

Original Article

The effect of catharsis through satire and humor in Korean music, Saseolnanbongga

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ABSTRACT

The aims of this article is to argue that the effect of catharsis through satire and humor in Korean music, Saseolnanbongga. This song is a cheerful song of four beats and the representative rap music of Korean traditional music. This song is a folk song that reveals satire and humor such as curse to the person who left me and compassion and self-absorption. The lyrics harmonize with cheerful rhythm and create laughter and the lyrics of the song itself alone cause music therapy. The contents of the lyrics of the song are already refreshing. It means that you will be able to satisfy your surrogacy through the explicit lyrics. In this way, author thinks emotional expression through singing lyrics is an alternative solution. There has been a cathartic element in many twentieth-century approaches to psychological healing. The author thinks developmental criticism leads society to health, and satirical criticism reflects and heals individuals through catharsis.

Keywords Saseolnanbongga, catharsis, satire and humor, Korean music (韓樂), music therapy

INTRODUCTION

Satire avoids direct attacks and indirectly uses sarcasm or humor through insults, scorn, and ridicule. Satire causes critical laughter, while humor causes sympathetic laughter. Satire is a reflection on society and a reflection of public opinion. One of the functions of satire is to take a refreshing revenge in the lyrics. But, humor generates compassion based on warm humanism toward the other. For a long time, satire has been used to point out the shortcomings of society and individuals. It is very dangerous to curse and ridicule each other in our conversation. However, indirect attacks through songs have the sensibility to cause laughter and a smart answer.

The notion of catharsis, in relation to tragedy, was introduced by Aristotle in his work *Poetics*. Catharsis is to be understood not so much as a mechanism of discharge linked to abreaction, but rather as the actual analytic process itself during which the Subject is 'unveiled' and thus faced with the enigma of his own desire (Vives, 2011). There has been a cathartic element in many twentieth-century approaches to psychological healing (Jackson, 1994). As this occurs, there is an emancipatory release of repressed energies and assorted conflicts are "resolved". By employing catharsis as a psychotherapeutic method after Krestinoff (1880-1936) who was psychologist and professor of Sofia university, Bulgaria, respiration, pulse rate, blood pressure, body temperature, sweat secretion and urinary constituents were studied in groups of different numbers of patients (Atanassov, 1980).

The author thinks developmental criticism leads society to

health, and satirical criticism reflects and heals individuals through catharsis.

Saseolnanbongga (a song of libertine)

This song is a cheerful song of four beats and the representative rap music of Korean traditional music. In Korean music, it is called *Jajinmori-jangdan* (rhythm pattern). The *Jajinmori-jangdan* is a rhythm of light footsteps. Tempo is an important musical element that affects human's emotional processes when listening to music (Liu Y, et al., 2018). Rap music is a melodious shout. This song is a folk song that reveals satire and humor such as curse to the person who left me and compassion and self-absorption. The lyrics harmonize with cheerful rhythm and create laughter. Sometimes they curse and mock, but they don't make direct attacks.

RESULT AND DISCUSSION

Over the centuries, the importance and the nature of the relationship of "inside" and "outside" in human experience have shifted, with consequences for notions of mind and body (Kilborne, 2013). Therefore, the impact of human emotions on the mind and body became important. Being engaged in music activities can help a person to connect with their life experiences and with other people, and to be more stimulated. (Lee YY, et al., 2010). Emotions can be expressed in the face, gesture, posture, voice, and behavior and affect physiological parameters, such as the heart rate or body temperature (Grabowski, et al., 2018). This song is a case in which human aggression has been relaxed. In the lyrics of the song, curses and bad words are expressed in a humorous way, so you can enjoy the joy of excrement. The contents of the lyrics of this song are already refreshing. It means

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that you will be able to satisfy your surrogacy through the explicit lyrics. In this way, the author thinks emotional expression through singing lyrics is an alternative solution. The author thinks developmental criticism leads society to health, and satirical criticism reflects and heals individuals through catharsis. Therefore, the author hopes the song will become a means of providing cathartic to many people who are being hurt.

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CONFLICT OF INTEREST

None

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