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 filem A-Go-Go in 1967, the filem was produced by Shaw Brothers’ Malay Film Production Limited. The songs for that filem 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 jealously 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).


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
9. 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 ku harapkan
    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 theraphist to healingly cure the patients by using the 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.

References