

## **Selected Vocabularies of Psychotherapy in “Bersabarlah Sayang” (Be Patient My Love) by Sanisah Huri**

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### **Abstract**

*Malaysian lady singer Sanisah Huri was a popular singer in 1960s and 1970s. She had many singing albums. One of her songs is entitled, “Bersabarlah Sayang” (Be patient my love). This article academically attempts to discuss this song by selecting terms of emotional therapy because it has been thought that she has successfully presented the therapeutic terms to audience and listeners from the beginning of the lyrical arrangement in order to cure and ward off melodiously the grief and to heal tunefully the sorrow.*

**Keywords :** emotional therapy, Malay song, Malay emotional terms

### **Introduction**

This article begins with the shortest biography of Sanisah Huri, the definitions of emotion and therapy based on the Malay, English and Arabic dictionaries and the English translation of the Malay song and then finally annotation and conclusion.

### **Biodata of Sanisah Huri**

Sanisah Huri was among the popular Malay singers in the 1960s and 1970s and her songs were aired by Malaysian Radio. She joined EMI, the recording company for a soundtrack film A-Go-Go in 1967, the film was produced by Shaw Brothers' Malay Film Production Limited. The songs for that film were entitled Siapa Gerangan (Who is possibly?) and Alam Seni (the Art World) accompanied by The Terwellows, the musical group. Afterward she recorded her songs with the Hooks and her songs entitled Si Baju Hijau (Man in the Blue Shirt) and Cuti Sekolah (School Holiday). She and the Hooks acted in the film named Mat Toyol directed by Mat Sentol produced by Cathy Keris, the film company.

Sanisah Huri often took part in the singing shows accompanied by the Terwellows and the Hooks. She also recorded her songs with Orkes Dendan Perindu led by Kasim Masdor for the song album entitled Selalu (Always) in 1969. In 1970 she recorded her songs with the musical group from Indonesia named Clique Fantastique and the two albums recorded were entitled Malam Minggu (Weekend Night) and Mana Utama (Which is more important?). Her song entitled Sedih Sekelip Mata (A Very Short Grief) written by Kasim Masdor and Yusnor EF was the most popular song at that time.

In 1971, Sanisah Huri recorded her songs individually until her contract with EMI ended in 1974. Among the titles of her songs were Semenjak Berjauhan (When departed away), Permata Hatiku (My Jewel Heart), Sejak Ku Bertemu Padamu (When I have met you), Kisah Tuah dan Tijah (The Story of Tuah and Tijah), Indah Di Sepanjang Perkenalan (Beauty along the friendship), Tari Tualang Tiga (Tualang Tiga Dance), Joget Menanti Jodoh (Dance waiting for spouse), Kau Penghiburku (You are my entertainer), Jauh Berjalan Luas Pandangan (Journey for away widens views), Kau Disayang (You are loved), Ku Berikan Kepadanya (I gave it to him) and Taj Mahal (Taj Mahal).

Sanisah then moved to Senada Records owned by Kasim Masdor. In addition to her individual songs like her song entitled Kisah Cinta (Love Story), Sanisah also recorded the songs with A. Ramlie for the dangdut songs entitled Rambut (Hair), and Hello Hello Sayang ( Hello my love) and with M. Ramlee the song entitled Wajah Cermin Hatimu (Face mirrors your heart). Sanisah also sang in trio group called Suara Perindu.

No too long after that Sanisah once awhile took part in the entertainment programs of Radio and TV in Singapore especially during the Hari Raya (the Muslim festival for ending the fasting month of Ramadan). Lately she is no longer active in singing and music. She has stayed at home teaching the reading of the Koran to her children. Her home is in Singapore. (Sanisah 2009)

### **The definitions of emotion and therapy**

Emotion: A moving of the feelings: agitation of mind: one of the three groups of the phenomena of the mind – feeling, distinguished from cognition and will – emotes to show or express exaggerated emotion, emotionable, emotional. (Kirpatrick 1983: 409) (Soule 1989: 180).

Emotion: (1) strong feeling of any kind, love, joy, hate and fear and jealousy are all emotions (2) excitement or disturbance of the mind (more usu) the feelings – overcome by/with emotions. (Asmah 2000: 580).

Emotional (1) adj of the emotions. Emotional problems 2. Causing or showing emotions, an emotional response. 3. Having emotions that are easily excited – an emotional man, actor, character, nature (Asmah 2000: 580).

Emotion: *Ātifah* Emotional : (Baalbaki 1982: 310). Emotion : noun *Atifah* Emotional adj. *Atifi* (Nasser 1989: 175) (Lane 1985, 2: 2081)

Therapy: Healing (1846). The medical treatment of disease, curative medical treatment (Little 1990: 2281).

Therapy: therapeutics: treatment used to combat a disease or abnormal condition: curative power. (Kirpatrick 1983: 1341). Therapy: *‘ilaj - al-Tib al-nafsi* (Baalbaki 1982: 963).

Therapy: Any treatment designed to relieve or cure an illness or a disability (Asmah 2000: 1981). We have scholarly believed that Emotional therapy by songs is the medical power to combat a disease or abnormal condition or to relieve or cure and illness or a disability or soul.

### **The Malay Song and Its English translation**

Lyric : Bersabarlah sayang – (Be patient my love)

1. Semua insan sedang bergembira  
All human being are happy
2. Di hari ini disayang  
Today you are loved
3. Hari yang mulia  
The novel day
4. Hilangkan duka  
Throw away sorrow
5. Lupakan saja  
Just forget
6. Kisah yang lalu  
The past story
7. Gantikan cerita baru  
Substitute it with a new story
8. Agar hatimu waspada selalu  
Perhaps your heart is always cautious
11. jangan kau kesalkan  
Do not feel sorry

12. jangan kau tangiskan  
Do not cry anymore
13. pada mereka tak mengerti  
To those who do not understand
14. menuduh dirimu  
They accused yourself
15. di jurang kesalahan saja  
Only at the gorge of faults
16. Ku tak sampai hati  
I do not have the heart
17. biarkan kau begini  
To let you be in this situation
18. tetapi diriku dan juga temanmu  
But myself and also your comrade
19. yang tahu kisah derita  
They know your sad story
20. Dan luka di dada hanya ku harapkan  
And the hurt in the heart I just hope that
21. dan bertenang selalu  
You have to be patient
22. dan bertenang selalu  
And be always calm
23. pada mereka yang tak mengerti  
To those who do not understand
24. menuduh dirimu  
They accused yourself
25. di jurang kesalahan sahaja  
Only at the gorge of faults
26. Ku tak sampai hati  
I do not have the heart
27. biarkan engkau begini  
To let you be in this situation
28. tetapi diriku dan juga temanmu  
But myself and also your comrade
29. yang tahu kisah derita  
They know your sad story
30. dan luka di dada  
And the hurt in the heart
31. hanya kuharapkan  
I just hope that
32. kau harus bersabar  
You have to be patient
33. Dan bertenang selalu  
And be always calm

## **Annotations**

Sanisah Huri cautiously selects the word “bergembira” (happy-cheer) in the first line of the lyric. The chosen vocabulary has emotionally raised the symptoms of therapy in the heart of human beings.

Everybody needs the happiness in life. Disayang “to love and to be loved” in second lyric is the nature of the creature by chasing away grief in the sixth lyric and forgetting the past story in lines 7 and 8.

The singer systematically expresses the emotional solution to meet the happiness (a) substitute it with a new story (gantikan cerita baru) in line 9 (b) be cautious all the times (c) Do not be sad and do not weep.

The lady singer tries successfully to avoid the emotional suffering by expressing “pada mereka yang tidak mengerti” – to those who do not understand you accusing yourself (menuduh dirimu) in the valley of evils (di jurang kesalahan saja) ini lines 13 and 15)

Moreover she herself to be an emotional solver by uttering a therapeutical energetic word “ku tak sampai hati – biarkan kau begini” ( I do not have a heart to let you be in this way (line 16 and 17).

In lines 18 – 19 – 20, she actually demonstrates to prove herself as an emotional therapist to healingly cure the patients by using ther word “tetapi diriku dan juga juga temanmu bu” – but myself and your friend know really your evil story and the hurt in the heart. I just hope your that it could slowly be healed by you have to be patient (kau harus bersabar) line (21) to be always calm (bertenang selalu) (line 22).

In lines 23 – 25. She repeatedly echoes the previous lyrics by selecting the phrases for emotional therapy – they do not understand you (line 23) by accusing you (line 24) in the valley of evils line (25).

In line 26 – 27 the lady singer excellently displays herself to be, a therapist lady by singing healing vocabularies.

I do not have the heart to let you be in this way. In lines 28 – 33, she has remedially manifested herself as emotional therapist by using the therapeutic items – but myself and your friend – that know your sad story, praying you to bear up by being patient and continually calm. The repetition of selected words here is presumably functioning as inner therapy.

## **Conclusions**

Sanisah Huri has carefully selected the therapeutic words such as bergembira (happy – be happy) disayang (to love – to be loved), hilangkan duka (change away grief, lupakah saja (forget) gantikan cerita baru (change with new story and waspada selalu (be careful always). The climax healing of the grief is kau harus bersabar (you have to be patient, you have to be calm always).

The selecting of the words or vocabularies in this song is probably remedying and curing the sorrow of listeners and audience by choosing the therapeutic syllables.

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