tany, then analyzed using the content analysis method to identify themes, patterns, and meanings. The results of this research show that the phenomenon of trust issues contained in the three song lyrics describes trust issues in a relationship caused by a bad experience experienced by one of the partners, some of the bad experiences found include betrayal, disappointment, abandonment, reflection and acceptance. Betrayal often appears as a major theme, where the partner feels betrayed and it is difficult to trust again. Disappointment is also often found because it reflects feelings of being hurt due to unfulfilled expectations. Some of the bad experiences experienced by one of the couples above have their own impacts, namely, experiencing overthinking, where the individual constantly thinks about the bad events or experiences he experiences; disturbances in social relationships, where individuals have difficulty interacting with others; and depression as a heavy emotional impact due to loss of trust.*

**Keywords:** Sherine Abdel wahab, Song Album, Psycholinguistics, Trust Issue

### Abstrak

*Penelitian ini mengeksplorasi fenomena trust issue dalam suatu hubungan percintaan melalui analisis lirik lagu dalam album Garh Tany yang dibawakan oleh Sherine Abdel Wahab. Tujuan penelitian ini adalah untuk merepresentasikan fenomena trust issue yang terdapat di dalam lirik lagu Sherine pada album Garh Tany melalui analisis psikolinguistik. Data dikumpulkan melalui analisis teks lirik dari tiga lagu yang terdapat dalam album Garh Tany yaitu Shabri Aleel, Eh eh, dan Garh Tany, kemudian dianalisis menggunakan metode analisis konten untuk mengidentifikasi tema, pola, dan makna. Hasil penelitian ini menunjukkan bahwa fenomena trust issue yang terdapat dalam ketiga lirik lagu tersebut menggambarkan trust issue dalam sebuah hubungan yang disebabkan karena adanya pengalaman buruk yang dialami oleh salah seorang pasangan, beberapa pengalaman buruk yang ditemukan meliputi adanya pengkhianatan, kekecewaan,*

*pengabaian, refleksi dan penerimaan. Pengkhianatan sering muncul sebagai tema utama, dimana pasangan merasa dikhianati dan sulit untuk mempercayai kembali. Kekecewaan pun juga sering ditemukan sebab mencerminkan perasaan terluka akibat harapan yang tidak terpenuhi. Dari beberapa pengalaman buruk yang dialami oleh salah seorang pasangan di atas memiliki dampak tersendiri, diantaranya yaitu, mengalami overthinking, dimana individu terus-menerus memikirkan kejadian atau pengalaman buruk yang ia alami; gangguan dalam hubungan sosial, dimana individu mengalami kesulitan untuk berinteraksi dengan orang lain; dan depresi sebagai dampak emosional berat akibat kehilangan kepercayaan.*

**Kata Kunci:** *Album Lagu, Psikolinguistik, Sherine Abdel Wahab, Trust Issue*

## INTRODUCTION

Trust Issue is a psychological condition where a person finds it difficult to trust others.<sup>1</sup> This occurs due to negative experiences in the past that affect the individual's perspective and social interactions in the present, including experiences of abandonment, rejection, betrayal, and disappointment.<sup>2</sup> This issue can affect various aspects of life such as personal, professional, social relationships, and lead to anxiety, suspicion, and alienation. A person who experiences trust issues has a negative view of trust. Individuals will have a tendency to limit themselves so as not to experience repeated wounds. This can have a significant impact on a person mentally and physically due to an unhealthy form of self-defence, which tends to burden the self.<sup>3</sup>

The social phenomenon of trust issue is recorded in various media such as song lyrics, books, scientific studies, and social media tweets. This research focuses on the trust issue phenomenon reflected in the poetic elements of song lyrics. Song lyrics are a series of words in a song that can also be called poetry because they have similarities between the two, namely containing poetic elements.<sup>4</sup> Songs must have functions and benefits for society. Songs act as a medium to convey the message contained in the lyrics.<sup>5</sup> Therefore, the lyrics in a song not only lie in its poetic beauty,

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<sup>1</sup> Jonas Welander, *WELFARE WORKERS' RELATIONSHIP TO THEIR ORGANISATION*, 2017.

<sup>2</sup> Sri Wulan et al., "DEVELOPMENT OF THE TRUST ISSUE IN THE MOVIE RAYA," no. 2 (2021): 69–80.

<sup>3</sup> Wahada Nadya, "Trust Issue: Pengertian, Tanda, Cara Mengatasi," *Kampus Psikologi*, 2021, <https://kampuspsikologi.com/trust-issue/>.

<sup>4</sup> Dina Fitria Hasanah, Yeti Mulyati, and Daris Hadianto, "QUARTER LIFE CRISIS ( QLC ): KAJIAN PSIKOLINGUISTIK PADA ALBUM LAGU HINDIA MENARI DENGAN BAYANGAN." *Adabiyat: Jurnal Bahasa dan Sastra*, Vol. VII, no. 1 (2023): 64–82.

<sup>5</sup> Michael HB Raditya, "Musik Sebagai Wujud Eksistensi Dalam Gelaran World Cup," *Resital: Jurnal Seni Pertunjukan* 15, no. 1 (2014): 83–99.

but also in the message it contains that is able to represent the feelings of the listener and has a use value. One important issue that needs to be considered is mental health, especially related to the trust issue phenomenon experienced by the younger generation. The context of trust issues is often displayed in the linguistic portrait of song lyrics, as done by Egyptian singer Shherine Abdel Wahab in his album entitled *Garh Tany*. The album was released in 2003 on the Free Music YouTube channel "Nasr Mahrous".

Sharine Abdel Wahab is a famous Egyptian singer, actress, and music judge.<sup>6</sup> Sherine has several albums including *Garh tany* which is her second album. *Garh Tany* presents an interesting blend of pop and traditional Arabic music. With deep lyrics and Sherine's emotional vocals, this album is loved by many people. One of the songs contained in this album is *Shabri Aleel* and *Kalam Aeneh* which is still viral on various social media, especially TikTok.<sup>7</sup>

Signs of people who experience trust issues according to Olphi Disya arinda, M.Psi, Psychologist, are: always assuming bad things, suspicious of others, unhealthy self-limitation in relationships, jealousy for no reason, difficulty forgiving and holding grudges.<sup>8</sup> Sherine records the phenomenon of trust issues experienced by her listeners into song lyrics using language that is easy to understand and accept so that songs can be enjoyed deeply and play an important role in the self-healing process experienced by individuals.

Some of the song lyrics on *Garh Tany* Album represent the phenomenon of trust issues caused by bad teenage relationships such as dishonesty, betrayal, and lack of good communication, causing deep emotional wounds. When individuals feel betrayed or let down by their partners, individual trust in others will be shaken. Because of this, individuals find it difficult to trust others, become overly suspicious, feel anxious, or fear being hurt again, which can prevent individuals from building positive and trusting relationships.

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<sup>6</sup> Ramadan Al Sherbini, "Egyptian Pop Star Sherine Reverses Retirement Decision," *Gulf News*, 2016, <https://gulfnews.com/world/mena/egyptian-pop-star-sherine-reverses-retirement-decision-1.1684144>.

<sup>7</sup> Farah Rafik, "Egyptian Sensation Sherine Takes the World by Storm," *Egyptian Streets*, 2024, <https://egyptianstreets.com/2024/01/30/egyptian-sensation-sherine-takes-the-world-by-storm/>.

<sup>8</sup> Arinda Disya, "Memahami Trust Issue Dan Cara Terbaik Untuk Mengatasinya," *klikdokter*, 2022, <https://www.klikdokter.com/psikologi/kesehatan-mental/memahami-trust-issue-dan-cara-terbaik-untuk-mengatasinya>.

Erik Erikson, a renowned psychologist, developed a theory of psychosocial development that consists of eight stages in human life. The first stage in his theory is Trust vs. Mistrust which occurs at the age of 0-1.5 years. In this phase, infants begin to learn to trust or distrust their environment and the people around them, especially their parents. If the baby's parents are consistent, responsive and affectionate, the baby will learn to trust. Conversely, if parents often ignore or provide unreliable responses, infants are capable of developing mistrust. The mistrust may develop into a deeper distrust of caregivers, leading the infant to start doubting the reliability and good intentions of those around them. As a result, the infant may start fearing the world and become very anxious and wary of their surroundings. This uncertainty also leads to doubts about whether or not their basic needs will be met. Infants pass through this stage without adequate trust. Experiences of distrust at this early stage can have a long-term negative impact on the infant's ability to trust others and have confidence in oneself in future life.<sup>9</sup>

Several previous studies have shown that language expression contained in a lyric or verse can be a means of healing for certain issues. One of them is a research conducted by Dina Fitria H, Yeti Mulyati, and Daris Hadianto with their work entitled QLC: A Psycholinguistic Study on the Hindia Song Album Menari dengan Bayangan. The results of the study explain the representation of QLC contained in the song lyrics in the Menari dengan Bayangan album. Among them are, anxiety and fear in making decisions, regret after making decisions, self-awareness, and starting a new life.<sup>10</sup>

The second research was conducted by Anggi Kristian Sibarani and Junita Karlina with the title Applied Psycholinguistics on Poetry "Akulah Medan" by Teja Purnama. The results of this study explain that it is known that a writer named Teja Purnama really loves his homeland, Medan. He conveyed this in his poem entitled 'Akulah Medan'. The expression of his love for all aspects of Medan shows an attitude of acceptance towards whatever conditions occur in Medan. Positive psychology appears in the text "Saat Guru dan Putri Brayon menyatu jiwa", this part shows a

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<sup>9</sup> Kendra Cherry, "Trust vs. Mistrust: Psychosocial Stage 1," *verywellmind*, 2022, <https://www.verywellmind.com/trust-versus-mistrust-2795741>.

<sup>10</sup> Hasanah, Mulyati, and Hadianto, "QUARTER LIFE CRISIS ( QLC ): KAJIAN PSIKOLINGUISTIK PADA ALBUM LAGU HINDIA MENARI DENGAN BAYANGAN." *Adabiyat: Jurnal Bahasa dan sastra. Vol VII. No, 1. 2023*.

point of view about differences is not something to worry about, but to be encouraged and strengthened.<sup>11</sup>

The third research was conducted by Ali Nur Yasin and Darisy Syafaah with their work entitled "The Personality Structure of the Iryan Character in the Novel Al-Rajulu Al-Lazi Amana by Najib Al-Kailani (Sigmund Freud's Psychological Analysis)". The results of this study suggest that there are many personality structures in the Iryan character in the novel Ar-Rajulu Al-Lazi Amana, including eight forms of Id, six Ego, and three Superego in the Iryan character. Overall, Iryan's character is more inclined to the Id form. Although not all forms of Id that exist in Iryan occur.<sup>12</sup>

And the last is research conducted by Sandy Jeffs and Susan Pepper with the research title "Healing Words: Ameditation on Poetry and Recovery From Mental Illness". In the study, it is explained that through lyric verse, language is able to help each person to understand themselves more deeply as if investigating the depths of the soul that are almost untouchable. It was also mentioned that the dictionary biases in the lyrics that evoke imagination can help soothe and unite emotional pain. Therefore, it is concluded that poetic words are a means of healing from emotional crises.<sup>13</sup>

Departing from the above phenomenon, this research was compiled by dissecting Arabic song lyrics on the Garh Tany album by Sherine Abdel Wahab using psycholinguistic studies as a basic theory in finding psychological meaning in a song lyric. The purpose of this research is to interpret the trust issue phenomenon in the song lyrics of Garh Tany album. The songs in the Garh Tany album performed by Sherine are the object of research, to see the impact of the message contained in the song and its relationship with the trust issue phenomenon. The message conveyed will be studied through psycholinguistic theory in the third stage of language

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<sup>11</sup> Anggi Kristian Sibarani, "Analisis Psikolinguistik Terapan Terhadap Puisi 'Akulah Medan' Karya Teja Purnama." *Jurnal Sasindo: Sastra Indonesia* 10, no. 1 (2021).

<sup>12</sup> Ali Nur Yasin and Darisy Syafaah, "Struktur Kepribadian Tokoh Iryân Dalam Novel Al-Rajulu Al-Lazî Âmana Karya Najib Al-Kailani (Analisis Psikologi Sigmund Freud)," *Tsaqofiya: Jurnal Pendidikan Bahasa Dan Sastra Arab* 3, no. 1 (2021): 61-75, <https://doi.org/10.21154/tsaqofiya.v3i1.68>.

<sup>13</sup> Susan Jeffs, Sandy. Pepper, "Healing Words: Ameditation on Poetry and Recovery From Mental Illness," *The Arts in Psychotherapy* 32 (2005).

understanding, where listeners interpret sentences by referring to their linguistic context while connecting with information relevant to the existing phenomenon.<sup>14</sup>

Songs or poems are one of the literary works that can be studied using linguistic theory and literary theory. In this case, the language expression contained in the song lyrics will be studied with a psychological approach model. therefore, the analytical used in this research is applied psycholinguistics. Applied psycholinguistic theory is a form of application of psycholinguistic theories in everyday life to the people of the earth, both adults and children.<sup>15</sup> Psycholinguistic theory centres on how humans understand language, how they acquire it, and the stages of language development as humans grow.<sup>16</sup> Language understanding is closely related to human perception of language, which is a person's skill in analysing sounds that are then identified as a word or sentence, then revealing the ideas or ideas contained in it.<sup>17</sup> The understanding of language in this study is associated with the meaning that listeners get from Sherine's song in her album entitled Garh Tany which can be interpreted as an effort to depict the phenomenon of trust issues in a relationship that many teenagers experience.

This research explores the issue of trust expressed in the lyrics of the songs contained in Sherine Abdel Wahab's album Garh Tany. This research applies a psycholinguistic approach to analyse the representation of the trust issue phenomenon contained in the lyrics. Through this approach, researchers can examine how cognitive and emotional aspects are influenced by language in the lyrics. In addition, this study also explores the emotional impact of song lyrics on the listeners by using the narrative structure in the lyrics related to the theme of trust issue.

## **METHOD**

The method used in this research is descriptive qualitative method. It is said to be descriptive because this research describes data based on objective facts in accordance with the data found. It is said to be qualitative because in explaining

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<sup>14</sup> Nikolaos Malandrakis and Shrikanth Narayanan, "Therapy Language Analysis Using Automatically Generated Psycholinguistic Norms," *Proceedings of the Annual Conference of the International Speech Communication Association, INTERSPEECH 2015*-January, no. 1 (2015): 1952-56.

<sup>15</sup> Kholid A. Harras and Dutha Andika Bachari, *Dasar-Dasar Psikolinguistik*, 2009.

<sup>16</sup> L. Robet. Sleve, "Language and Music: Sound, Truscture, and Meaning," *WIREs Cognitive Science* 3 (2012).

<sup>17</sup> Rohmani Nur. Abdurrahman. Indah, *Psikolinguistik: Konsep Dan Isu Umum* (Malang: Maliki Press, 2008), <http://repository.uin-malang.ac.id/513/>.

concepts related to each other using words or sentences instead of statistical numbers.<sup>18</sup> This type of research includes literature (library research) supported by references to the song album Garh Tany by Sherine Abdel Wahab, books, and journals related to this research.

The data of this research are song lyrics that are relevant to the trust issue phenomenon. The author uses primary data sources in this research, namely song lyrics in the Garh Tany song album by Sherine Abdel Wahab entitled Shabri Aleel, Eh eh, and Garh Tany. The data collection method used in this research is documentation technique.<sup>19</sup> This technique is carried out by tracing and reading the lyrics of the song repeatedly and carefully until the lyrics are found that are relevant to the trust issue phenomenon.

The method of data analysis in analysing the Garh Tany song album by using descriptive analysis theory.<sup>20</sup> The data analysis technique in this research goes through several stages, namely the first stage the author watches the entire song contained in the Garh Tany song album carefully and comprehensively. In the second stage, the writer determines the lyrics that contain the trust issue phenomenon. In the third stage, the author records the lyrics of songs that are relevant to the trust issue phenomenon and concludes how the trust issue phenomenon is recorded in the Garh Tany song album.

## DISCUSSION

In this study, the author has collected data from the Garh Tany song album performed by Sherine Abdel Wahab, a prominent singer and actress from Egypt who was born on 8 October 1980, in Cairo. Sherine is famous for her beautiful voice and has released many popular albums. Sherine is often dubbed as the Queen of Arab Music because she started her music career at the age of 18 and became the most

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<sup>18</sup> Burhan Nurgiantoro, *Teori Pengkajian Fiksi* (Yogyakarta: Gajah Mada University, 2009).

<sup>19</sup> Mahi M. Hikmat, *Metode Penelitian: Dalam Perspektif Ilmu Komunikasi Dan Sastra* (Yogyakarta: Graha Ilmu, 2001), <https://opac.perpusnas.go.id/DetailOpac.aspx?id=807945#>.

<sup>20</sup> Nyoman Kutha Ratna, *Teori, Metode, Teknik Penelitian Sastra* (Yogyakarta: Pustaka Pelajaran, 2015), <https://www.goodreads.com/book/show/23155420-teori-metode-dan-teknik-penelitian-sastra>.

popular and beloved singer in the Arab world.<sup>21</sup> Below, is a data presentation of the trust issue description on the Garh Tany song album.

### 1. Shabri Aleel Song

Data Number	Song Lyrics	Translation
1.	<p>علشان أنا. أنا لا جاية اقولك ارجع اسمع صبري قليل كل مره تهرب قرب على إيه انت مسهرني الليل خدت مني روجي عمري عقلي وساييني بقلب عليل ياللي حبك انت مغلبي معذبني موريني الويل</p>	<p>I don't need your words, come back, hear the reason, for my patience is little. Every time you run away, you keep me awake at night. You have robbed me of my soul, my life, my mind, and left me with a weak heart. Loving you has overcome me, tortured me, comforted me with sorrow.</p>
2.	<p>على قد ما بسهر ليلك على قد ما بتسييني ف نار ترميني بقسوة عيونك وتسييني في وسط التيار يرجع قلبي يغنيك و يجيلك علشان يختار وانت ولا انت هنا</p>	<p>You left me in the night like you left me in hell. Your sadistic gaze threw me away and left me in turmoil. My heart came back to you singing, leaving you confused. And you are not here.</p>
3.	<p>أنا في بعاذك يا حبيبي أنا خلصت دموع العين أنا مش عارفة انت ناسيني وجارحني وساييني لمين بتحن عليا ثواني وتنساني يا حبيبي سنين وما فيش ما بينا لقي</p>	<p>As long as I've been away from you, my tears have run out. I don't know, because of whom you have forgotten me, hurt me, left me. Your love was short-lived and then you forgot me for years, O my beloved. As if there was never anything between us.</p>
4.	<p>هو أنا اخرة ما أحتمل في هواك تنساني وتخدعني ولا مرة حبيبي صعبت عليك وانت</p>	<p>I finally endured the pain after you forgot about me and left me. Even though I didn't trouble you at all, you burdened me. How many times must I call you</p>

<sup>21</sup> Machmud Mubarak, "PROFIL Sherine Abdel Wahab, Penyanyi Kalam Eineh Yang Pernah Viral Di TikTok," *TribunPriangan*, 2024, <https://priangan.tribunnews.com/2024/02/12/profil-sherine-abdel-wahab-penyanyi-kalam-eineh-yang-pernah-viral-di-tiktok-sempt-dicekal-mesir>.



بتقسي وبتبيعي  
كم مرة احتجت أنا ليك أناديك  
والآفك رافض تسمعي  
إرحم دموع أنا

and I know you refuse to hear  
me.  
Have mercy on my tears.

The experience of betrayal described in Shabri Aleel's song lyrics in the 1st and 2nd data illustrates how deep a person's suffering is after being abandoned by a loved one. The lyrics "I don't need your words, come back, hear the reason, because I have little patience" in the 1st data shows how desperate and emotionally tired a person is. Her patience is running out because she is often hurt by her partner, keeping her awake at night and trapped in endless thoughts. The lyrics "You have robbed me of my soul, my life, my mind, and left me with a weak heart" highlight the devastating impact of betrayal on a person's well-being. As for the lyrics of the 2nd data, it depicts someone who is left behind feeling like they are in hell, trapped between beautiful memories and bitter reality. One feels trapped in a circle of suffering, where the love that once gave warmth now only leaves deep wounds.

In the 3rd and 4th data is a description of the experience of disappointment experienced by one partner who feels ignored and abandoned by his lover. The lyrics "As long as I'm away from you, my tears have run out" in the 3rd data, indicate how much sadness is felt. Distance and separation have drained her tears, signalling her hurt feelings. A sense of uncertainty and confusion is also present when someone admits to not knowing the reason why their lover would leave and forget them. In the lyrics "Your love was short-lived, then you forgot me for years, O my beloved" illustrates how brief the happiness one feels before being abandoned for a long period of time. As if their relationship never meant anything, making her feel forgotten and unappreciated. This disappointment is even more profound when one feels undeserving of such treatment, especially since he never troubled his lover, instead he was burdened by the suffering of being left behind. The 4th data in the lyrics "How many times must I call you and I know, you refuse to hear me" shows how frustrating it is for her to try to get attention and understanding from her lover. Although she kept trying to contact her lover, she was always ignored. This sense of desperation culminates when someone pleads "have mercy on my tears". The lyrics are a hopeful request that her lover will see her suffering.

The result of the experience of betrayal and disappointment above causes excessive overthinking in a person, as in the lyrics of data 1 "Every time you run away, you keep me awake at night." Constantly thinking and analysing every little detail of the experience of betrayal and disappointment makes it difficult for a person to move forward. One will overthink everything. In fact, one cannot think positively of the people around him and doubts the kindness of others towards him.<sup>22</sup>

## 2. Eh eh Song

Data Number	Song Lyrics	Translation
5.	<p>لما انت قادر عالعباد قربت ليه يا حبيبي  من بعد شوقي في قلبي ما زاد بتسيبني ليه  يا حبيبي  إيه إيه .. و أنا يعني غصبت عايك  إيه إيه .. ما انت اللي شغلتنى بيك  ليه ليه .. قلبك مغرور عايش في الدور  ومالوش ولاغالي عليه</p>	<p>What keeps you away.  Come closer to me, my beloved.  Because the longing in my heart  is increasing.  Why did you leave me o my  beloved.  Eh eh .. and you mean did I ruin  you?  Eh eh .. aren't you the one who  keeps me busy with you?  Leh leh.. Your heart is proud  and you live in that role. There's  nothing special about it.</p>
6.	<p>ولا عمري جيتلك انت اللي جيتني انت  (انت) نادتنى (انت)  شدتني لىك وقولت اشترك لاقيتك  (انت) بايعنى (انت)  ضيعت في وقتك وفي وقتي  وأهو جاي دلوقني خلاص وقتي  بتقولى نسيت</p>	<p>I never came to you, you came  to me (you).  You called me (you).  You drew me to you and you  said you would buy me and find  me (you).  Promised to be faithful to me  (you).  I have wasted my time and your  time.  And he will come now my time  is up.  You said I forgot.</p>
7.	<p>وكفاية مرة قلبك خدعني لالالا  أبدا لالالا  إيك فاكرني لو يوم تبيعني هندم لالالا  إندم وحدك  وكفاية مرة قلبك خدعني أرجع أبدا</p>	<p>It's enough that the umpteenth  time your heart has deceived  me, I will never come back. No  no no forever no no no.  If you think someday you will  leave me I won't regret it. No  no, you will regret it yourself.  And once enough your heart</p>

<sup>22</sup> Punto Wicaksono, "Penyebab Dan Dampak Trust Issue," QuBisa, 2023, <https://www.qubisa.com/article/penyebab-dan-dampak-trust-issue>.

إيك فاكرني لو يوم تبيعني هندم إندم

has deceived me, I will never  
come back forever.  
If you think someday you will  
leave me, I will not regret it, you  
alone will regret it.

The 5th data in the song entitled Eh eh presents a story of deep longing and loss for a lover. The lyrics "Come closer to me, my beloved" show a strong desire to get back together, while the lyrics "because the longing in my heart is increasing" describe the intensity of longing that has increased over time. These deep feelings of loss and longing are often the main triggers for depression, especially when one feels helpless in the situation. The American Psychological Association (APA) explains that losing someone very close can trigger deep feelings of longing and result in symptoms of depression. Unrelieved feelings of longing over a long period of time can worsen a person's mental state.<sup>23</sup> The lyrics "Why did you leave me, my beloved" and "Do you mean did I ruin you?" show confusion and self-doubt. This uncertainty and guilt can affect one's mental state. Such questions often lead one to dwell on mistakes that may not have happened, exacerbating a sense of worthlessness and hopelessness. In the long run, such feelings can exacerbate depression, as one feels trapped in a cycle of negative thinking with no way out.

The song lyrics in the 6th data illustrate the dynamics of a complicated and regretful relationship. The lyrics "I never came to you, you came to me" indicate that the relationship initiative came from the other party, but there is a deep sense of dissatisfaction and regret from the songwriter. Feelings like these can create a heavy emotional burden, especially if the relationship does not work out as expected. When expectations and reality don't align, it can trigger feelings of helplessness and frustration that can be the beginning of depression. The lyrics "You pulled me in and you said you'd buy me and find me, promise to be faithful to me" describe sweet promises that may go unfulfilled. High expectations that don't match reality often lead to deep disappointment. This feeling is exacerbated by regret, as illustrated in the line "I have wasted my time and yours." When a person feels that they have wasted their time in a failed relationship, this can lead to guilt and lower self-esteem. This has the

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<sup>23</sup> American Psychological Association. "Grief." <https://www.apa.org/topics/grief>. 2024

potential to exacerbate symptoms of depression, especially if these feelings are not properly addressed.

The 7th data highlights the feelings of disappointment and assertiveness of someone who feels betrayed in a relationship. The lyrics "It's enough the umpteenth time your heart has deceived me, I'll never go back" show that a person experiences disappointment over and over again and eventually decides not to go back. The decision not to return after experiencing such emotional deception can be a way of self-protection, but it can also trigger feelings of isolation and loneliness that can contribute to depression. The lyrical passage "if you think someday you'll leave me, I won't regret it, no no no, you'll regret it yourself" reflects an attitude of rejection towards the possibility of being left behind. Feelings like this can suggest that one is trying to protect themselves from further pain by asserting that they will have no regrets. However, underneath the assertiveness, there could be feelings of helplessness and fear of abandonment that could worsen one's emotional state.

### 3. Garh Tany Song

Data Number	Song Lyrics	Translation
8.	جرح تاني .. هو قلبي لسة طاب من الأولاني أروحله تاني .. هو قلبي ينسى جرحه الأولاني غلطة مرة وقلت على الرخيص غالي جرحت قلبي وجرح جرح القلوب غالي	Wounded again.. my heart is still better than the first. I went to her again... my heart forgot its first wound. I once made a mistake and said cheap is expensive. You hurt my heart, and hurting my heart is very expensive.

In the 8th data contained in the song Garh Tany tells the story of a repeated experience of being hurt in a relationship and causing deep emotional wounds. The lyrics "Wounded again... my heart is still better than the first" show that even though someone has been hurt before, the new pain feels worse. The experience of being hurt multiple times in a relationship can make a person more wary and afraid to engage in new social relationships. The distrust that develops from such experiences can hinder one's ability to trust and connect with others, thus preventing one from forming healthy social relationships. It was medically reviewed by Dr Nurul Fajriah

Afiatunnisa that bad experiences in the past can adversely affect a person's efforts in establishing good relationships in terms of romance and professionalism.<sup>24</sup>

The trust issue phenomenon in song lyrics can bring awareness to human feelings. Through this research, the author proves that music has a use value, including to express doubts, disappointments, and complexities in interpersonal relationships. The findings also show that the phenomenon of trust issues in song lyrics can encourage listeners to think about how trust affects relationships and consider the impact of trust in interpersonal relationships. Song lyrics also invite listeners to reflect on the importance of honesty and trust in interactions with others and inspire a deeper understanding of emotional dynamics and relationships.

## CONCLUSION

Departing from the results and discussion above, the researcher found a representation of the trust issue phenomenon in the song album Garh Tany by Sherine Abdel Wahab recorded in the lyrics of the song. The results show that the lyrics contained in the songs Shabri Aleel, Eh eh, and Garh Tany show the phenomenon of trust issue in a romantic relationship. The cause of the trust issue phenomenon is revealed in the lyrics of the song on the Garh Tany album because of a bad experience experienced by one of the partners, among the trust issue experiences contained in the song Shabri Aleel in the form of betrayal and disappointment, which has an impact on excessive overthinking. In the song Eh eh, there are three data on bad trust issue experiences in the form of confusion, regret, and disappointment which can have an impact on depressive conditions. The last data is taken from the song Garh Tany which describes the experience of trust issues in the form of repeated wounds experienced by someone in a relationship. This can have an impact on the condition of disrupted social relationships, where a person will become more vigilant and afraid to engage in a social relationship.

The weakness of this research is the researcher's limitation in the object of research which only focuses on the songs Shabri Aleel, Eh eh, and Garh Tany. Therefore, the suggestion for future researchers is to develop the scope of the object of study from various artists or music genres that raise the theme of trust issues. Researchers can also enrich the methodological approach by analysing texts,

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<sup>24</sup> Bayu Permana, "Trust Issue, Kesulitan Untuk Percaya Pada Orang Lain," *Hallosehat*, 2024, <https://hallosehat.com/mental/hubungan-harmonis/trust-issue/>.

conducting interviews with artists, or conducting comparative studies between lyrics from various musical cultural backgrounds. Thus, the research can provide a more comprehensive understanding of how trust is represented in song lyrics.

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