

Emotions Evoked from “Too Good at Goodbyes” Song by Sam Smith

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ABSTRACT

Music is one means to express the soul. Sad genre music is one of music with high emotional pressure. High emotional pressure allows triggering emotions in someone who hears it. According to Sloboda and Juslin (2001), the music can induce emotions in its listeners and is perceived by listeners as expressive of emotion. The aim of this study was to investigate the influence of music with the sad genre for emotions from the song "Too Good at Goodbyes" by Sam Smith. In this study, the researchers found that the majority of respondents revealed that sad music can trigger emotions in the soul. There are several factors composed by the melody, song lyrics and video clips which must support a song. Hence, the message can be adequately conveyed. However, the environment has a prominent role in the case of emotion evoked from listening to a song. Descriptive qualitative research with questionnaire methods was used in this study to obtain the valid data. Questionnaire was used in this research as an instrument of research to get the real data from the participants.

Keywords: descriptive qualitative method; human emotion; sad song; Too Good at Goodbyes song

INTRODUCTION

Humans are the creature that has emotion. They can feel and express any types of emotions such as happy, sad, fear, etc. Furthermore, psychology is knowledge to know in deep about this term. The word of psychology comes from the ancient Greek. According to Coon and Mitterer (2010), this word can be divided into ancient Greek roots of psyche and logos. Moreover, psyche means mind. Then, the meaning of logos is knowledge or study. However, the scientific studies of behavior and mental processes are the exact definition of psychology (Nolen-Hoeksema, Fredrickson, Loftus, & Wagenaar, 2009). The core of psychology is to predict behavior and the mental process of humans by understanding its causes.

The emotion is a tool of expressing the feeling on something. According to Spielman (2017), an emotion is a subjective state of being that we often describe as our feelings. Because emotions can enable people to react to significant stimuli (in the environment or within themselves) based on Keltner (2019). Moreover, Keltner (2019) explains that it is shown with complex patterns of behaviour involving multiple modalities - facial muscle movements, vocal cues, bodily movements, gesture, posture, and so on. In everyday life, humans will face different condition and experience. Thus, they can have a different feeling in different condition. However, they can

express the specific emotion on something that they are facing. The emotion that is felt cannot be replaced. Because the emotion that is showed always suitable with the specific condition and they have the automatic ability to build the emotion.

On the other hand, music can give an impact on the emotional feeling. When someone is listening to a particular song, the feeling and mood that is created in the music can be felt. Thus, the emotional effects of music are the most important reason why people engage in musical activities (Eerola & Vuoskoski, 2012; Juslin & Laukka, 2004; Sloboda & O'Neill, 2001). The music is a stimulus that can evoke emotion. According to Sloboda and Juslin (2001), the music can induce emotions in its listeners and is perceived by listener as expressive of emotion. However, there are various aspects of the song that influence the emergence of emotion. It can be from the lyric, melody, music video, or others based on the individual. Music can elicit mixed feelings and perceptions (Hunter, Schellenberg, & Schimmack, 2010) so the emotion from the music that is built may be impacted by a person who is listening.

Music and emotion have a strong relation. Furthermore, emotion can be evoked by listening to music. Thus, the researchers are interested in analyzing this matter. Moreover, the song that has entitled “Too Good at Goodbyes” by Sam Smith will be used to be analyzed. Because, this song has strong emotion which talks about hesitations in a relationship (Braca, 2018) and a deep sad feeling. This song comes from his second studio album which is “The Thrill of It All”. Then, it is released in 2017. Moreover, the orchestral pop is the genre of this song (Elliott, 2019) According to Pallardy (2020), Samuel Frederick Smith is the full name of Sam Smith. He was born in London on May 19, 1992.

Furthermore, this research will be conducted by using descriptive qualitative method and questionnaire. The descriptive qualitative method is used to give the right explanation of phenomena. Then, it will give a proper description of the exact data that is collected. On the other hand, this research will also use the questionnaire to get the exact data from the college students in Tidar University. There are 30 college students will give their perspective about the song entitled “Too Good at Goodbyes” by Sam Smith. Moreover, the questionnaire is used to get the exact perspective of the student about the song.

LITERATURE REVIEW

Music can evoke the humans' emotion. Many scholars believe that emotion can be induced by using music. Thus, there were researches about this term. The research entitled “Music: A Link Between Cognition and Emotion” by Carol L. Krumhans (2002) from Department of Psychology in Cornell University stated that research on musical performance suggests that musicians use vary attributes in music as tempo, dynamics, and attack to express different emotions. Thus, the result demonstrates that it serves highly significant for people who make and listen to music. Moreover, Patrik N. Juslin & Petri Laukka (2004) from Department of Psychology, Uppsala University with their paper entitled “Expression, Perception, and Induction of Musical Emotions: A Review and a Questionnaire Study of Everyday Listening” gave the result that music is used to enhance or change emotions (to relax, to arouse, to comfort) or to evoke emotional memories.

Besides, the positive emotions dominate in people's emotional responses to music such as feeling happy, relaxed, calm, moved, nostalgic, pleasurable, loving, sad, longing, or tender. Furthermore, the different research by OluwoleIyiola from Covenant University and OlajumokeIyiola from Argosy University in 2011 entitled “Interpretations and Effect of Music on Consumers' Emotion” delivered the result that music has an effect on individual's emotions based

on the type of music that is played. Moreover, it also stated that every element of a song does play a major role in affecting an individual's emotion. It can be concluded that music and emotion have an important relationship.

METHOD

This research used the descriptive qualitative and questionnaire as the research method. Then, the data was taken from the college students in Tidar University. However, the major of the students were English Education Program. There were 36 students who filled out the questionnaire with a ratio of 7 male and 29 female students will give their opinion about the song entitled "Too Good at Goodbyes" by Sam Smith. Moreover, the method of descriptive qualitative has the purpose to describe the data that is collected. This method of choice when straight descriptions of phenomena were desired based on Sandelowski (2000). According to Cohen, Manion, and Morrison (2018), the qualitative data analysis was always heavy on interpretation, and there were often multiple interpretations to be made of qualitative data. Moreover, this method highlighted the point of giving the proper description and the right explanation from the data. Furthermore, the questionnaire was used to get the exact data. The questionnaire represents one part of the survey process according to Brace (2008). Moreover, he explained that all respondents are asked the questions that are appropriate to them. Thus, this method was used to getting the right students' perception in the song in the term of the survey. On the other hand, the research model from Ai Kawakami and Kenji Katahira (2015) entitled "Influence of Trait Empathy on the Emotion Evoked by Sad Music and On the Preference for It" used in adapting the data analysis.

In the research activity, the researchers collected the data of the questionnaire by using Google form. One of the benefits of using Google form is about easy to access. Thus, all the respondents would not get difficulty in giving their perception and opinion by using this method. Moreover, in collecting data, the researchers would share the link of Google form through social media that is used by the students. There were 7 questions that are mandatory to be filled. The question related to the emotion that is evoked after they were listening to the song. However, it also provided the video music of the song. On the other words, this instrument would help the researchers in getting the exact data for this research. All the respondents could directly listen to the song then answer the questions that are provided. Thus, they could feel their emotion in the song before they delivered their answer. Moreover, it needed time to get the exact data after the questionnaire was shared with the students. This paper would use descriptive qualitative method to give proper explanation related to phenomena and the collecting of exact data.

FINDINGS AND DISCUSSION

FINDINGS

In this section, researchers used a questionnaire to get respondents from semester students at Tidar University. There were 36 students who filled out the questionnaire with a ratio of 7 male and 29 female students. With vulnerable ages 19 to 21 years. Then the data will be entered into a table to facilitate researchers to analyze it. There are two different tables with each data in it. The first table contains the lyrics that trigger emotions with sentence criteria that contain sadness in them. While, in the second table contains responses that have been filled out by participants who filled out the questionnaire on the Google Form that was distributed. In the second table, researchers took 14 responses as a sample of 36 respondents. The researchers take the answers with detailed explanations so that they are easily to be understood.

TABLE 1. Emotion sentences of the song

Song lyrics	Σ
I'm never gonna let you close to me, Even though you mean the most to me	2
'Cause every time I open up, it hurts	2
So I'm never gonna get too close to you, Even when I mean the most to you	2
In case you go and leave me in the dirt	2
Every time you hurt me, the less that I cry	3
And every time you leave me, the quicker these tears dry	3
And every time you walk out, the less I love you	3
Baby, we don't stand a chance, it's sad but it's true	3
I'm way too good at goodbyes	11
No way that you'll see me cry	7
I know you're thinking I'm heartless	1
I know you're thinking I'm cold	1
I'm just protecting my innocence	1
I'm just protecting my soul	1
TOTAL	32

TABLE 2. The data from Google Form of question 1

Type of questions	Responses			
In your opinion, what is the feeling or mood contained in the song?	Sad	Relax	Hoping	Others
	86,1%	0%	8,3%	5,6%

TABLE 3. The data from Google Form of question 2

Type of questions	Responses			
In what part do you feel that feeling in the song?	Opening	Middle	Closing	All parts
	27,8%	19,4%	2,8%	50%

TABLE 4. The data from Google Form of question 3

Type of questions	Responses			
What are your feelings when listening to the song?	Sad	Relax	Ordinary	Others
	58,3%	19,4%	16,7%	5,6%

TABLE 5. The data from Google Form of question 4

Type of questions	Responses	
Do you agree that the song is about heartbreak?	Yes	No
	94,4	5,6%

TABLE 6. The data from Google Form of question 5

Type of questions	Responses			
What do you think makes the song sound sad or impressed with a broken-hearted genre?	Song lyrics	Music that accompanies it	Video clip	Others
	75%	8,3%	13,9%	2,8%

TABLE 7. The data from Google Form of question 6 and 7

Type of questions	Responses
Do you think the song can represent the feelings of people who are heartbroken?	<ol style="list-style-type: none"> 1. The music that accompanies it, the song seems sad and represents the feelings of people who are heartbroken. But the lyrics state that someone is trying to move on from heartbroken. 2. In my opinion, it is not a broken-hearted song but a person's hope to break away from his current relationship because it is considered "toxic relationship" 3. Yes. Because according to the lyrics of the song, the song depicts someone who is sad because he feels shunned / left by his lover 4. Yes, because the song tells about how people try to stay away from someone, they care about for one reason or another 5. Yes. Lyrics and video clips explain to someone who is heartbroken, maybe it can also be felt by listeners who are or have felt the same way. 6. Maybe. In my opinion, this song can represent people who have been immune to hurt by their partners. 7. It could be yes. The lyrics are written with broken hearts. Sam Smith brought the song also with a good deepening.

8. Yes, because the song has lyrics that describe how someone is heartbroken, how someone gives up and how when he thinks goodbye is the best thing.
 9. Maybe, but everyone has a response to their feelings, depending on his mood when listening to the song.
 10. Of heartbreak because in fact it can be broken in many ways.
 11. Yes, this song describes the feelings of people who are heartbroken because the singer is aware of his innocence, but along with everything that happened he knew that all this time surviving was the wrong thing and if he remembered then he was getting hurt. But on the other hand, this song also inspires people who are injured because of their partner's selfish actions to get up and learn from existing problems. The more hurt we should be the stronger. When left, we are also ready because the trauma actually strengthens the soul that was originally innocent and surrendered to the existing relationship.
 12. I think the song can represent the feelings of people who are heartbroken. The lyrics of the song are very deep, because feelings that are difficult to express can be represented through a lyric.
 13. Yes, because those broken hearts sometimes have their own trauma to their stories in the past. So starting from this song, they or he wants to try not to feel broken heart again and try to protect their hearts and themselves from being hurt once more with the other love offered to him, even though they love each other, approach each other.
 14. Yes, because the song explains about feelings of sadness and having to part because of a reason.
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Do you think sad songs can affect the listener in one round?

1. Maybe. When we are sad but buried with laughter, then suddenly a sad song is heard, the song will arouse the sadness that has been tried to cover it up.
 2. Not necessarily. Maybe it takes 2-3 times a round.
 3. Can have a direct effect, especially if the lyrics and musical accompaniment support an event that is fact.
 4. No, it takes 2x or more to give effect to the listener
 5. Not because the listener must digest the meaning of the song from both the lyrics and the music. However, if the listener already knows the purpose of the song it can affect because we are sad then listening to a sad song that we have heard or already understand the meaning of the song, can increase our emotional feelings that can cry.
 6. Yes, right. Everyone listens to the song, he will enjoy the lyrics and the music, if it's a confused song then someone will feel confused too when hearing the song
 7. Not often. Depending on the mood of the listener and the genre that is delivered. Many songs with sad lyrics use a cheerful genre. But if the listener is sad and listens to the song with a sad instrument and he understands the meaning of the song, then once he hears the song, it has an effect on the listener.
 8. Maybe in listening to a song, someone will be more interested in listening to the melody before understanding the sad meaning in the lyrics. And for the effect, depending on the individual, sometimes there is someone who will be more relieved when listening to sad songs, but sometimes there are those who think if it has no effect, sad songs are only a means of transferring feelings.
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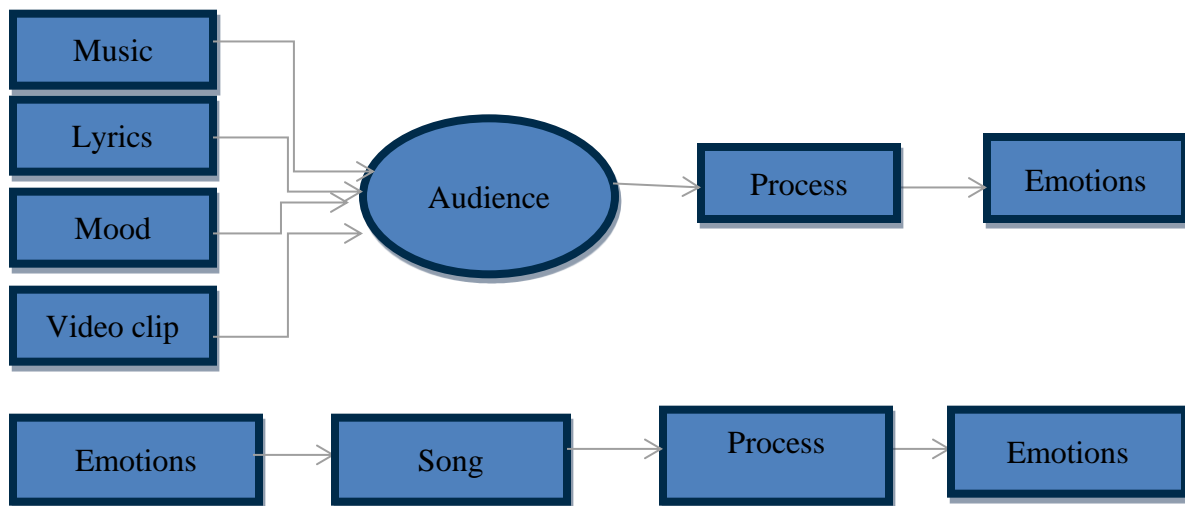
9. No, in my opinion a sad song is the right song to represent a mood that is restless, restless or heartbroken, so that it will make the listener ring.
 10. Yes, but the accompaniment will over dominate the mood of the song, sad or happy. I feel when there is a song that I have not heard, it is more focused on the accompaniment of the tone of the song. With the meaning of the song
 11. No, because usually someone who is feeling broken heart and find a song that suits his feelings at the time, he will listen to the song repeatedly. Because by listening to a troubled song, someone can also be encouraged to reflect on themselves through positive values taken from the song being listened to. Listening to confusion also has the potential to regulate negative moods and emotions, thereby generating positive feelings such as peace.
 12. Yes, if the song is in accordance with the situation of the listener, the listener will dissolve in the song and even play the song many times because the song is considered to represent his current feelings.
 13. In my opinion, if the song is really sung, it is filled with feelings supported by lyrics, accompanying music, and video clips that support the message of a sad song will be conveyed to the listener even if only in a few rounds.
 14. Depends on hearing. If the listener feels comfortable with his mood or with the stories in the sad songs, they might have an effect in one play. But this sometimes does not apply to some listeners who are not sensitive or appreciate the meaning of the song, or can be called just a connoisseur of the song. So, they just love listening to the song. After a few turns, they will realize the effect on their lives.
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DISCUSSION

The table also shows if there are some emotions that can arise when listening to songs that tend to be sad. Respondents felt feelings of disappointment, worry, anger, regret, sadness and hope when listening to sad songs. Some of them said that feelings arising from sad music can evoke sad memories or seem hard to forget. This statement proves that songs with the sad genre can represent the feelings of the listeners.

In the table above, the researcher found that most of the students who filled out the questionnaire agreed that listening to the song had a profound effect on the emergence of emotions in the soul. Sad music in this context serves as a nerve trigger that evokes emotions. This is in accordance with the theory put forward by Sloboda and Juslin (2001) states that music can induce emotions in its listeners and is perceived by listeners as expressive of emotion. However, there are students who think that disagreeing about sad music can trigger emotional feelings.

There are several reasons why they can issue the statement. They have not experienced the events or storyline of the song, the influence of environmental conditions and mood conditions when listening to a song are some of the reasons a person cannot be influenced by songs with sad genres. Song is one of the suggestions to express one's feelings. When someone is feeling sad then listening to a sad song is one way to express their feelings. Most sad songs can be enjoyed and can trigger emotions. There are a number of things why sad songs can trigger emotion. The music, song lyrics and video clips are triggers for emotions for the listener.



CONCLUSION

From the discussion that has been delivered, it can be concluded that sad songs can trigger emotion. A song will be enjoyed by every listener if the singer can convey the emotions in the song well. In addition, the melody, song lyrics and video clips must also support so that a song can convey a message properly. This is because the song is one means to convey emotion for everyone who hears it. Environment, mood, the experience of the listener are the reasons for song listeners who cannot receive emotional messages.

However, for those who cannot feel the emotions have their own reasons. The environment, and need several times to hear the music is their factor. They think that, they need several times to

feel the music and replay again the music so that they can feel the emotions. On the other words, the environment plays a lot of figure. Some participants argued that, when they listen to the music in the crowded area, they cannot focus to hear that.

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Appendix

"Too Good at Goodbyes"

You must think that I'm stupid
You must think that I'm a fool
You must think that I'm new to this
But I have seen this all before

I'm never gonna let you close to me
Even though you mean the most to me
Cause every time I open up, it hurts
So I'm never gonna get too close to you
Even when I mean the most to you
In case you go and leave me in the dirt

But every time you hurt me, the less that I cry
And every time you leave me, the quicker these tears dry
And every time you walk out, the less I love you
Baby, we don't stand a chance, it's sad but it's true

I'm way too good at goodbyes
(I'm way too good at goodbyes)
I'm way too good at goodbyes
(I'm way too good at goodbyes)

I know you're thinking I'm heartless
I know you're thinking I'm cold
I'm just protecting my innocence
I'm just protecting my soul

I'm never gonna let you close to me
Even though you mean the most to me
Cause every time I open up, it hurts
So I'm never gonna get too close to you
Even when I mean the most to you
In case you go and leave me in the dirt

But every time you hurt me, the less that I cry
And every time you leave me, the quicker these tears dry
And every time you walk out, the less I love you
Baby, we don't stand a chance, it's sad but it's true
I'm way too good at goodbyes
(I'm way too good at goodbyes)
I'm way too good at goodbyes
(I'm way too good at goodbyes)

No way that you'll see me cry
(No way that you'll see me cry)

I'm way too good at goodbyes
(I'm way too good at goodbyes)
No, no, no, no, no
(I'm way too good at goodbyes)
No, no, no, no
No, no, no
(I'm way too good at goodbyes)
(No way that you'll see me cry)
(I'm way too good at goodbyes)

'Cause every time you hurt me, the less that I cry
And every time you leave me, the quicker these tears dry
And every time you walk out, the less I love you
Baby, we don't stand a chance, it's sad but it's true
I'm way too good at goodbyes