

Self-Acceptance In The Song “This Is Me”: A Psychological Analysis

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Abstract

This study aims the depiction of self-acceptance in the lyrics of the song "This Is Me" as a reflection of personal experiences in managing social pressure. This study examines the manifestations of self-acceptance in the song's lyrics, elucidates the psychological processes individuals encounter, and reveals the social significance conveyed through the song. This study utilizes a qualitative methodology featuring a descriptive text analysis framework, underpinned by library research. The primary data comprises the lyrics of the song "This Is Me," whilst the secondary data is sourced from books, scientific journals, and academic articles on literary psychology and the notion of self-acceptance. Data collecting methodologies encompass auditory observation, note-taking, and documentation. The data were subsequently examined with the qualitative data analysis framework established by Miles, Huberman, and Saldana, encompassing data condensation, data presentation, and conclusion formulation. The study's findings demonstrate that self-acceptance in music manifests across several dimensions, including resistance to societal pressure, affirmation of self-identification, emotional transformation, recognition of self-worth, and integration of identity. The song lyrics indicate that self-acceptance is not an immediate state, but a psychological process that evolves through experiences of stigma, discrimination, and societal rejection.

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1. Introduction

Literature is a kind of human expression that utilises language as its primary medium for conveying ideas, feelings, and life experiences (Sukirman, 2021). Authors can depict various aspects of human existence through literary forms such as novels, short stories, poetry, and plays, embracing societal realities, cultural ideals, and personal perspectives on phenomena. Literature serves not just as entertainment but also profoundly mirrors societal realities and conveys criticism and moral lessons regarding many social situations (Mafiroh & Purwanto, 2025). Literary works often portray complex human experiences, encompassing social relationships, identity, conflict, and societal change. The analysis of literary works is essential as it assists readers and researchers in understanding the meanings embedded in the text and in examining how literature depicts and interprets human experience (Al-Ma'ruf & Nugrahani, 2017). In addition to textual forms such as novels, short stories, poems, and plays, literature can also be expressed in works that include musical elements, such as songs. Song lyrics are words arranged creatively to convey a specific message, emotion, or experience (Fanani & Malikha, 2025). Song lyrics frequently mirror poetry through their distinctive diction and stylistic elements (Dzikri et al., 2026). Thus, songs serve not only as entertainment but also as a literary form that encapsulates artistic value and meaning, warranting investigation.

Furthermore, song lyrics often reflect several aspects of human existence, encompassing emotions such as love, sorrow, ambition, social critique, and the personal experiences of their creators (Nurkhasanah et al., 2025). Song lyrics utilise poetic and expressive language to articulate emotions and social realities that resonate with listeners' experiences (Subandrio et al., 2026). Thus, songs function as a powerful medium for conveying messages and deeply illustrating human experiences (Azzahra et al., 2024). In modern literary

studies, song lyrics are considered texts that illustrate a range of social and psychological issues faced by individuals (Ramadhina et al., 2026).

A prevalent motif in musical compositions is self-identity and the quest for self-acceptance. This topic is relevant because individuals often face various demands, standards, and assessments in social environments. Such circumstances influence an individual's self-concept, especially when they view themselves as deviating from conventional standards. Under these conditions, the concept of self-acceptance is crucial for understanding how individuals see their identity and existence amidst social restrictions (Wijaya et al., 2025).

Self-acceptance is a psychological concept that signifies an individual's ability to acknowledge their own identity, recognising both their strengths and weaknesses without feeling shame or guilt about their intrinsic character (Fadila, 2021). Self-acceptance does not indicate the end of personal development; rather, it involves self-awareness and a positive self-perception while continuously striving for self-improvement (Wijaya et al., 2025). A strong sense of self-acceptance allows an individual to understand themselves more genuinely and to appreciate their life experiences. Psychological studies frequently associate self-acceptance with psychological well-being, self-confidence, and an individual's capacity to manage social constraints to preserve mental health (Sakinah et al., 2024). In social contexts, not all persons may readily attain self-acceptance, particularly in circumstances that consistently impose stigma, discrimination, or adverse judgments concerning differences (Audina & Tobing, 2023). Individuals deemed different—whether due to physical condition, social history, or other identity facets—frequently encounter pressure to adhere to dominant society norms. Such events can affect an individual's self-perception and may lead to diminished self-confidence.

This study analyzes the song "This Is Me" through the lens of self-acceptance as its central premise. Self-acceptance is a fundamental aspect of humanistic psychology, highlighting its significance as a marker of psychological well-being (Hanantaqiya & Pradana, 2025). Self-acceptance signifies an individual's ability to acknowledge their complete self, encompassing both strengths and weaknesses, without rejecting their identity (Salim et al., 2025). Individuals with high self-acceptance typically uphold a positive self-image and demonstrate improved resilience in navigating social challenges (Salsabila et al., 2026). This study uses a literary analysis methodology to examine music lyrics as texts. Modern literary studies consider song lyrics a poetic genre rich in symbolic and expressive meaning (Sembiring, 2026). Thus, analysing the diction, style, and social context of song lyrics is crucial for understanding the message the songwriter intends to convey (Rosdiana & Putri, 2022). This methodology allows the researcher to examine the portrayal of self-acceptance through the linguistic components in the song "This Is Me." Furthermore, this study links the concept of self-acceptance to the identities of marginalised groups. Goffman (1963) asserts that individuals who diverge from societal standards often face stigma and discrimination, which can shape their self-identity. In this context, self-acceptance is an essential process for individuals to dismiss societal negative labels and cultivate a more affirmative identity. This theoretical framework enables the study to examine how the song "This Is Me" illustrates an individual's struggle for self-acceptance amid societal pressures.

In light of this context, this study presents the following research question: How is self-acceptance depicted in the lyrics of the song "This Is Me" as a reflection of personal experiences in managing social pressure? This study examines the portrayal of self-acceptance in the song "This Is Me," identifies expressions of marginalized group identities, and elucidates the meanings embedded in the song's lyrics. This study aims to elucidate how musical compositions function as a vehicle for social and psychological reflection, while also enhancing literary studies, especially in the examination of song lyrics as embodiments of human experience.

This study pertains to the Sustainable Development Goals (SDGs), specifically Goal 16: Peace, Justice, and Strong Institutions, which underscores the need to foster an inclusive, equitable, and non-discriminatory society (Hammar & Lurmas, 2025). The matter of self-acceptance is essential as it pertains to how individuals address social stigma and champion acknowledgment of their individuality. This objective emphasizes the need to foster an inclusive society free of discrimination while championing social justice. The theme of self-acceptance presented in the song "This Is Me" is pertinent to the stigma and inequitable treatment individuals, particularly those from marginalized groups, encounter in social contexts.

The song "This Is Me" symbolizes an individual's effort to dismiss detrimental labels and affirm their identity amidst societal pressure. This message supports initiatives that foster a more harmonious and

inclusive society, where every individual is entitled to acceptance free of discrimination. This study aims to enhance knowledge of social justice, acceptance of variety, and respect for individuals by elucidating the meaning inherent in the song, thereby contributing to the establishment of a fairer and more sustainable society.

2. Method

1. Research Design

This study utilizes a qualitative methodology, which seeks to achieve a profound comprehension of phenomena through the interpretation of meaning, rather than through quantitative measurements or statistical analysis (Ardiansyah et al., 2023). This technique emphasizes understanding the background, experiences, and values inherent in a subject of study, thereby allowing researchers to gain a thorough knowledge (Waruwu, 2024). This study employs a qualitative approach utilizing a descriptive text analysis strategy, supplemented by library research methods. This approach entails collecting and analyzing data from diverse written sources, including books, scientific journals, and relevant articles (Assyakurrohim et al., 2022). This study examines the lyrics of the song "This Is Me" from the film *The Greatest Showman* and their depiction of self-acceptance. The researcher analyzes the psychological significance of the song's lyrics, including emotions, internal conflicts, and the journey of self-acceptance. This study theoretically utilizes a literary psychology approach, viewing literary works as manifestations of an individual's psychological condition. This study aligns with Sustainable Development Goal (SDG) 16, which underscores the significance of an inclusive, equitable, peaceful society and promotes self-acceptance to cultivate a more tolerant social climate.

2. Data and Data Source

The primary data in this study comprises the lyrics of the song "This Is Me," performed by Keala Settle and featured in the film *"The Greatest Showman."* The lyrics were chosen for their potent message regarding self-acceptance and the challenges individuals face when confronting stigma and social rejection. The investigated data encompasses words, phrases, sentences, and metaphorical expressions that illustrate facets of self-acceptance. The principal data source comprises song lyrics acquired from an official source, whilst the secondary data sources include diverse academic literature, such as books, scientific journals, and articles pertinent to the notions of self-acceptance and literary psychology theory. The film's backdrop serves as a supplementary resource to enhance comprehension of the emotional foundation of the song lyrics.

3. Data Collection Technique

This study employs data collection methods such as auditory observation, note-taking, and documenting. The listening technique involved meticulously analyzing the lyrics of the song "This Is Me" to comprehend the substance and underlying meaning. Additionally, the note-taking method entailed documenting and emphasizing sections of the lyrics pertinent to the concept of self-acceptance, including expressions of self-acceptance, bravery in confronting negative evaluations, and affirmations of self-identity. The documentation technique entails collecting and preserving data, including song lyrics and other written materials that substantiate the research, such as books, scientific journals, and pertinent academic publications (Sari et al., 2025). The integration of these three methodologies renders the data more systematic, structured, and maximally supportive of the analytical process, while also maintaining academic validation that is substantiated academically.

4. Data Analysis

This study employs the qualitative data analysis paradigm established by Miles, Huberman, and Saldana (2014). The initial phase entails data collection, including the compilation of song lyrics and pertinent reference materials on self-acceptance. The second stage involves data condensation, a process of choosing, concentrating, and simplifying data pertinent to the psychological elements in song lyrics (Suwarno, 2023). At this stage, the researcher categorizes the data according to distinct themes that illustrate the process of self-acceptance. The third stage entails data presentation, which involves carefully structuring the studied song lyric extracts and correlating them with literary psychology theory. The concluding phase entails drawing inferences and validation, encompassing interpreting the data's significance and confirming the analysis's validity through data examination and theoretical support. This analytical method is often performed thoroughly to ensure that the research findings adequately represent the dynamics of self-acceptance shown in the songs. The analysis is methodical, rational, and produces results that are credible and scientifically justifiable.

3. Results

An analysis of the lyrics in the song "This Is Me" yielded many findings pertinent to the research question: "How is self-acceptance depicted in the lyrics of 'This Is Me' as a reflection of individuals' experiences in managing social pressure?" This analysis seeks to identify manifestations of self-acceptance, elucidate the psychological processes encountered by individuals, and reveal the societal significance embedded in the song. The words of the song encompass topics that illustrate the phases of self-acceptance, from battling stigma to asserting one's individuality. This study produced nine lyric passages illustrating self-acceptance, which the researchers further categorized into nine theme groups based on recurring patterns of meaning identified in the song.

The lyrics promote self-identity through explicit declarations such as "This is me" and "This is who I'm meant to be," signaling self-acceptance. Secondly, the phrases "I know that I deserve your love" and "there's nothing I'm not worthy of" convey an affirmation of self-worth, illustrating an awareness of one's intrinsic value. Third, the lyrics elucidate social pressure manifested through rejection and stigma, which is subsequently confronted with a stance of defiance, as exemplified by the line "I won't let the shame sink in." Fourth, a transformation in emotional state is apparent, transitioning from a feeling of vulnerability to one of bravery, as indicated by the line "This is brave, this is bruised." Fifth, the song's lyrics also convey a collective aspect through the use of the term "we," as in "we are glorious" and "we are bursting through the barricades," signifying that the journey of self-acceptance encompasses not only the individual but also the community. The findings are structured according to recurring thematic patterns evident in the song's lyrics.

Tabel 1. Lyric Classification

No.	Lyrics	Explanation	Type
1.	"I won't let them break me down to dust".	Maintaining self-respect in the face of social pressure. Individuals refuse to be broken by criticism, stigma, or rejection.	Psychological resistance
2.	"When the sharpest words wanna cut me down. I'm gonna send a flood, gonna drown 'em out".	Describes how a person deals with negative comments. Self-acceptance enables individuals to protect themselves emotionally and not be easily swayed by others' judgments.	Coping mechanism
3.	"I'm not scared to be seen".	Showing the courage to be yourself in front of others. This is important for self-acceptance because it helps you stop feeling ashamed or afraid of social judgment	Self-actualization
4.	"I make no apologies, this is me".	A strong sense of self-acceptance. No longer apologizing for who they are. This indicates that the individual has freed themselves from the pressure to conform to others' expectations.	Self-acceptance
5.	"This is who I'm meant to be".	It reflects an acceptance of one's identity as a valid and "destined" form. There is an element of affirmation that one's self is worthy and rightfully exists.	Recognition of identity

No.	Lyrics	Explanation	Type
6.	"This is who I'm meant to be, this is me".	Full acceptance of one's identity without rejection.	Self-integration
7.	"And I know that I deserve your love".	Showing the awareness that you are worthy of love.	Self-worth
8.	"There's nothing I'm not worthy of".	A strong form of self-affirmation. The individual recognizes their own worth and value.	Self-empowerment
9.	"This is me".	The essence of self-acceptance. This phrase reflects a complete acceptance of oneself, without denial and without hiding one's flaws. Individuals no longer try to be someone else in order to meet social standards.	A declaration of identity

4. Discussion

The research findings reveal that the notion of self-acceptance in the nine lyrics of the song "This Is Me" is expressed through multiple dimensions, including the affirmation of self-identity, defiance against societal pressure, and the emotional evolution from shame to self-confidence. These findings suggest that self-acceptance functions not just as a motif but also as the essential foundation for extracting the song's intrinsic meaning. These results should not be regarded merely as descriptive data; rather, they necessitate profound interpretation to investigate the essential questions of this discourse: the depiction of self-acceptance in these lyrics and the implications that can be drawn from this depiction within psychological and social contexts. This section examines the development of self-acceptance, the factors that affect it, and its implications for comprehending personal identity.

In the song "This Is Me," self-acceptance is portrayed not as an immediate state, but as the result of a complex, extended psychological journey. The method suggests that self-acceptance is not an innate characteristic, but a quality that individuals must develop through experience and reflection. This process begins with an internal struggle triggered by social pressures, such as rejection, prejudice, and society's expectations that conflict with an individual's situation. This conflict serves as a crucial catalyst; without tension between the self and the environment, the need for self-acceptance may not emerge significantly. Thus, self-acceptance may signify a response to experiences of exclusion. Individuals who view themselves as atypical or nonconformist to societal standards may endure increased psychological stress compared to those considered "normal" by society. This pressure often leads to feelings of insecurity, reduced self-esteem, and self-rejection. Listeners frequently perceive self-acceptance in this song as an individual's effort to adapt to societal pressures, such as judgments, expectations, or stigma within their surroundings. This process demonstrates that humans do not only passively accept themselves; instead, they actively construct their psychological states. In this context, self-acceptance involves not only internal processes such as self-awareness and self-reflection but is also profoundly influenced by external factors, including the social environment, life events, and the individual's reactions to external influences.

Lyrics Interpretation

The researcher analysed the nine lyrics in the aforementioned table in greater detail to clarify the many manifestations of self-acceptance depicted in each. The researcher intentionally structured the readings to illustrate the relationship between the meanings inside the songs and the journey of personal self-acceptance.

1. Psychological Resistance

Lyric: "I won't let them break me down to dust".

These lyrics represent a resistance to cultural influences that seek to diminish or eradicate an individual's identity. The individual actively opposes unwelcome evaluations from their environment, no longer passively accepting stigma. The researcher says that the individual is beginning to establish their self-worth amongst social pressure. This disposition does not emerge suddenly, but rather as a response to previous psychological challenges, such as rejection, diminishment, or social ostracism. In this context, individuals recognise resistance as an initial manifestation of self-awareness, when they start to delineate the boundaries between themselves and other stimuli. From a literary psychology standpoint, these songs depict the psychological dynamics of an individual striving to protect their individuality from the harmful structures imposed by their environment.

2. Coping Mechanism

Lyric: "When the sharpest words wanna cut me down. I'm gonna send a flood, gonna drown em' out".

These lyrics illustrate a person's reaction to derogatory comments or criticism from others. The phrase "sharpest words" denotes significant emotional distress, but the response "drown 'em out" illustrates a deliberate effort to mitigate that distress. The individual is no longer merely enduring; they begin to develop ways to manage emotions as they arise. This technique signifies that the individual has recognised their psychological state and is endeavouring to sustain their equilibrium. This section delineates the emotional regulation process within the framework of literary psychology. The lyrics serve as a medium for expressing the individual's response to internal pressure, allowing readers or listeners to understand that emotional experience more deeply.

3. Self-Actualization

Lyric: "I'm not scared to be seen".

These lyrics exemplify an individual's courage in disclosing their authentic self to others. The individual no longer feels fear or embarrassment about social criticism and begins to embrace self-acceptance openly. This modification indicates a significant shift from the previous state. The individual previously avoided self-expression owing to fear of judgment; now, they begin to express their identity without fear. This growth indicates that the process of self-acceptance is transitioning from an internal phase to an exterior phase. Indicates that the process of self-acceptance is transitioning from an internal stage to an exterior stage. This metamorphosis denotes personality development expressed through language in the lyrics, as internal experiences are communicated with greater candour.

4. Strong Self-Acceptance

Lyric: "I make no apologies, this is me".

These songs encapsulate a deep sense of self-acceptance, when the individual no longer feels compelled to apologise for their individuality. This shift indicates that the individual has freed themselves from the necessity to conform to societal norms. At this point, the individual not only accepts their distinctiveness but also demonstrates unwavering self-confidence. The refusal to apologise indicates that the individual has surpassed the phase of doubt and psychological distress previously experienced. This condition indicates that self-acceptance has progressed to a more sophisticated level, in which the individual may assert their identity without reliance on external validation.

5. Recognition of Identity

Lyric: "This is who I'm meant to be".

These lyrics demonstrate the recognition of one's identity as legitimate and meaningful. The individual ceases to question their identity and comes to accept it as an inherent facet of their existence. This acknowledgement indicates that the individual has participated in deep self-reflection. They no longer view themselves as beings in need of modification to conform to conventional standards, but instead acknowledge their intrinsic value. This exemplifies how humans extract self-meaning from internal experiences, and express it in the lyrics. The lyrics serve as a symbolic vehicle to communicate this comprehension.

6. Identity Integration

Lyric: "This is who I'm meant to be, this is me".

These lyrics suggest identity integration, a state in which an individual has harmonised their internal and external identities. The repetition of the phrase "this is me" emphasises the lack of discord between their identity and their outward expression. This integration represents a condition of internal equilibrium. Internal sensations now align with external expressions. This condition indicates that the individual has ceased to experience the identity conflict that may arise from societal pressure. This process signifies that self-acceptance has reached a deeper level, enabling the individual to be genuine without the necessity to conform to external standards.

7. Self-Worth

Lyric: "And I know that I deserve your love".

These words express an acknowledgement of the individual's inherent deservingness of affection and admiration. This understanding arises from the previous stage of self-acceptance. The individual recognises that external evaluations do not define their self-worth; it emanates from within. This metamorphosis illustrates that individuals consciously alter their self-perception from dependence on external validation to fostering enhanced emotional autonomy. This metamorphosis indicates that individuals transition their self-perception from dependence on external validation to enhanced emotional autonomy. This modification indicates the person's inward transformation, as expressed through the poetic language. Clear assertions condense complex emotional experiences into expressions of considerable significance.

8. Self-Empowerment

Lyric: "There's nothing I'm not worthy of".

These lyrics represent a more powerful manifestation of self-affirmation. The individual recognises their inherent worth and asserts that nothing disqualifies them. This statement demonstrates considerable self-confidence and the person's capacity to uphold a positive self-image in the face of societal pressures. This affirmation functions as a psychological safeguard, aiding the individual in consciously reinforcing their resolve to avert the reemergence of negative feelings. This condition demonstrates that individuals not only passively embrace themselves but also actively maintain such self-acceptance.

9. Declaration of Identity

Lyric: "This is me".

These lines embody the core of the self-acceptance journey. This sentence exemplifies total self-awareness without of denial or ambiguity. This concise statement captures the climax of an individual's psychological journey upon achieving alignment between their interior feelings and exterior expressions. The inclination to imitate others or to conform excessively to cultural norms has diminished. This remark represents the pinnacle of illustrating an individual's subjective experience in literary psychology. These lines signify the individual's victory in navigating several stages of struggle, ultimately achieving complete self-acceptance.

The above interpretations suggest that each stage leads to an awareness of self-worth, an essential element of self-acceptance. Individuals who have attained self-acceptance are inclined to view themselves as worthy of respect and affection. This approach indicates that self-acceptance includes both acceptance and self-respect. In this song, self-acceptance is viewed as a transforming progression from self-rejection to self-respect. The song depicts self-acceptance as a transforming progression from self-rejection to self-respect. The culmination of this process is identity integration, a condition in which the individual no longer perceives a conflict between their own self and their projected persona. Lyrics such as "This is me" illustrate how individuals deliberately synchronise their internal feelings with their external identities. At this point, self-acceptance emerges as complete self-affirmation, when the individual no longer feels compelled to apologise for their identity. This integration indicates that the process of self-acceptance has reached a mature stage. Subsequent analysis reveals that self-acceptance in the song "This Is Me" comprises two principal dimensions: internal and exterior. The internal component pertains to psychological processes, including inner conflict, self-reflection, emotional regulation, and identity formation. The external dimension concerns cultural pressures, stigma, and customs that influence individuals. These two dimensions are interrelated, as they mutually influence the formation of self-acceptance.

This interpretation can be elucidated through the literary psychology paradigm utilised in this study. Literary psychology views literary works as reflections of psychological states, thereby facilitating the examination of song lyrics as representations of an individual's psychological experiences. Within the framework of humanistic psychology, self-acceptance is an essential prerequisite for achieving mental well-being. Individuals who fully accept themselves typically have a positive self-concept and can navigate social pressures more effectively. Furthermore, Goffman's stigma theory provides a relevant framework for understanding these findings. Individuals perceived as different frequently encounter unfavourable labelling that might influence their self-perception. In this context, self-acceptance serves as a form of resistance to the stigma. Individuals reject negative labels and instead foster a more positive identity based on self-perception. This condition signifies that self-acceptance has a substantial social dimension, relating to an individual's responses to repressive societal structures.

To validate this interpretation, it is crucial to compare the portrayal of self-acceptance in the song "This Is Me" with other thematically similar songs, such as "Who You Are" by Jessie J. In that piece, self-acceptance also emerges as a response to societal pressure, albeit with a different emphasis. Lyrics such as "don't lose who you are" imply that the person is consciously maintaining their identity. This contrasts with "This Is Me," which suggests that the individual has reached a stage of identity assertion. The expression "it's okay not to be okay" implies that the person in "Who You Are" continues to experience emotional instability while starting to accept this state as a fundamental component of their identity. These remarks emphasise that the path to self-acceptance does not require perfection; rather, it can commence with the acknowledgement of imperfection. This suggests that self-acceptance in the song is more reflective and introspective. Lyrics like "you must simply relinquish it" and "why do I subject myself to this?" illustrate an ongoing internal conflict. The individual persists in self-reflection and endeavours to release the burdensome pressure. This indicates that self-acceptance in "Who You Are" is a continuous pursuit rather than an endpoint. Thus, the song emphasises the journey of self-acceptance rather than its achievement.

"This Is Me" and "Who You Are" represent two distinct stages in the process of self-acceptance. The song "Who You Are" depicts the initial stage marked by conflict, ambiguity, and the search for identity, whilst "This Is Me" represents the advanced stage characterised by affirmation, courage, and the integration of identity. This distinction demonstrates that self-acceptance is a fluid, progressive process, rather than a static condition.

These findings suggest that both internal characteristics and social contexts affect self-acceptance. In the song "This Is Me," the sentiment of exclusion is a pivotal factor driving the evolution of self-acceptance. This indicates that societal pressure can be both harmful and a catalyst for individuals to develop a stronger sense of identity. This study demonstrates that song lyrics can proficiently express an individual's psychological feelings. A literary psychology approach facilitates an in-depth examination of the meanings embedded in lyrics, thereby providing a more comprehensive understanding of an individual's emotional dynamics. This demonstrates that literary works profoundly mirror psychological and social realities. This study also rectifies shortcomings in previous research, which mostly focused on self-acceptance as an individual phenomenon, overlooking the social context. This study offers a comprehensive view of self-acceptance by integrating psychological and social aspects, emphasising its intricacy.

This study demonstrates that self-acceptance is essential for individuals and society. Comprehending self-acceptance may alleviate stigma and improve awareness of the importance of respecting differences. Furthermore, songs like "This Is Me" can act as a medium for introspection, encouraging individuals to improve their self-awareness. Thus, self-acceptance in the song "This Is Me" is depicted not merely as a theme but as a psychological process that develops via experiences of conflict and social pressure, ultimately leading to a profound self-acceptance. This depiction illustrates that self-acceptance does not arise abruptly, but it cultivates through the interplay of an individual's internal experiences and external societal situations. This research concludes that self-acceptance in the song embodies a profound significance, representing individual resilience in confronting adversity while also striving to preserve one's identity. This song embodies personal experiences while also illustrating the greater truth of how individuals confront self-acceptance among intricate social expectations.

5. Conclusion

The research findings indicate that the representation of self-acceptance in the song "This Is Me" depicts self-acceptance as a psychological process shaped by experiences of social pressure, stigma, and

identity rejection. The song's lyrics portray an individual's confrontation with societal negativity while also demonstrating a transformation from fear and uncertainty to the bravery of self-acceptance. This representation manifests in resistance to social pressure, affirmation of identity, awareness of self-worth, and a proclamation of self-acceptance encapsulated in the phrase "This is me". Individuals can interpret self-acceptance in this song as a form of fortitude in preserving their identity in the face of societal expectations, alongside a journey toward attaining self-respect. This song not only embodies personal experiences but also illustrates how marginalized individuals seek respect and acceptance within society.

Recommendation

This study's findings suggest that future researchers should investigate the representation of self-acceptance through alternative subjects, such as films, novels, or songs with analogous themes, to achieve a more comprehensive understanding of the self-acceptance process across diverse literary and media forms. Moreover, subsequent studies should incorporate other theoretical frameworks, such as social psychology or semiotics, to facilitate a more comprehensive and nuanced examination of the concept of self-acceptance.

Recommendations aim at the public, especially the youth, to cultivate an appreciation for diversity and to prevent the stigmatization of those perceived as different, thus fostering a more inclusive social environment that facilitates individual self-acceptance. The song "This Is Me" serves as a vehicle for individuals to engage in introspection and learn about the significance of self-acceptance, particularly in the context of social pressure and adverse judgments from their environment.

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