



Billie Eilish Select Songs: Psychological Study of the Depression of Youth Today

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Abstract

This study investigates the depression of the youth today in Billie Eilish's select songs, which specifically looks into the theme, lyrics, and symbols. The Study's data was gathered by using the Psychodynamic Theory by Sigmund Freud, which talks about the personality of a human being, and Sigmund Freud is Psychoanalytic Literary Criticism, which helps in interpretatively analyzing the texts, and serves as a psychological mechanism to surface out hidden meanings, of literary work. Moreover, this study utilizes a qualitative method using a discourse analysis approach. The findings of the study show that the aspects of depression in the theme of Billie Eilish select songs are unresolved grief, hopelessness caused by loved ones' abandonment, society's toxic standards, family pressure, and isolation and insignificance; lyrics surface out being doubtful towards society's good side, feeling unloved, disappointment in unfavourable circumstances experienced, anxiety being left behind, negative criticisms causing despair, self-pity, misery or loneliness, prolonged helplessness, and rejection as aspects of depression; and abandonment, mental breakdowns, longing for appreciation and acceptance, and heartbreak and loneliness are extracted as aspects of depression in symbols. In conclusion, Billie Eilish's select songs depict the depression of the youth.

1. INTRODUCTION

Depression is a reasonably mental state illness characterized by deep, long-term feelings of sadness or despair. It can affect individuals' thoughts and behavior. Affected people lose interest in activities they loved and enjoyed, suffer from abnormal sleeping habits, and overthinking, and tend to commit suicide. Depression can also trigger other health problems: long-term illness, anxiety, and obsessive-compulsive disorder. It is labeled as a typical psychiatric illness that may affect individuals of all socio-economic statuses and races (Gholipour, 2021).

Immersing oneself in the field of literature, like listening to or composing a song, is one of the things people commonly do in figuring out things and sorting out unwanted thoughts in their mind. Literature itself, gives insights that touch lives and allow people to express emotions and experience life. In studying literature, it is important to consider the content and element of a certain literary piece to understand the perspectives, beliefs fully, and even mental issues being encountered by different individuals.

In this sense, the study chooses Billie Eilish's selected songs as the subject mainly because it contains potential aspects that can help and can support the topic in the said research particularly in context with the themes, lyrics, and symbols. These select songs in the study highlight the dark side of emotions that can trigger the depressing stage of individuals.

This study investigates the factors that trigger the depression of the youth today in Billie Eilish's selected songs. It determines the common factors affecting one's state of mind and gives mental awareness. By doing so, the youth are given the knowledge in dealing with a particular stressor and thus, understand deeper about depression, and become instruments in imparting insights.

Also, this research study is beneficial to literature students and instructors because this will help them analyze the important parts and elements of a song and any other literary genres, also, to psychology students and instructors as this will help them assess and understand the mental and emotional behavior of people since this study thoroughly discusses mental health, and lastly, to future researchers as this paper presents factual information crucial for additional references.

Lastly, the study aims to examine how select songs of Billie Eilish convey aspects of depression of the youth today.

2. LITERATURE REVIEW

Psychodynamic Theory by Sigmund Freud and Psychoanalytic Literary Criticism, initially coined from Sigmund Freud, as its main theories, supports the study.

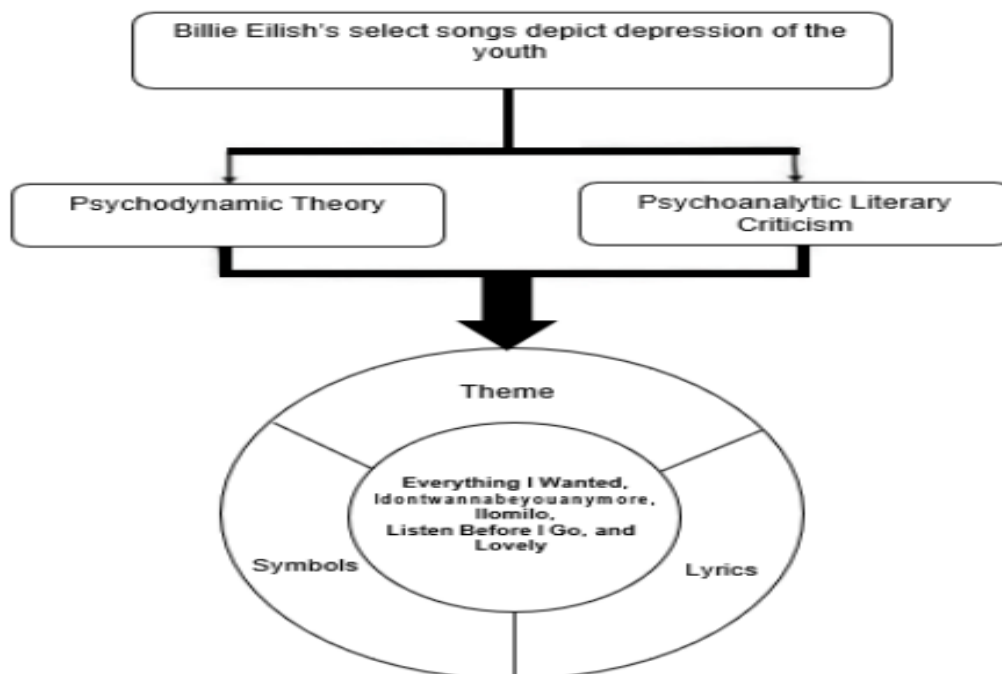


Figure 1. Schematic Presentation of the Theoretical Background of the Study The first theory of this study is Psychodynamic Theory.

Psychodynamic Theory is initially a theory that describes the personality of a human being coined by Freud. It generally explains the driving forces of why and how humans behave

a certain way. Moreover, Freud, with this theory, believes a person's behavior can be tailed by intrapsychic processes and interpersonal patterns in the outer surface of a person's conscious awareness based on his experiences as a child. This theory has significantly evolved over the years because of the contributions of various theorists. In this theory, Freud divided the human personality into three vital components namely the superego, ego, and id. Id acts based on the pleasure principle, which demands immediate gratification of a need regardless of situations and factors. The ego then must present itself to realistically meet these needs adhering to the reality principle. The superego or conscience, the final function to develop in personality, is the representative of social/parental ideals established during the early stages of people. It teaches societal rules and moral judgment to the ego, therefore, granting the requests of id realistically and morally. Human personality is derived from the dynamic interactions of these three components. To understand more of this theory, there are four schools of thought through which this theory revolves.

The second theory of this study is Psychoanalytic Literary Criticism. Psychoanalysis is a modern theory utilized in literature. It is considered a theory pertaining to organization of personality and personality dynamics. Among other criticisms to literature, this theory is the most controversial because of its naked congruence of the authors 'intents and readers' intents. Despite this fact, it is regarded as a rewarding and fascinating approach of interpretatively analyzing texts. It has become the psychological mechanism to surface out hidden and deep meanings of literary works thus, show and decrypt author's behaviors that contextualize them.

Some critics assume that one can read psychoanalytically to discover which concepts are visible in the text's structure in ways that enrich understanding of the particular work (Tyson 1999). Tyson (1999) poses some thought-provoking and practical questions to aid in the comprehension of psychoanalytic criticism.

First, how do repressive operations structure or inform work? In other terms, it is finding the unconscious motives, which are present in the core character(s), illustrating their main issues, and how these issues make up and inform the piece. It is important to consider that fears, repressed wounds, guilty desires and unresolved conflicts make up these unconscious motives. Second, are there any oedipal – or other familial – dynamics at play here? One should denote what characters' patterns of behavior as an adult to early childhood experiences relate and represent in the story and how these patterns and dynamics of family are revealed and operated in a literary piece.

Third, how can the conduct of characters, narrative events, and/or visuals be described using any psychoanalytic concepts? Examples of these concepts are emotional crisis, regression, fear of or fascination with death. Fourth, are there any major terms in the composition with alternate or secret meanings? It talks about how recurrent or striking symbols show the actions that the speaker projects such unconscious desires that he upholds and portray through which symbols of death, the unconscious, and sexuality are especially helpful.

Fifth, what does the work say about the author's psychological state? That is to reflect the stories' sentiments to the author and what might this imply to his experiences and life in general. Lastly, what does a certain reading of literary work imply about the reader's psychological motivations? Similarly, Harold Bloom contributes and suggest show one must demystify meaning and recollect or restore meanings. Bloom pushes poetic creativity to be the central point to uncover the symbols embedded by the writer, which it is up to the reader to relate and convey the meanings of the corrosive force of history.

With these facts, Psychoanalytic Literary Criticism is significant with regards to the objectives of this study for the main reason that it helps in the discovery of the elements of a song found in Billie Eilish's select songs tackling human psychology and understanding them one by one. It presents ways on how the study should be operated presenting a thorough guide to accomplish its said aims.

On another note, theme in literature is the central idea into which the story or literary piece revolves. In less complicated stories, a theme can range from being a moral to a

conveyance of a certain message. However, in stories with high complexities, it is generally about the navigation of some significant aspect of life. It can be displayed by making use of other elements present in a literary piece such as characters, the plot, setting, dialogue or a mixture of each one of these elements. According to Master Class (2021), it is a vital part in the construction of any narrative for it sets a piece a step ahead of any other pieces already existing. It gives a story its brilliance and identity to become known classics.

A theme knots the concerns and passions of a literary piece and at the same time serves as the guiding light to the internal journey of the author's characters. Thus, the prime significance of themes is being the soul that gives interest and continuity to a literary work (Letourneau, 2014).

On the contrary, the lyric includes the choruses and verses used to bring a song or a narrative poem to completion. It typically contains one speaker with the sole purpose to express certain emotions and ideas. It can be an elegy, sonnet, ode, occasional poetry, or a dramatic monologue (Live Science, 2016).

Lyrics make use of various literary devices and innovations that enable listeners as well as readers to heighten their imagination of the subject matter to build a strong foundation of connection to literature. This creates the flow of the work creating continuous progress leading to what the song really wants to imply holistically (Super Summary, n.d.).

Indeed, lyrics change people; it is the gist of a song that acts the theme out. Emotions are presented in these short narratives opening to what the artist has inside her heart. It is a way to pinpoint the intention of an artist because of its conciseness and relevance to the music used in a particular song. Moreover, it is a self-expression of both the artist and the listener to connect with each other. Without lyrics, common ground could not be established in a song and the purpose of making music is made void (Bethancourt, 2017).

Contrarily, symbolism is also a vital part of numerous literatures. It is a representation of a certain message using an object that appeals to human senses. According to Elbom (2021), Senior Instructor at Oregon State University, symbolisms are objects representing an idea. An object can constitute a perception as long as qualities in an apparent object have likelihood of the idea being substituted. Moreover, a more advanced method of knowing symbolism would be stating that objects have qualities to be symbolic if it has complied with the selective contexts of the matter.

Symbolism is a long-term staple of literature itself. It enables it to explore wide prairies of possibilities to the field. Different culture means different symbolisms which literature has been the keeper for the longest of time. Symbols offer freedom for writers to formulate different interpretations to speak their hearts out. It is with a universality that readers are able to connect and can investigate the underlying inspirations of the author in formulating the work. In this manner, symbols are the appetizers of a certain literary work, for they let readers engage in the story more and go deeper with the true intentions behind the story (Chaudhary, 2015).

On the other hand, the study Yoon titled *Depression, Music Choice, and Affective Outcomes in Daily Life* investigates why people who are depressed frequently express a liking for melancholic music. Participants are given the choices to choose a song from an already-set music collection of care-free and heavy songs and estimate their effect before. The instant they hear it over a three-day Ecological Momentary Assessment (EMA). The research looks into why people listen to music when pleased or depressed. It was found that people with depression, unlike non-depressed people, do not prefer joyful tunes to sad songs; also, depressed people prefer songs with a slower tempo than non-depressed people. The music

preferences of depressed people reflect a wish to feel calm rather than a desire to upregulate their misery.

In connection, according to another study of Rottenberg et al. titled *Why Do Depressed People Prefer Sad Music?* This tackles persistent sadness as one of the main indications of major depressive disorder (MDD), preference for such sad stimuli is a maladapted emotional regulation intent to allow the upregulation of sad sensations. In this study, female participants listened to happy, neutral, and sad music excerpts. They selected what they most wanted to hear, and they selected their favourite music clips with different levels of emotion and energy in pair-choice experiments. It was found that MDD patients are more likely to choose sad music because it lowers energy levels, which contradicts any drive to upregulate sadness (e.g., relaxing). MDD patients have a larger preference for both low-energy and melancholic music. Sad music has a big attraction to people with MDD because of its relaxing benefits, not because of any desire to increase or maintain sad sensations.

On the contrary, Gurgun, in his study titled *Social and Emotional Function of Music Listening: Reasons for Listening to Music*, talked about the driving factors of why one chooses to listen to certain songs. It is revealed that one of the main reasons why people have their song preferences is emotional mood. Songs help heighten the emotions they are having thus, giving people better coping mechanisms if they are currently challenged. Family as a factor with the influence of peer groups, and the degree of enjoyment was also viewed as as vital prospects in one's song choices.

The above literature is beneficial to the aims of the study because it helps the research identify its possible gaps. It also informs people about the research topic and, most importantly, about its sub-problems for the sole purpose of knowing each of their nature and connection to this research. Moreover, the articles mentioned above prove that this study exists in scholarly literature.

3. METHODOLOGY

3.1. Materials

Accordingly, all of the selected songs of Billie Eilish used in this research can be openly accessed through varying websites on the internet freely. Other secondary sources are taken from Google, published and unpublished research, and websites.

3.2. Procedures of Analysis

The analysis of Billie Eilish select songs uses the qualitative method, particularly discourse analysis, to see how chosen literary elements: themes, lyrics, and symbols, provide the needed information for the study's main problem. For theme analysis, phrases will be used to surface the themes and, later on, will be used to coin the aspects of depression. For lyrics analysis, important lines will be excavated to flourish aspects of depression. Lastly, for symbolism analysis, symbols and their interpretation will be used to denote the aspects of depression.

4. RESULTS AND DISCUSSION

4.1. Theme

Below is table 1 which presents aspects of depression through the themes found by navigating various keywords and phrases in the select songs.

Table 1. Theme Analysis

Songs	Phrases	Theme	Aspect of Depression
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Ilomilo	'Won't you stay inside?','...not to get too close to stars', 'Where did you go?', 'I should know, but it's cold', '...don't wanna be lonely',and '...can't lose another life'	Fear of separation to loved ones	Unresolved grief or loss
Listen Before I Go	'Take me to the rooftop', '...see the world when I stop breathing', 'Turning blue', 'I'm leaving soon', '...can't save me now', '...salty tears on my cheek', and '...I'll miss them'	Suicidal tendencies	Abandonment of loved ones leads to hopelessness
Idont wanna be -you any more	'Don't be that way', 'Fall apart twice a day', 'Gotta mood...you wish you could sell', 'Told "a tight dress is what makes you a whore"', 'Tell the mirror what you know she's heard before', 'I don't wanna be you anymore', 'Was I made from a broken mould,' and 'can't shake.	Struggles maintaining self-esteem caused by insecurities	Society's toxic standards
Everything I Wanted	'...anyone who might care', 'Nobody even noticed,' '...thought they might care', 'They called me weak,' '...everybody wants something from me now, '...don't wanna let them down, 'They don't deserve you, and 'Would I do it again.'	The anxiety of not being loved back by family	Family pressure
Lovely	'I hope someday I'll make it out here,' 'Need a place...I can't find one near', 'Isn't it lovely, all alone,' 'Tear me to pieces, skin to the bone,' and 'Lookin' for a better place	One's struggles in maintaining a healthy relationship with a loved one	Feeling isolated and insignificant

As shown in Table 1 above, *Ilomilo* is deemed to carry the theme of the author's fear of separation of loved ones. This notion is supported by numerous keywords and phrases that are vital and connected to the selected song's theme. In the song's first verse, two phrases are connected to the theme. First, the phrase 'Won't you stay inside?' is congruent to the song's theme because the author portrays his strong need for that loved one to stay by his side, and also, the phrase shows the impending possibility of separation for the speaker is now questioning and not firm whether or not the person will stay or leave him. The second phrase, '...not to get too close to stars', reminds the speaker that he should not go to any bright place, which means getting far away from the speaker.

In the song's chorus, three phrases and words support the speaker's fear of separation from a loved one. 'Where did you go?' gives off the information that the person has already left the speaker. The word '...cold' is what the speaker felt upon being left behind by the person the speaker is referring to. The speaker elaborated on being grimaced because of the event by denoting the phrase '...don't wanna be lonely', which also portrays the emotion and his desperate plea to not be left out because of loneliness. The last phrase of the chorus, '...can't lose another life', reveals how the experience brought forth the past trauma the speaker has attained because of someone leaving him and how he doesn't want to experience it again.

With the details stated above, the song *Ilomilo* with its theme of the speaker's fear of separation from loved ones, is derived from the aspect of depression about unresolved grief or loss. It is coined to have this aspect for the speaker's fear of losing a loved one is mainly because

of the trauma he experienced upon undergoing the same circumstances from the past, which was left stagnant and was of little interest in his life.

On the contrary, the song titled *Listen Before I Go* is determined to contain the theme of suicidal tendencies through various key phrases found. In the song's first verse, four phrases support the indicated theme. 'Take me to the rooftop' lets people realize where the speaker wants to be, then being followed by '...see the world when I stop breathing', it immediately entertains the idea of what the speaker wants to see for the last time before dying. This was then followed by the phrase 'Turning blue,' which describes how sad the speaker has become while picturing his last moments on Earth.

Pre-chorus also contains another key phrase, 'I'm leaving soon,' that lets listeners be notified of a fleeting moment of cutting one's life. Furthermore, going to the chorus, the key phrase, '...can't save me now', means that the speaker succumbs to despair and that nothing can be done to save the speaker. Going through the song's second verse, 'Salty tears on my cheek' imply that the speaker is now reminiscing the reasons that brought the speaker to that situation. The speaker is now grasping his situation fully and apologizes for the apparent sadness. The last key phrase of the song can be located in the outro, which states how the speaker will feel upon realizing his own intentional death. '...I'll miss them' denotes how even in despair, the speaker still thinks of the loved ones left behind and implies how much the speaker loves them.

In connection, the song *Listen Before I Go* was determined to have an aspect of depression about the abandonment of loved ones leading to hopelessness. This was coined because it is the main reason for the song's theme of suicidal tendencies. The tendencies were presented vividly in the songs showing that the lack of having a positive outlook in life provided by good friend and family environments triggered the speaker's hopelessness.

On the other hand, *idont wanna beyou any more* is found to contain the theme of the struggle to maintain self-esteem caused by one's insecurities. This is supported by various phrases and words found in the piece. In its first verse, 'Don't be that way' is a personal denotation of the speaker not wanting to be the person at the very moment. It was followed by 'Fall apart twice a day', meaning that the speaker is in a vulnerable state, even though he does not want to be. The last phrase in verse is 'Got a mood...you wish could sell' which means that the speaker is experiencing an emotional dilemma within whether what he is experiencing is valid to be felt at all or not. Next, in the song's chorus, there are three phrases connected to the theme. 'Told "a tight dress is what makes you a whore"' shows how the speaker is compressed by society's standards measuring who the speaker is as a person and being dictated what she could only do. 'Tell the mirror what you know she's heard before' describes the recurring event of self-doubt within the speaker towards one's self and this was further conceptualized by the last phrase of the chorus 'I don't wanna be you anymore' which is a personal note of the speaker to himself that he no longer likes his very being and being full of this recurrent downer.

The song's second verse, 'Was I made from a broken mold' signifies how the speaker reflects on his vulnerabilities and questions if he was meant to be like this all along as a human being. This was further explored in the phrase 'can't shake,' which shows how that speaker is caged in a world where the speaker is unable to display his whole being because the speaker is afraid of what judgment can be attained.

The song *idont wanna be you any more* is deemed to have the aspect of depression about society's toxic standard. This was concluded after finding out the main reason for the song's theme. Toxic standards presented by society itself made the speaker self-loathe and made the struggles to maintain his confidence to grace through everyday living.

The fourth song, *Everything I Wanted*, contains a theme of anxiety about not being loved back. This notion is also supported by various phrases and words found in the select song. The phrase '...anyone who might care' giving the idea that getting real care from someone is way too far-fetched to happen. 'Nobody even noticed' is the phrase that the speaker said when he was dreaming. It portrays that in the speaker's perspective, nobody really cared for him and

had shown the speaker the same affection the speaker constantly shows '...thought they might care' is the affirmation of the speaker's thoughts and sentiments of what the speaker really wants to experience from the people around.

As the lyrics continue, the speaker was not successful in getting rid of the negative emotion as the speaker was overwhelmed by the situation and downed by society. 'They called me weak' shows the circumstances where the people around him subjugated the speaker. Next, '...everybody wants something from me now' describes how the situation has grown toxic. The speaker realizes that in the speaker's self that the relationship the speaker has established around people is parasitic. This was further conceptualized by the phrase '...don't wanna let them down', which describes that although the situation has gone too bad for the speaker, he still wants to gamble for their sake because the speaker still cares for those people in his life.

In the song's second chorus, the speaker reveals a true feeling to the people around him without considering the personal factors. 'They don't deserve you' portrays how the speaker has grown agile for a while of the lack of appreciation from the people around. The speaker feels neglected and unworthy, which is why he feels not fitting in that environment. Lastly, in the song's concluding stanza, 'Would I do it again,' signifies the speaker's hesitance if he still wants to play the role that pleases everyone or just does the opposite.

Everything I Wanted presents the aspect of depression about family pressure. The aspect is the main catalyst for the speaker's anxiety about not being loved back by people around. The pressure suppresses the speaker from establishing genuine connections and making a pitch-black impression of having no one loving the speaker in imagination. The speaker thinks of being loved by everyone.

Meanwhile, the song titled *Lovely* possesses the theme of one's struggles in maintaining a healthy relationship with loved ones. This is coined by thorough scanning of key phrases in the select song. In the song's pre-chorus, 'I hope someday I'll make it out here', the speaker is longing to be free from concurrent loneliness. No one can feel the speaker's burden and is there by the speaker's side to relieve what is felt. 'Need a place...I can't find one near' emphasizes the speaker's helplessness in seeking belongingness. The speaker strives to grapple with one but still fails continually.

In its chorus, 'Isn't it lovely, all alone' romanticizes the speaker's loneliness portraying the opposite of what the speaker feels and trying to subdue it by just belittling its existence inside. 'Tear me to pieces, skin to the bone' portrays how the speaker's soul has been tortured by the apparent loneliness the speaker continues to carry. He describes it as a detrimental aspect of his being that strips the speaker's happiness. Lastly, in the second verse, 'Lookin' for a better place,' gives off the speaker's sentiments of really wanting to gain a person the speaker can confide in during tough times. The speaker aims to find a place where the speaker can be heard and taken care of for what the speaker truly is.

Lovely portrays the aspect of depression about being isolated and insignificant. This was coined after finding out that its theme, loneliness, is caused by the said aspect. The speaker feels loneliness because of someone not being present by his side when he needed it the most.

This leads the speaker to feel lonely, making an impression that no one cares for him and that he has no shelter to rest when difficult times suppress his life.

The data collection of themes from the select songs and the derivation of aspects of depression is made possible by Psychoanalytic Literary Criticism employed by Sigmund Freud. Particularly, this portion, the theme analysis, uses the first question on the checklist of the theory to understand the psychology underlying the themes. The study made use of repressive operations found within the key phrases and words of each select song, thus, making the harvesting of the unconscious motives of the author feasible.

4.2.Lyrics

The table below indicates the aspects of depression through the lines that are found in the select songs.

Table 2. Analysis of Lyrics

Song	Lines	Aspect of Depression
Everything I Wanted	I had a dream I got everything I wanted Not what you'd think And if I'm being honest It might've been a nightmare To anyone who might care	Doubtful towards society's good side
	Thought I could fly (fly) So I stepped off the Golden, hmm Nobody cried Nobody even noticed I saw them standing right there Kinda thought they might care	Feeling unloved
	I tried to scream But my head was underwater They called me weak Like I'm not just somebody's daughter Could've been a nightmare But it felt like they were right there	Minding too much of outside opinions of one's self
	And it feels like yesterday was a year ago But I don't wanna let anybody know 'Cause everybody wants something from me now And I don't wanna let 'em down	Difficulty in keeping up with everybody's expectations
	If I knew it all then, would I do it again? Would I do it again? If they knew what they said would go straight to my head What would they say instead? If I knew it all then, would I do it again? Would I do it again? If they knew what they said would go straight to my head What would they say instead?	Self-pity

Table 2 above limns aspects of depression through the lines found in the song *Everything I wanted*.

The group of lines of the song underlines that the author displays a sense of uncertainty about how people will react or what will happen if the speaker does something that involves being honest with someone who cares about the speaker. This concept was coined as a component of depression related to social doubt.

The second group of lines maintains the impression that the speaker is disappointed by the situation. It expresses that the speaker experiences having everything he wants in the first lines, 'I had a dream, I got everything I wanted,' but in the following two lines, 'But when I wake up, I see You with me,' it shows that the speaker is merely dreaming about possessing everything. This scenario could lead to depression due to disappointment with unfavourable circumstances.

The group of lines promotes the concept that the speaker is overly concerned with what others think of him. With the above lines, it is clear that the speaker puts in mind what others have negatively said about the speaker.

Fourth group of lines emphasizes that the speaker is in a stressful situation. The lines correlate with the speaker’s feeling of being overburdened with commitments. This predicament in the song is linked to the identified aspect of depression which is difficulty keeping up with everyone's expectations.

Fifth group of lines hints at a self-pitying element of despair. It indicates that the speaker made some poor judgment that had an impact on those closest to him. The current situation influenced the speaker's decision-making in this case. It is evident in the lines that the speaker prolifically uses subordinating conjunction ‘if’ to indicate the speaker’s regrets, which leads to self-pity.

Table 3. Analysis of Lyrics

Song	Lines	Aspect of Depression
Ilomilo	Told you not to worry But maybe that's a lie Honey, what's your hurry? Won't you stay inside? Remember not to get too close to stars They're never gonna give you love like ours	Having drawbacks in showing true emotions
	Where did you go? I should know, but it's cold And I don't wanna be lonely So show me the way home I can't lose another life	Anxiety of being left behind
	Hurry, I'm worried The world's a little blurry Or maybe it's my eyes The friends I've had to bury They keep me up at night	Lacking peer connections that reduce the feeling of belongingness
	Said I couldn't love someone ' Cause I might break If you're gonna die, not by mistake	Negative criticisms letting one submit to despair
	I tried not to upset you Let you, rescue me the day I met you I just wanted to protect you But now I'll never get to Hurry, I'm worried	Unresolved grief or loss

Table 3 portrays aspects of depression through the lines found in the song *Ilomilo*.

The song’s first group of lines fits the notion that the speaker is cautious to express genuine emotion toward someone. The lines express the idea of deception to others for the speaker fails to portray what the speaker wants a person to do which results in the speaker hurting his feelings because what the speaker intends to have is not met.

The second group of lines displays the speaker's fear of being alone. The phrase ‘I don't want to be lonely’ expresses the speaker's desire to have someone by his side. And the following statement, 'So show me the way home, I can't lose another life,' implies that the speaker is seeking a solution to the problem of loneliness that the speaker is currently experiencing. This situation has been identified as a sign of depression. The third stanza which is ‘Hurry, I'm worried the world's a little blurry or maybe it's my eyes The friends I've had to bury They keep me up at night’ portrays a lack of peer ties, which reduces feelings of belongingness, is one element of depression. 'Hurry, I'm worried the world's a little blurry'

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indicates a desire to make a peer connection with someone who can assist him in his current predicament. The following line, 'The friends I've had to bury they keep me up at night,' implies that the speaker is traumatized by the loss of someone close.

The fourth group of lines expresses negative self-criticism that leads to despair. It implies that the speaker has difficulty expressing affection for another person. The reason for this is evident in the next phrases which reflect the speaker's extreme fear of losing the person for whom the speaker expresses love, resulting in a mental breakdown.

The fifth group of lines depicts the aftermath of a circumstance in which the speaker has already lost the person for whom the speaker loves. The speaker mourns over the idea that he has unfinished notions for them to talk about which further acclimates the unresolved relationship conflicts.

Table 4. Analysis of Lyrics

Song	Lines	Aspect of Depression
Idont wanna be you any more	If teardrops could be bottled There'd be swimming pools filled by models Told "a tight dress is what makes you a whore" If "I love you" was a promise Would you break it, if you're honest? Tell the mirror what you know she's heard before I don't wanna be you, anymore	Pessimistic attitude & Loss of self-confidence
	Hand, hands getting cold Losing feeling is getting old Was I made from a broken mold? Hurt, I can't shake We've made every mistake Only you know the way that I Break	Self-hate

The lines from the song *I dont wannna be you any more*, which reflect some symptoms of depression, are in Table 4 above.

The first group of lines portrays the speaker revealing a pessimistic attitude and lack of self-confidence. Pessimism has a bad impact on mental health since it feeds negative thinking. Anger and depression can result from poor thinking. The line, 'If teardrops could be bottled, there'd be swimming pools filled by models, told a tight dress is what makes you a whore', is identified to be a figure of speech used by the speaker to express deep sadness.

The second group of lines presents the speaker's self-hate/despair which is caused by varying insecurities tackled in the song's early lines. These contributed to the speaker's attrition towards oneself leading to self-abandonment at the end.

Table 5. Analysis of Lyrics

Song	Lines	Aspect of Depression
	Take me to the rooftop wanna see the world when I stop breathing Turning blue	Dejection

Listen Before I Go	Tell me, love is endless, don't be so pretentious Leave me, like you do (like you do)	
	If you need me Wanna see me Better hurry 'Cause I'm leaving soon	Misery or loneliness
	Sorry, can't save me now Sorry, I don't know how Sorry, there's no way out (sorry) But down, mm down	Helplessness amidst a difficult situation
	Call my friends and tell Them that I love them And I'll miss them But I'm not sorry Call my friends and tell them that I love them And I'll miss them Sorry	Inability to connect well to others and conceited attitude

Table 5 above presents aspects of depression found in the lyrics of the song *Listen before I Go*.

The first group of lines of the song portrays the lowness of spirit that the speaker is currently feeling. The lines visualize that the speaker is in a dejection state wherein committing suicide is prone.

The next group of lines can be considered to display an anguished misery or perhaps loneliness. The speaker seeks attention from someone who is visible in the lines which coincide with the thought that the speaker is in a situation of being alone. In the proceeding lines, the speaker is showing a possibility that in the speaker's loneliness, the speaker is having suicidal thoughts.

The third group of lines means that the speaker is in a predicament in which there is no hope. The following lines indicate the lack of a source of happiness and hope. It portrays that the speaker is in a predicament that involves sadness. This situation can be considered as an aspect of depression, for it projects negativity towards self.

The fourth stanza portrays the inability to connect well with others. The lines embody a conceited attitude, which could be why the speaker is having difficulty creating healthy relationships with his friends. However, the speaker's realization is obvious in the last part of the song, as the speaker apologized to the speaker's group of friends. The speaker is aware of this aspect since it contributed a big impact to the speaker's apparent sadness.

Table 6. Analysis of Lyrics

Songs	Lines	Aspect of Depression
Lovely	Thought I found a way Thought I found a way out (found) But you never go away (never go away) So I guess I gotta stay now	Prolonged helplessness
	Oh, I hope someday I'll make it out of here Even if it takes all night or a hundred years Need a place to hide, but I can't find one near Wanna feel alive, outside I can't fight my fear	Unmet desires
	Isn't it lovely, all alone Heart made of glass, my mind of stone Tear me to pieces, skin to bone	Rejection

	Hello, welcome home	
	Walkin' out of town Lookin' for a better place (lookin' for a better place) Something's on my mind (mind) Always in my head space	Unsettled issues

The table above shows four aspects of depression found in the selected lines of the song *Lovely*.

The first group of lines projects prolonged helplessness. It expresses the speaker's desire to fix the current dilemma, yet it just leads to despair because it cannot be solved when the speaker ponders particular sentiments.

The second group of lines depicts the speaker's unmet desires toward self. The lines reveal the desire of the speaker who needs a place to hide but eventually, this isn't possible. This scenario might be depicted as the speaker is in the process of solving a problem that requires enthusiasm. Eventually, it leads to disappointment which is apparently found in the succeeding lines.

The third group of lines portrays rejection. The line 'Isn't it lovely, all alone' is considered an aftermath of a certain breakup. The speaker is considered to have had a past relationship with someone but eventually broke up. This scenario leads the speaker to a trauma that coincides with the line, 'Heart made of glass, my mind of stone, tear me to pieces, skin to bone'.

The group of lines depicts the uneasiness of the speaker's mind. The speaker expresses emphatically for being on the lookout for a place to take ease but is still disappointed because something is bothering in the speaker's mind and cannot stop thinking about it. This scenario could lead to depression since it impacts the speaker's mental health and, more importantly, in terms of decision-making.

To derive the aspects of depression in the select songs' lyrics checklist number two of the Psychoanalytic Theory Criticism is put into use. A thorough analysis of the lyrics is made possible by examining the major parts wherein oedipal and other familial dynamics are at play. It made the analysis reliable because it made use of the speaker's experiences evident in the select songs as big proponents in determining aspects of depression.

Symbol

Below is table 7 which presents aspects of depression by navigating the symbols and interpretation in the select songs.

Table 7. Symbolism Analysis

Songs	Symbols	Interpretation	Aspect of Depression
Iloilo	stars	-other girls who look bright and shine well over the others; possibility of seeking better things in life	Abandonment
	Home	-connection and relationship with loved one	
	cold	-feeling of loneliness; not being reciprocated by equal love given.	
Listen Before I Go	headache	-mental distress	
	rooftop	-representation how high agony has been felt which can easily be solved by coming down abruptly	

	salty tears	-pain and sufferings	Mental breakdowns and hopelessness
Idont wanna be- you any more	Teardrops	-sadness and pain	Society's toxic standards
	mirror	-imperfections and insecurities	
	hands	-reflection of flaws and insecurities	
	swimming pools	-society's wide influence of how one should navigate life	
	tight dress	-society's standards where it chokes people of their freedom	
	broken mold	-imperfections and insecurities	
Everything I Wanted	dream	-series of thoughts and idealism that situations experiences are opposite of how they are becoming	Longing for appreciation and acceptance
	nightmare	-accumulation of suicidal, dying and negative thoughts	
	scream	-to express and speak out feelings of disarray over grim situations	
	yesterday	-traumatic past experiences	
	underwater	-being swallowed by fear and pressure	
	fly	-to escape from the unfavorable situation experienced	
Lovely	Fear	-depressing thoughts that hinder one from doing rational acts	Heartbreak and loneliness
	night	-Sad period of one's life where almost no hope can be a drive to live another day	
	glass	-fragility of one's state of mind and emotion	
	headspace	-state of mind of the speaker	
	way	-portal to escape the sad state in life that solves all problem at hand	
	stone	-hardened thinking of things; thinking where no ideology can penetrate which is caused by traumatizing heartbreaks	

As shown in Table 7, *Iomilo* depicts the loss and separation of an important person in life. This aspect is supported by three symbols.

First, the speaker worries that the loved one will find another 'stars'. The stars that the speaker is referring to, symbolize other girls who look bright and shine well over the others. It is also a possibility of someone seeking better things in life. Secondly, 'home' portrays the connection and relationship between the speaker and a dear loved one. Lastly, the symbol 'cold' symbolizes the cold feelings of a particular loved one to the speaker. With these symbols, the aspect of depression in the song is losing someone and abandonment that makes the speaker suffer from depression.

In connection, the song *Listen Before I Go* talks about depression brought on by mental breakdowns and hopelessness. This is supported by the following symbols: headache, rooftop, and salty tears. The symbol 'headache' emphasizes the mental distress and trouble that the speaker has been suffering. Also, the 'salty tears' symbolizes the pain and suffering that lead the speaker to a state of being distracted and disorganized. In connection with this, in the very first line of the song, the word 'rooftop' is highlighted, which denotes that the speaker is enduring something that is toxic and unhealthy for one's health and is leading to a suicidal attempt. The rooftop is where the attempt of taking suicide mostly happens and represents how high agony has been felt which can easily be solved by falling down abruptly. With that, hopelessness takes place as the aspect of depression in this song, and the hopelessness of the speaker was brought about by having a lack of positive outlook on life.

The song *Idon'twannabeyouanymore* highlights society's toxic standards. The speaker lacks the confidence to appreciate insecurities and believes in his own version of one's self. There are six symbols that can support the aspect of depression in this song. First, 'swimming pool' symbolizes society's wide influence on how one should navigate life and 'tight dress' refers to society's standards where the freedom of the speaker is choked.

When there is a set of standards, there is the so-called 'broken mold' that has been mentioned in the lyrics of the song that symbolizes the imperfections and insecurities of the speaker. The speaker keeps on staring in the mirror which symbolizes the reflection of flaws and insecurities. The 'hands' in the lyrics represent emotion leading the speaker to have some 'teardrops' which symbolize sadness and pain. These kinds of traumatizing experiences trigger the inner self and self-confidence causing the speaker to suffer from depression.

Moreover, *Everything I Wanted* talks about the terrifying nightmare of the speaker about dying by suicide. This is supported by the symbol that can be found in the lyrics which is 'dream'. This refers to the speaker's series of thoughts and idealism that situations experienced are opposite of how they unfold. The speaker has a 'nightmare' that symbolizes the accumulation of suicidal, dying, and negative thoughts. With this, the speaker feels like living alone in this world and the people cannot accept the speaker's version of self. This is one of the major factors that trigger the depressing emotion because the mind of the speaker is already filled with negative thoughts and traumatic past experiences. This has been supported by the word 'yesterday' which denotes the traumatic past experiences of the speaker. Sadly, the speaker cannot 'fly' or escape from the unfavorable situations experienced. The anxiety and depression take place in this song since the speaker cannot scream, express, or speak out the feelings from past experiences because the speaker's mind is being swallowed by fear and pressure. These terms connect to the 'underwater' symbol which is a state being swallowed by fear and pressure from society. Thus, the aspect of depression associated with this song is the longing for appreciation and acceptance. This is one of the factors why the author is deeply suffering from depression.

Lastly, the song *Lovely* portrays the state of being lonely and the heartbreak experience of the speaker as the aspect of depression. Particular symbols are found in the lyrics that can support the aspect of depression in this song. First, the symbol 'fear' in the song denotes depressing thoughts that hinder one from doing rational acts. These depressing thoughts are stuck in the 'head space' that refers to the state of mind of the speaker. Suffering from this kind of thought makes the speaker have a 'glass' kind of heart that symbolizes the fragility of one's state of mind and emotion. With this, having a heart made of glass helps the speaker to have a weak and easily breakable mind. Lastly, the speaker finds a 'way' or portal to escape the sad state in life that solves all his problems at hand.

To help derive the aspects of depression, this phase made full use of checklist number four of the Psychoanalytic Literary Criticism. It is of great help in the derivation because it enabled the effective harvesting of secret meanings in the select songs. Striking symbols were then treated to reflect the motivations of the author in describing aspects of depression.

In relevance with the gathered data in all the phases, the youth of today displays these mentioned aspects of depression because of their underlying emotional vulnerabilities that are the aforementioned aspects of depression. Emotional vulnerability highlights the dark-sides of the youth's psyche which consists of feeling unsure of things around, anxiety, insecurity, lack of confidence, recurring self-doubts, among others. This implies that the youth in this generation greatly takes traumatic experiences such as certain grief, heartbreaks, trust getting betrayed, loss of hope, and experiences pertaining to failure into account which heavily affect emotional vulnerability (Pande, 2020).

5. CONCLUSION

Based on the findings of the study, Billie Eilish's select songs depict the depression of the youth. This is supported by important conclusions derived upon going through the said research. First, the aspects of depression in the theme are unresolved grief or loss, abandonment of loved ones leading to hopelessness, society's toxic standards, family pressure, and feeling isolated and insignificant. Second, lyrics surfaces out being doubtful towards society's good side, feeling unloved, the anxiety of being left behind, negative criticisms letting one submit to despair, self-pity, unresolved grief or loss, anguished misery or loneliness, prolonged helplessness, and rejection as aspects of depression. Lastly, the loss of someone and abandonment, mental breakdowns and hopelessness, society's toxic standards, longing for appreciation and acceptance, and heartbreak and loneliness are withdrawn as aspects of depression in symbols.

To enhance the quality of findings, this study states recommendations for future researchers. Firstly, the theme should be analyzed by considering other poetic devices through which the author's hidden meanings can be surfaced and given more meaning to the select songs scrutinized. Secondly, lyrics should be finely defined using imagery that enriches understanding of the significant lines containing suspected aspects of depression. Thirdly, symbols should be investigated through Blumer's Symbolic Interactionism Theory to harvest additional and vital information in the select songs.

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