



Fear of loss through Oasis' song "Stand by Me and "Don't go away"

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Article Info	Abstract
Received: 2026 - 06- 01 Revised: 2026 06-18 Accepted: 2026 06-24	<i>This research examines the portrayal of loss anxiety in Oasis's songs "Stand by Me" and "Don't Go Away." Employing a qualitative descriptive approach, the study examines song lyrics as primary data to reveal how "characters' overt and covert emotions" are expressed through language. Through an analysis of connotative meanings and rhetorical techniques, the research reveals that both songs depict a deep conflict involving emotional reliance and feelings of separation anxiety. In particular, the lyrics depict a narrator's delicate "adult ability to... cultivate mental skills for self-soothing." This research suggests that popular music acts as a significant, non-clinical medium for comprehending intricate psychological experiences associated with attachment and loss.</i>
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1. Introduction

The British rock band Oasis emerged as a cultural symbol by delving into universal human feelings of love, suffering, and anxiety. The songs they create, mostly composed by Noel Gallagher, enable listeners to resonate with emotions of

vulnerability and reliance. Among their creations, "Don't Go Away" and "Stand by Me" act as important emotional stories. Since linguistic components mainly shape a song's emotional effect, each word carries importance in affecting the listeners. Their tracks, especially those written by lead songwriter Noel Gallagher, frequently reveal profoundly personal emotions, allowing audiences to connect with common feelings of fragility and dependence (Tan et al., 2024).

Within their vast collection, "Don't Go Away" and "Stand by Me" emerge as striking emotional tales. It is a commonly acknowledged notion that the emotional influence in music is primarily determined by its linguistic elements, since "each word holds significance and every expression impacts the audience" (Gladys & Manueke, 2025). This research examines these two tracks to investigate how their language and imagery express a fundamental psychological conflict. This study explores how these tracks employ language to convey a core psychological struggle related to the "fear of losing".

This motif is closely connected to the band's past. In the late 1990s, the individuals experienced significant worldwide recognition and external stress. Liam Gallagher even mentioned feeling "the fear" of fame during this time. The lyrics reflect these intense environments, extending past personal connections to illustrate wider mental challenges. The lyrics of "Don't Go Away" and "Stand by Me" depict a narrator grappling with the thought of parting from an important loved one. (Garrido et al., 2015) The emotional depth of the lyric's mirrors not just personal relationship issues but also the mental difficulties of high-stress settings.

Through the comparison of these two lyrically similar songs, the study intends to explore the persistence of this emotional conflict across various musical formats. Previous studies have investigated how lyrics employ "connotative meanings" to convey feelings of self-doubt and disconnection, including work by (Mawaddah & Rahmat, 2023) and (Irnisa Fauziyah et al., 2024) has investigated how words and phrases express deeper meanings, highlighting that the themes of "self-doubt, separation, and the quest for meaning in life.

Furthermore, scholars have observed that Oasis employed rhetorical strategies such as hyperbole to highlight human expression. Although music is acknowledged as a means for managing emotions, research is lacking on the direct use of Semantic Theory to interpret particular psychological states in popular music. Based on this academic context and the identified research gap, the **purpose** of this study is twofold.

Firstly, using a qualitative descriptive approach grounded in **Semantic Theory**, this research aims to analyze and describe how the meaning of **Fear of Loss** is expressed through the diction, figurative language, and overall language style in the lyrics of both "Stand by Me" and "Don't Go Away." Secondly, the study seeks to interpret the linguistic findings from a **Psychological Approach** by connecting the emotional meanings of the lyrics to core concepts of **emotional attachment** and the **fear of losing someone**, thereby providing a comprehensive

understanding of how the songwriter communicates this intricate emotional struggle.

The distinction from previous studies like those concentrated solely on the contrasting impacts of melody and lyrics (Weixia et al., 2018) or the general application of music for emotional management (Tan et al., 2024) Cho due to its targeted, interdisciplinary methodology in textual examination. The apprehension of losing, identified through the connotative examination of the songs, is perceived not just as a theoretical literary concept but as a textual manifestation of anxiety linked to attachment.

The research links the lyrical fear to the clinical observation that the fear of solitude is related to separation anxiety (Lemos et al., 2019) This enables the study to analyze the stated emotional reliance via a clinical perspective, indicating that dysfunctional early attachments in childhood can significantly impact an adult's capacity to form and internalize positive relationships, which is crucial for cultivating mental skills for self-soothing, anxiety tolerance, and affect regulation (Milrod et al., 2014).

Clinical research indicates that a fear of solitude is a fundamental aspect of emotional reliance and separation anxiety. Additionally, dysfunctional early attachments can hinder an adult's capacity for self-soothing. Even with these psychological insights, the particular linguistic strategies a songwriter employs to express this dependence are still not thoroughly examined. This research tackles this gap by combining semantic analysis with psychological theory.

2. Method

This research uses a **qualitative descriptive method** works especially well for examining song lyrics "Stand by Me" and "Don't go Away", as it emphasizes straightforward, accurate, and lightly interpreted portrayals of human feelings conveyed via words. Instead of adding complex theories, this technique aims to record the direct emotional messages present in the text. In the field of music research, it matches insights from who used (Tambunsaribu & Sigalingging, 2022) qualitative analysis to demonstrate how audiences engage with elements like *content*, *emotional impact*, and *personal ties*, stressing that recollections, links, and individual histories are key in forming emotional responses to music. Tracks exploring fear of loss typically spark this interaction between lyrics and personal emotional recall, positioning qualitative description as an ideal way to explain how the words express fragility, bonds, and yearning.

The primary data source for this research was the lyrics of a song (Mawaddah & Rahmat, 2023). This features the full lyrics of Oasis's "Stand by Me" and "Don't Go Away," which were analyzed as a literary text where the language utilized often conveys the characters' explicit and implicit emotions and thoughts (Tambunsaribu & Sigalingging, 2022) The study focused on a thorough examination of the words and expressions found in the lyrics to reveal the

underlying meanings and feelings expressed by the songwriter (Mawaddah & Rahmat, 2023).

The Data was gathered through a literature review method (Mawaddah & Rahmat, 2023), which mainly involves library research to collect the essential textual data and the theoretical models needed for analysis (Gladys & Manueke, 2025). This procedure included acquiring the complete, confirmed lyrics from online sources (Mawaddah & Rahmat, 2023). After gathering data, the researcher continued to identify the essence of the message expressed in various parts of the song (Mawaddah & Rahmat, 2023) before conducting a formal analysis.

The approach to data analysis focused on an in-depth examination of the complete song lyrics to uncover the underlying and more profound meanings contained in the text. The examination initially concentrated on the entire array of words and phrases found in the lyrics (Mawaddah & Rahmat, 2023) of **Oasis's "Stand by Me" and "Don't Go Away,"** regarding the text as an academic piece where the languages employed... typically illustrate their characters' overt and covert emotions and ideas (Tambunsaribu & Sigalingging, 2022). This thorough method, which depends on recognizing the essence of the message expressed in various parts of the song seeks to grasp the profound meaning and feelings that the vocalist intends to communicate (Mawaddah & Rahmat, 2023). Thus, the main analytical approach was semantics, focusing on the identification of connotative meaning that adds emotional depth and resonance to words, which is important in song lyrics (Irnisa Fauziyah et al., 2024). Additionally, the research included a Rhetorical Analysis (Dissertations & Lumsden, n.d.2008) to investigate how figurative language, like hyperbole, serves to highlight human expression (Tambunsaribu & Sigalingging, 2022) and ultimately uncovers the fear of loss by suggesting dire consequences.

3. Result

SONG 1

DATA 1: "OASIS - STAND BY ME"

*"Made a meal and threw it up on Sunday
I've got a lot of things to learn
Said I would and I'll be leaving one day
Before my heart starts to burn"*

The portrayal of physical discomfort ("threw it up") after a typical social event (preparing a meal) act as a symbol for emotional turmoil or hardship. It indicates a dysfunctional reaction to life, reflecting a present condition of weakness and a requirement for enhanced emotional coping abilities. Maladaptive Music Listening Techniques (Tan et al., 2024): This aspect highlights the adverse side of emotional experience. It corresponds with the notion that people experiencing greater psychological distress may find it difficult to self-regulate, resorting to ineffective

coping strategies.

Evasion of Suffering / Self-Protection The narrator is reflecting on the possibility of fleeing or disconnecting from a scenario to prevent intense emotional harm ("Before my heart starts to burn"). This indicates a trend towards avoidance as a means to manage or prevent emotional distress. **Music and Trauma / Coping Style** (Garrido et al., 2015): The tendency to "depart" prior to the "heart beginning to ache" represents a type of avoidant coping, in which the person attempts to manage their emotions by distancing themselves from a possible trauma or source of suffering.

DATA 2.

*"Times are hard when things have got no meaning
I've found a key upon the floor
Maybe you and I will not believe in
The things we find behind the door"*

*"So what's the matter with you?
Sing me something new
Don't you know the cold and wind and rain don't know
They only seem to come and go away"*

This expresses a clear indication of existential turmoil and lack of significance, a fundamental idea in humanistic and clinical psychology that frequently contributes to anxiety and depression. Connotative Meaning (Irnisa Fauziyah et al., 2024) said that: Concepts of "seeking life's significance" are observed to have negative implications. This lyric explicitly utilizes this theme to express a condition of deep psychological struggle. And for the second verse is the plea "for something new" is a direct request for a change in emotional state or perspective, often seen in individuals struggling to regulate their own emotions and looking for an **external stimulus** for relief. (Lemos et al., 2019) This may be interpreted as a **Search for Emotional Expression (SEE)**, where the individual relies on an external person or stimulus (the song/partner) to manage or change their internal anxious state.

DATA 3.

*"Stand by me, nobody knows the way it's gonna be
Stand by me, nobody knows the way it's gonna be
Stand by me, nobody knows the way it's gonna be
Stand by me, nobody knows
Yeah, nobody knows the way it's gonna be"*

The recurring essential plea, "Stand by me," is a urgent appeal for assistance and closeness. It is a straightforward request for a reliable attachment figure amid an unstable, uncertain future ("nobody knows the way it's gonna be"). Support-Seeking and Attachment (Simpson & Rholes, 2010): The lyric serves as a prime illustration of support-seeking actions in relationships, representing a fundamental aspect of adult attachment styles (secure, anxious, avoidant). The secure base ("Stand by me") offers reassurance in the face of doubt.

DATA 4.

*"If you're leaving will you take me with you?
I'm tired of talking on my phone
There is one thing I can never give you
My heart will never be your home"*

A concluding, sensitive question that reveals the deepest fear of isolation, it is associated with separation anxiety. The willingness to depart with the partner indicates a reliance on attachment rather than staying self-sufficient. Childhood Separation Anxiety and Adult Anxiety (Milrod et al., 2014) A primary factor of separation anxiety is the fear of loneliness, which plays a significant role in adult anxiety disorders.

The speaker is currently working to prevent that particular fear. This concluding statement serves as an emotional limit, a concurrent tug-and-release. Although reliant, the speaker retains a fundamental sense of self-preservation or emotional distance, inhibiting complete, dependent merging with the partner. Individuation and Attachment (Milrod et al., 2014) Although attachment frequently includes dependence, cultivating a sense of individuation—the capacity to sustain an independent self-perception—is an essential skill. This statement affirms a preserved, personal identity that defies complete emotional domination.

SONG 2

DATA 1: "OASIS - DON'T GO AWAY"

*So don't go away, say what you say
Say that you'll stay forever and a day
In the time of my life 'cause I need more time
Yes, I need more time just to make things right*

The speaker is in severe anguish and fervently seeking a lasting assurance to avoid the emotional suffering of abandonment. This represents the fundamental expression of the Fear of Loss. According to (Lemos et al., 2019), The anxiety of separation is directly associated with the fear of loss. The strong desire for permanence stems from the anxiety of "being alone".

*"And I wanna be there when you're, coming down
And I do wanna be there when you hit the ground"*

Immediate impulse to evade the partner's looming emotional turmoil and the chaotic repercussions, signifying a diminished capacity to manage stress. Impaired Affect Regulation (Milrod et al., 2014) Dysfunctional early bonds hinder the capacity to cultivate mental skills for "anxiety tolerance" and emotional control, resulting in the tendency to retreat from distressing circumstances.

*"Damn, my situation and the games I have to play
With all the things caught in my mind
Damn, my education, I can't find the words to say
With all the things caught in my mind"*

A sense of unworthiness and a difficulty in expressing the required emotions or resolving relationship issues ("unable to express"). The speaker feels confined by unhealthy relationship dynamics ("games"). (Lemos et al., 2019) said that Emotional dependence may present as symptomatic actions such as "adjusting plans" or difficulties in emotional expression, which are usually ineffective efforts to cope with anxiety.

*"Yes, I need more time just to make things right
Yes, I need more time just to make things right
So don't go away"*

The recurrence of this phrase establishes a desperate, imploring tone, illustrating that the speaker considers their current relationship situation as an urgent, pressing issue. Semantic Analysis / Connotative Meaning (Gladys & Manueke, 2025): The use of repetition and powerful language serves to express "profound significance and feelings." The repetition of the line heightens the feeling of "urgency" and emotional intensity.

*"Me and you, what's going on?
All we seem to know is how to show the feelings that are wrong"*

An honest acknowledgment that the pair can only convey their relationship emotions in negative or improper ways, indicating a significant failure in emotional communication. Emotional Interdependence in Relationships (Simpson & Rholes, 2010) Research on attachment theory examines how partners consistently impact one another's feelings, and this lyric exemplifies the detrimental cycle or pathology

in that emotional interaction.

4. Discussion

The lyrical examination of "Stand by Me" and "Don't Go Away" shows that Oasis's songwriting functions as a potent channel for "aesthetic expression". Employing hyperbole to "highlight human expression," the lyrics transcend basic pop clichés to convey profound psychological anxiety. Our semantic framework emphasizes how connotative meanings—which add emotional resonance—uncover layers of self-doubt and an existential quest for significance.

According to (Denton, et al., 2023) the "relational clinginess" observed in these tracks corresponds with clinical notions of anxiety. The urgent cries to "stay forever" or "take me with you" go beyond mere romance; they are written reflections of the idea that "fear of loneliness relates to separation anxiety." These phrases indicate a battle with "affect modulation," as the narrator depends on an outside partner to handle their inner turmoil. As a result, this research indicates that pop music may serve as a useful, regular tool for recognizing and comprehending the "origins and management of adult anxiety."

This research suggests that examining the lyrics of popular songs can serve as a non-clinical method to gain insights into an individual's mental condition. These results validate that music serves not only as entertainment but also as a type of "aesthetic communication" (Tambunsaribu & Sigalingging, 2022) that mirrors the mental well-being of both the audience and the artist. By recognizing "connotative meaning" in song lyrics (Fauziyah et al., 2024), mental health professionals can understand how people cope with "adult anxiety" and "emotion regulation" (Milrod et al., 2014). The wider significance is that Oasis's lyrics may assist in therapy or public awareness to aid individuals with "emotional dependency" (Lemos et al., 2019) in identifying their emotions. This enables fresh methods for developing art-focused therapy that resonates personally and connects to contemporary popular culture

Lastly, this work adds to the bigger picture in pop music studies by showing how rhetorical analysis (Dissertations & Lumsden et al., 2008) can team up with psychological ideas for fresh insights. While some studies look at "regulatory impact of music on emotion" (Chong et al., 2024) or how lyrics differ from melodies in stirring moods (Weixia et al., 2018), what sets this apart is its close-up on lyrical semantics (Mawaddah & Rahmat, 2023) It argues that the lyrics' content doesn't just relate to mood, it's actually driving listeners to connect with their own feelings of vulnerability and neediness, maybe giving a way for people with "emotional dependency" (Lemos et al., 2019) to feel seen. Down the line, researchers could build on this by running numbers on how folks with high separation anxiety or emotional dependency respond to the loaded, over-the-top language in these Oasis tracks.

5. Conclusion

This study finds that Oasis's lyrics profoundly embody the fear of losing, marked by deep sorrow and dependence. Through persistent appeals and exaggerated phrases, the songs convey an intense vulnerability reflecting clinical separation anxiety. The research emphasizes that mainstream music serves as an essential platform for conveying human hardships and mirroring mental states in common language.

Nonetheless, this research is constrained by its emphasis on "the lyrics of a song" solely. It does not examine the neuropsychological relationship between "melody and lyrics" or how additional musical elements affect emotional responses. Due to the purely qualitative nature of the approach, the results are interpretative.

Subsequent researchers ought to expand on this by employing "quantitative measures" to monitor how listeners with significant emotional attachment react to these particular Oasis songs. Integrating textual analysis with research on "individual differences" in attachment styles would offer a more comprehensive insight into music as a means for emotional self-regulation.

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