

## **SEMIOTICS ANALYSIS OF THE MEANING OF MENTAL HEALTH MOTIVATION IN SONG LYRICS 00:00 ZERO O'CLOCK BY BTS**

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### **Abstract:**

This study discusses the meaning of mental health motivation in the lyrics of the song Zero O'Clock. This study aims to focus on knowing how the meaning of mental health motivation is described in the lyrics of the song Zero O'Clock by BTS. To find out the representation of the meaning of mental health motivation in the song Zero O'Clock by BTS, the researchers used qualitative research methods. The data obtained were then analyzed using the semiotic approach of Roland Barthes' model by clarifying the terms in the lyrics of verse one to verse 4. The results showed that the song Zero O'Clock has the meaning of health motivation to entertain listeners and heal the mind according to their situation. At first everyone felt tired of their activities and felt left behind from others to the point of hating the world. However, at 00:00 is a new beginning, hopefully tomorrow will be happier and stop thinking about bad things. Pray and smile proudly for having a great day through a tough day.

**Keywords:** *Song Lyrics Representation, Mental Health Motivation, BTS*

### **Introduction**

Music is the sound or effect of something captured by the listener's senses. Music can be used by humans as a place to pour feelings and self-expression, so music can be said to be a form of representation of feelings<sup>1</sup>. Music is formed through the accompaniment of a musical instrument or a combination of diverse musical instruments so as to be able to create a cohesive rhythm and produce beautiful sounds that can be enjoyed by the human senses<sup>2</sup>. The functions of music are diverse ranging from entertaining, relieving stress, therapy or treatment, a means of preaching and others<sup>3</sup>.

Music can be enjoyed even more when combined with a combination of lyrics that are compatible with the music performed. The combination of music and

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<sup>1</sup> Jääskeläinen, Tuula. "“Music is my life”: Examining the connections between music students' workload experiences in higher education and meaningful engagement in music." *Research Studies in Music Education* (2022): 1321103X221104296.

<sup>2</sup> Escarce Junior, Mário, et al. "A Meta-interactive Compositional Approach that Fosters Musical Emergence through Ludic Expressivity." *Proceedings of the ACM on Human-Computer Interaction* 5.CHIPPLAY (2021): 1-32.

<sup>3</sup> Granot, Roni, et al. "“Help! I need somebody”: music as a global resource for obtaining wellbeing goals in times of crisis." *Frontiers in psychology* 12 (2021): 648013

lyrics can be called a song. The lyrics in the song are made as a form of representation of the feelings of a poet as well as the poet's imagination written through deep appreciation<sup>4</sup>. Lestari et al. stated that song lyrics are a place for the author as a representation of the poet's heart, but through song lyrics can also be used as a communication medium<sup>5</sup>. This is included in one of the functions of literature as communication with listeners or readers.

Song lyrics are verbal symbols created by humans. Humans are creatures that know how to react, not only to their physical environment, but also to the symbols they make themselves. Song lyrics are a person's expression about something they have seen, heard or experienced. In expressing his experience, the songwriter plays with words and language to create attraction and uniqueness to his lyrics or poetry<sup>6</sup>. This language game can be in the form of vocal games, language style or distortion of the meaning of words and is reinforced by the use of melody and musical notation that is adapted to the lyrics of the song so that the listener is more carried away with what the author thinks.<sup>7</sup>

The meaning in the lyrics can be implicit and explicit. The meaning in the lyrics means abstract or not easy to understand. The nature of lyrics that are different from the message in general requires a special approach in interpreting the meaningful message in it<sup>8</sup>. So to find the meaning in the song lyrics, the semiotics method is used which studies the sign system.

BTS (*Bangtan Sonyeondan*) is a K-pop group that debuted in 2013 under the agency BigHit Entertainment. BTS has achieved success on the international stage and is one of the groups that often expresses its motivation to ARMY (BTS fans). Almost every song and album released talks about the current social situation. One of the songs that discusses mental health is 00:00 (*Zero O'Clock*).

Mental health has been an issue hidden behind the curtain of stigma and discrimination for a long time. Mental, physical, and social health is vital to the fabric of life. When a person understands this, then that person will automatically realize that mental well-being is very important for the well-being of individuals, society, and the country as a whole<sup>9</sup>.

Semiotics (*semiotics*) was introduced by Hippocrates (460-337), the inventor of western medical science, such as the science of symptoms. According to Hippocrates, symptoms are simeon, the Greek language for *amark*) *orsign*.

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<sup>4</sup> Simanjuntak, Marudut Bernadtua, et al. "The Value of Parents' Image in Seven Batak Toba Songs (Literary Art Study)." *Jurnal Pendidikan Tambusai* 6.2 (2022): 8540-8551.

<sup>5</sup> Lestari, Sri, and Hary Sulisty. "Esthetic And Puitic Aspects: The Features Of Language In Java Koplo Song Lyrics, Denny Cak Nan." *INTERNATIONAL CONFERENCE OF HUMANITIES AND SOCIAL SCIENCE (ICHSS)*. Vol. 1. No. 1. 2022.

<sup>6</sup> Natalia, Yen-yen, and Iman Santoso. "Person Deixis and Spatial Deixis of King Dangdut by Rhoma Irama Songs." *Professional Journal of English Education* 3.3 (2020): 348-353.

<sup>7</sup> Marpaung, Aulia Putri Fradivie. *Marlina Si Pembunuh dalam Empat Babak Sebagai Representasi Feminisme (Analisis Semiotika Roland Barthes Dalam Film)*. Diss. University of Muhammadiyah Malang, 2019.

<sup>8</sup> Jonsri, Rahmat Andre. *Representasi Pesan Moral Pada Lirik Lagu Dangdut Virus Corona*. Diss. Universitas Komputer Indonesia, 2021.

<sup>9</sup> Biscayawati, Anti Dwi. *Analisis simbol self healing pada lirik lagu dalam album Menari dengan Bayangan-Hindia*. Diss. UIN Sunan Ampel Surabaya, 2021.

Semiotics is a science that studies signs human life.<sup>10</sup> When talking about semiotics, it is not possible to talk about one semiotics, but semiotics introduced by a number of scientists. Semiotics cannot be separated from De Saussure's theory of dichotomous signs, namely the signifier as the form of a sign and the signified as the meaning of the sign, what De Saussure means is what exists in human life that we see as a form in our minds (images of sound and language) and has a certain meaning. The sign is structured in human cognition. For example when we think of "home" then the concept of home itself will be formed in cognition, that is what is called sign. In this case, the relationship between the sign and its meaning is a social convention, not a personal one<sup>11</sup>.

Semiotics in its development is now used as a theoretical tool used to study human culture. Barthes used the theory to explain how society's life is dominated by connotation. Connotation that is used as an extension of a sign if it has taken root in a society will become a myth. Myths are often considered by society to be a natural thing, while the myths are the result of connotations that have been fully attached to society. Semiotics as a tool to understand culture, we see culture as a system of signs that are related to each other by understanding the meaning in it.<sup>12</sup>

Representation is something that cannot be separated from the delivery of messages in the media. Representation in the media is defined as the use of signs (pictures, sounds and so on) to present something that is absorbed, imagined and felt in physical form. While Hall, assumed two processes of representation, namely the mental representation of concepts that are in our heads and are still abstract and language that plays an important role in the meaning construction process.<sup>13</sup>

Representation is a concept that is used in social meaning through available marking systems such as dialogue, writing, music, video, film. In short, representation is the production of meaning in the language of the Zero O'clock song, which is still popular among young people in Indonesia. Based on the background that the researcher has presented above, the formulation of the problem in this research is how to represent the meaning of mental health through the lyrics of the song "Zero O'Clock" BTS (Semiotic Analysis of Roland Barthes)?.

Representation is a construction process. Therefore, the most important thing in this representation system is that the community group can produce and exchange meaning well, that is, certain groups that have the same knowledge background so that they can create a (almost) same understanding. According to Stuart Hall. "Members of the same culture must share concepts, images, and ideas which enable them to think and feel about the world in roughly similar ways. They

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<sup>10</sup> Siregar, Iskandarsyah. "Semiotic Touch in Interpreting Poetry." *Britain International of Linguistics Arts and Education (BioLAE) Journal* 4.1 (2022): 19-27.

<sup>11</sup> Riwu, Asnat, and Tri Pujiati. "Analisis Semiotika Roland Barthes pada Film 3 Dara." *Deiksis* 10.03 (2018): 212-223.

<sup>12</sup> Hamidah, Hamidah, and Ahmad Syadzali. "Analisis Semiotika Roland Barthes tentang Fenomena Jilboobs." *Jurnal Studia Insania* 4.2 (2016): 117-126.

<sup>13</sup> Aprilita, Dini. "Representasi Kecantikan Perempuan dalam Media Sosial Instagram (Analisis Semiotika Roland Barthes pada Akun@ mostbeautyindo,@ Bidadarisurga, dan@ papuan\_girl)." *Paradigma* 4.3 (2016).

must share, broadly speaking, the same 'cultural codes' in this sense, thinking and feeling are themselves 'systems of representation'.<sup>14</sup>

Thinking and feeling according to Stuart Hall is also a system of representation, as a system of representation then thinking and feeling also functions to mean something, therefore to be able to do that, a background of the same understanding of concepts, images and ideas (cultural code) is needed. The understanding of something can be very different in other groups. Basically, each community has its own way of interpreting something. Community groups that have a different understanding of the meaning of cultural codes will not be able to understand the meaning produced by other community groups.<sup>15</sup>

Abstract concepts in the head must be translated in a common 'language', so that we can connect concepts and ideas about something with signs from certain symbols. Media as a text spreads many forms of representation in its content, therefore concepts (in the mind) and signs (language) become an important part used in the process of construction or production of meaning. Representation can be concluded as a process to produce meaning from the concepts in our minds through language. The meaning production process is made possible by the presence of the representation system.<sup>16</sup>

Semiotics is a science or method of analysis to study signs. Signs are tools that we use in trying to find our way in this world, in the midst of people and together with people. Semiotics, or in Barthes' terms, semiology, basically wants to study how humanity (humanity) interprets things (things). Meaning (to signify) in this case cannot be confused with communicating (to communicate). Meaning means that objects not only carry information, in which case the objects want to communicate, but also constitute a structured system of signs.<sup>17</sup>

In this research, the author uses semiotic theory from Roland Barthes because his theory is more critical than other semiotic theories. According to Barthes, semiology wants to study how humanity interprets things. Meaning, in this case cannot be equated with communicating. Meaning means that objects not only carry information, in which case the objects want to communicate, but also constitute the structure of the sign. Barthes, thus sees signification as a total process with a structured order. Signification is not limited to language, but also to other things outside of language. Barthes considers social life, whatever its form, is a sign system of its own.

Roland Barthes was born in 1915 to a middle-class Protestant Cherbourg family and grew up in Bayonne, a small town near the Atlantic coast in southwestern France. He is known as one of the structuralist thinkers who is keen on practicing Saussure's linguistic and semiological methods. He is also a famous

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<sup>14</sup> Nathaniel, Axcell, and Amelia Wisda Sannie. "Analisis semiotika makna kesendirian pada lirik lagu "Ruang Sendiri" karya Tulus." *SEMIOTIKA: Jurnal Ilmu Sastra Dan Linguistik* 19.2 (2020): 107-117.

<sup>15</sup> Faturrahman, Dwi, Mayasari Mayasari, and Fardiah Oktariani Lubis. "REPRESENTASI KRITIK LINGKUNGAN DALAM LAGU "INI JUDULNYA BELAKANGAN" KARYA GROUP MUSIK NOSSTRESS." *NUSANTARA: Jurnal Ilmu Pengetahuan Sosial* 8.7 (2021): 2057-2063.

<sup>16</sup> Narti, Sri, and Sapta Sari. "Representation of Gender Discrimination and Patriarchal Culture in Movie of Mulan 2020 (Roland Barthes Semiotics Analysis)." *LEGAL BRIEF* 11.3 (2022): 1813-1820.

<sup>17</sup> Amara, Verisa Rizki, et al. *Analisis Semiotika Gangguan Kesehatan Mental Pada Lirik Lagu BTS Magic Shop*. Diss. Universitas Muhammadiyah Surakarta, 2022.

French intellectual and literary critic. Roland Barthes is a continuation of Saussure's thought. Saussure was interested in the complex way sentences are formed and the way sentence forms determine meaning, but was less interested in the fact that the same sentence could convey different meanings to people in different situations. Barthes has written many books, some of which have become important reference materials for semiotic studies in Indonesia. Barthes' main works, among others: *Le degree zero de l'écriture* or "Zero Degree in the Field of Writing". Barthes' criticism of bourgeois culture is very prominent in this book.<sup>18</sup>

Based on the semiotics developed by Saussure, Barthes developed two levels of signifier systems which he called the denotation system and the connotation system. The denotation system is a first-level sign system, which consists of a chain of signifiers and signifieds, namely the relationship of materiality. In the connotation system or the second-level sign system, the sign or signifier in the denotation system becomes a sign, and is further related to other signs in a higher sign chain.<sup>19</sup>

The meaning of denotation is the meaning of the first level that is objective (first order). that can be given to the symbols, that is by directly associating the symbol with the reality or symptom indicated. Then the meaning of connotation is the meaning that can be given to the symbols by referring to the cultural values that are therefore on the second level (second order).<sup>20</sup>

Roland Barthes continued his thinking by emphasizing the interaction between the text and the personal and cultural experience of its users, the interaction between the text and the conventions experienced and expected by its users. Barthes' idea is known as "*two orders of signification*", including denotation (actual meaning according to the dictionary) and connotation (double meaning born from cultural and personal experience).

The meaning of denotation is direct, that is, the special meaning contained in a sign, and in essence can also be referred to as a representation of a sign. In a general sense, the meaning of denotation is the actual meaning. Denotation usually refers to the use of language with a meaning that corresponds to the meaning of what is said. The basis of semiotics is the concept of signs, not only language and communication systems that are made up of signs, but the world itself, as far as the human mind is concerned, is entirely made up of signs because otherwise humans would not be able to establish a relationship with reality. Semiotics as a model of social science that understands the world as a relational system that has a basic unit called "sign". Thus semiotics studies the fact about the existence of a sign. The

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<sup>18</sup> Nathaniel, Axcell, and Amelia Wisda Sannie. "Analisis semiotika makna kesendirian pada lirik lagu "Ruang Sendiri" karya Tulus." *SEMIOTIKA: Jurnal Ilmu Sastra Dan Linguistik* 19.2 (2020): 107-117.

<sup>19</sup> Ginahandiko, Ilhamsyah, Arju Susanto, and Tadjuddin Nur. "ANALISIS SEMIOTIKA: MAKNA KRITIK SOSIAL PADA LIRIK LAGU "FOUGHT THE SYSTEM" KARYA TUAN TIGABELAS." *Perspektif* 1.5 (2022): 505-517.

<sup>20</sup> Rizki, Dhea Cahyanti. "Analisis Semiotika pada Kumpulan Lagu Karya Mahalini Raharja." *J-LELC: Journal of Language Education, Linguistics, and Culture* 2.2 (2022): 86-93.

sign itself is defined as something that, on the basis of previously developed social conventions, can be considered to represent something else.<sup>21</sup>

Connotation is a term used by Barthes to show the significance of the second. This describes the interaction that occurs when the sign meets the feelings or emotions of the reader as well as the values of the culture. Connotation has a subjective or at least intersubjective meaning. In other words, denotation is what a sign describes to an object, while the meaning of connotation is how to describe it. Connotation works on a subjective level so that its presence is not noticed. Readers easily read connotative meaning as denotative meaning. Therefore, one of the purposes of semiotic analysis is to provide analytical methods and a framework of thinking and overcome the occurrence of misreading or misinterpretation of the meaning of a sign.<sup>22</sup>

**Table 1** Semiotic Map of Roland Barthes

1. Signifier	2. Signified
3. Denotative Sign	
4. Connotative Signifier	5. Denotative Signified
Connotative Sign	

From the Barthes map above it can be seen that the denotative sign (3) consists of the signifier (1) and the sign (2). However, at the same time, the denotative sign is also a connotative sign (4). So, in Barthes's concept, a connotative object does not just have an additional meaning, but also contains two parts of the denotative sign that underlies its existence..

### Research Method

In this research, the researcher will use a critical approach. The critical paradigm is one way of looking at social reality that is always covered by a sense of criticism towards the existence of such a reality. The critical paradigm is able to consciously combine theory and action (practice). "Practical" is a central concept in the tradition of critical philosophy. The critical approach used by the researcher in the analysis of the lyrics of the BTS song "Zero O'Clock" is based on the theory of Roland Barthes.

The type of research used in this research is Roland Barthes' Media Text Analysis model. This Roland Barthes model was chosen because the researcher

<sup>21</sup> Solihin, Olih, and Gilang Fathur Ramdhan Azhari. "REPRESENTASI THEIS DALAM LIRIK LAGU SYAIR MANUNGGAL KARYA CUPUMANIK." *Jurnal Komunikasi Universitas Garut: Hasil Pemikiran dan Penelitian* 4.1 (2018): 42-49.

<sup>22</sup> Salifa, Maitsa Poetika, and Susanti Agustina. *Hubungan Antara Kontrol Diri Dengan Celebrity Worship Pada Dewasa Awal Penggemar K-Pop.* 2022, p. 51, <https://eprints2.undip.ac.id/id/eprint/7710/>.

wanted to describe the markers and signs found in the lyrics of the song "Zero O'Clock" by BTS, as well as describe the meaning of the language in the lyrics of the Mental Health song contained in it.

This critical paradigm approach is expected to be able to base itself on the researcher's interpretation of the text and image because with the interpretation the researcher can delve deeply into the text and image, and reveal the meaning of the symbols in it.<sup>23</sup>

There are two types of data in this research, namely primary data and secondary data. Primary data Primary data source is an information source that has authority and responsibility for the collection or storage of data or also called the first source of data/information. The premier data source in the data search by the researcher is the text from the lyrics of the Zero O'Clock song created by BTS. While secondary data sources are sources of information that indirectly have authority and responsibility for the information that comes to them. Secondary data sources used by researchers are additional data or complementary data whose nature is only to complement existing data, such as: reference books, journals, semiotics books and other sites related to research.<sup>24</sup>

Data that is needed in this research is obtained from documentation and literature study. In this research, the documentation is done by grouping the selected lyrics and backsound in the song showing off the wife to find the signs and symbols that appear in each song's lyrics using Roland Barthes analysis. Library studies are done by supplementing and reading literature as material and writing guides in studying research. The material is a reference material for the writer in identifying and describing the research problem. The data to complement this research was obtained from various sources of information available such as books, journals and the internet.

After all the data has been collected completely, the next step is data analysis. The analysis in this research begins by clarifying the lyrics of the song Zero O'Clock which is in accordance with the research problem. The method used by researchers for data analysis is Roland Barthes model semiotic analysis which develops semiotics into two levels of signification (*two orders of signification*). Then the data is analyzed by looking for the meaning of denotation, connotation and myth in each scene. Their respective indicators are as follows: 1.) Denotation is the most real meaning of assign, and what a sign describes to an object. The lyrics of the song Zero O'Clock by BTS explain with an emphasis on the retelling of the Broken Heart Representation of the lyrics. 2.) Connotation is a meaning that describes an object, and also has a subjective or intersubjective meaning. 3.) Myths are understanding from several aspects about reality or natural phenomena. The data analysis method used in this research is descriptive analysis. This research will be analyzed based on Roland Barthes semiology.

Meanwhile, in the two meaning systems there are 5 important elements that are used, namely: About the lyrics of the song "Zero O'Clock" created by BTS with the following steps: 1.) Identifying the codes in the lyrics of the song " Zero

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<sup>23</sup> Zahro, Fatimatuz. "Semiotika Michael Riffaterre Dalam Puisi Fî 'Ainika Unwanî Karya Faruq Juwaidah." *Tsaqofiya: Jurnal Pendidikan Bahasa dan Sastra Arab* 4.1 (2022): 75-93.

<sup>24</sup> Yuliani, Wiwin. "Metode penelitian deskriptif kualitatif dalam perspektif bimbingan dan konseling." *Quanta* 2.2 (2018): 83-91.

O'Clock" by BTS. 2.) Classify the code that has been found in the lyrics of the song "Zero O'Clock" for the researcher to describe and analyze according to the theory that has been explained in the theoretical framework. The code that must be analyzed to get lessons that will later become signs. 3.) Analyzing the signs that have been found from analyzing the code on the lyrics of the song "Zero O'Clock" by BTS can use Roland Barthes' semiological chart to find a meaning found in the lyrics of the song. 4.) After finding the meaning contained in the lyrics of the song "Zero O'Clock" then the meaning is taken to be used as a representation. 5.) Draw conclusions based on the results of the data analysis that has been done.

## Results and Discussion

The subject in this research is the lyrics of the song titled "Zero O'Clock". The description of the data related to the subject of this research covers the Representation of the Meaning of Mental Health Through the Lyrics of Zero O'Clock BTS. The object of his research is the analysis of media texts that cover the lyrics of the song Zero O'Clock. All that will appear in accordance with the critical analysis presented by the researcher in this research.

The following is a description of the research data that will explain and answer the focus of the research. In this research, the author uses Roland Barthes' semiotic analysis model. At this stage the writer will display the data found for analysis, because the focus of this research is the meaning of the lyrics of the song "Zero O'Clock", so the data that the writer displays is only the meaning of the interpretation of the lyrics of the song "Zero O'Clock" and the visual shot. After understanding the broken heart and its concept, the writer made an observation on the video clip "Zero O'Clock - BTS".

BTS (*Bangtan Sonyeondan*) is a K-pop group that debuted in 2013 under the agency BigHit Entertainment. BTS has achieved success on the international stage and is one of the groups that often expresses its motivation to ARMY (BTS fans). Almost every song and album released talks about the current social situation. One of the songs that discusses mental health is 00:00 (*Zero O'Clock*)<sup>25</sup>. Here is the meaning of mental health in the lyrics of the song 00:00 (*Zero O'Clock*).

### Verse 1

"There must be a day when you feel sad for no reason. Your body feels very heavy. And everyone except myself, looks busy and hard (competitively) living their lives, I can't even lead my feet anymore, I feel like I've been left very far behind."

### Meaning:

The lyrics are very valid because many people are sad for no reason. According to one of the psychiatrists, Dr. Oh Jin Seung, explained that when a person experiences a difficult time, they tend to compare their life with the lives of others, which causes a loss of self-confidence. They also feel that what has been done is just a waste of time with no progress like other people. The condition is a symptom of depression. Dr. Woo Changyun added that internal medicine

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<sup>25</sup> Blady, Sharon. "BTS from "NO" to "ON" and BEyond: Innovation in Effective Mental Health Messaging and Modelling." *Asia Marketing Journal* 22.4 (2021): 8.



specialists are also looking for the source of chronic fatigue and the main reason is depression.

#### Verse 2

"The speed with which I was tripping here and there, my heart is getting sicker and I can't speak anymore. Why? Even though I ran very hard. Why? Why is this happening to me? come home, lie in bed and think is this my fault? in the suffocating night I saw the clock almost 00:00."

#### Meaning:

These thoughts will appear day after day and night after night. If their day is not going well, the person often blames themselves. It's actually very hard to imagine something happy when you're in bed at night. One will have mixed feelings and start thinking about tomorrow. Dr. Oh revealed that the disease most feared by psychiatrists is *Catastrophizing*, which is continuous thinking about bad things (*overthinking*) and whatever comes to mind will become increasingly negative. Even though he only made one mistake, a person catastrophizing will feel that his life is a mess

#### Verse 3

"Has anything changed? It seems unlikely. But at least today is over. When the second and minute hands meet at one point and the world holds its breath for a second, 00:00 *O'Clock*. And you will be happy. Like the snow that has just fallen, breathe again like the first time. Turning everything around, 00:00 will be a new beginning again."

#### Meaning:

When a person feels depressed and sad, it will be very difficult to be optimistic about tomorrow or the future. After a bad day, they doubt tomorrow. But in reality, they are able and strong to finish this heavy day and there is a feeling that tomorrow is another new day. Dr. Oh said that during the 365 days that we go through, one's feelings will never be the same, sometimes the time we live is very difficult and sometimes very happy. One of the ways to avoid disappointment is to review what happened during the day instead of ignoring it because we will know what the cause is.

#### Verse 4

"I put my hands together and pray, hopefully tomorrow, there will be a little more smile for me. Getting better, for me. When this song is finished a new song will start, I hope I will be happier. Hold your breath for a moment, give yourself a warm pat on the back today. Turning everything around, 00:00 will be a new beginning again."

#### Meaning:

The last lyric explains that there is always a glimmer of hope for tomorrow. Don't let yourself down again. Clear negative thoughts and pray for a better

tomorrow. Anyway, you are great and strong through this tough day, pat yourself on the back and smile, proudly say "Thank you, you worked hard today".

### Conclusion

In general, the song Zero O'Clock comforts the listener and heals the mind that suits their situation. In the beginning everyone felt tired of their activities and felt left behind from others to the point of hating the world. However, at 00:00 is a new beginning, hopefully tomorrow will be happier and stop thinking about bad things. Praying and smiling proudly because it's great to get through a hard day.

The song 00:00 (*Zero O'Clock*) co-written by RM, one of the members of BTS, conveys the emotions that everyone from BTS can feel to their fans, and gives a way to have more hope in the future. With that in mind, it's no wonder that this is a comforting song that even psychiatrists recommend.

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