



An interpersonal meaning analysis of selected episodes from *Not Overthinking* podcast

Asrie Joestika Auliarachma, Budi Hermawan, Riesky

English Language and Literature Study Program,
Faculty of Language and Literature Education,
Universitas Pendidikan Indonesia
Dr. Setiabudi No 229, Bandung 40154

joestikaasrie@gmail.com , budihermawan@upi.edu , riesky@upi.edu

ABSTRACT

In this pandemic era, some people seek knowledge and entertainment in digital audio content such as podcasts to reduce staring at computer and cell phone screens. Along with the massive trend, podcast speakers use particular language styles to get robust conversation and a large number of podcast listeners. Therefore, this study aims to identify the interpersonal meaning of the *Not Overthinking* podcast, as one of today's most popular podcasts. The data include the transcript texts of the three most popular episodes of the *Not Overthinking* podcast: “*Why do we like to be correct?*”, “*Why are we scared to put ourselves out there?*” and “*Why do we struggle with consistency?*” collected from Spotify. This study adopted Halliday and Matthiessen (2004) theory of Systemic Functional Linguistics (SFL), focusing on the mood types and speech functions. This study found all the mood types and speech functions in the data. The dominant mood type is declarative, and the dominant speech function is statement. The finding of this study provides a clearer picture of podcast speakers who use statements more often to share knowledge and experience. In addition, the speakers also positioned themselves equal to the listeners.

Keywords: Interpersonal meaning; Mood types; Speech function; Podcast

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INTRODUCTION

In today's era, many people often listen to digital audio contents from the internet for various reasons. Some of them seek knowledge, while some others look for entertainment and motivation. Another reason is that people want to stay away from screens, especially in a pandemic situation which requires them to spend the majority of their time in the digital space (Hirsh, 2021). Therefore, as an escape, they would opt for content that does not require them to watch, that is, digital audio content. Digital audio contents give the listeners the ability to dive into topics while doing other tasks. In addition, digital audio contents also provide an easy-to-listen and easy-to-access format since it can be played through various devices such as computer speakers, car speakers, smartphone speakers, headphones, and many more.

In the pandemic situation, people's interest in digital audio contents has shown a significant growth. It was reported that the number of digital audio content creators has increased since April 2021. The number hits over 525,000 active podcast

creators whose contents have reached more than 48 million episodes that listeners are able to tune in to (Winn, 2021). This trend also indicates that most likely the number of listeners has been growing as well. Whitner (2020) revealed that 49% of people listen to audio content at home in their leisure time, while the rest of them in the middle of their outdoor activities such as work and school.

In this high digital audio content trend, the contents come in different forms on the internet. The top digital audio content types are voice assistants, audiobooks, audio ads, and podcasts (Grant, 2019). Among the aforementioned types, DailySocial reported that 68% of Indonesian people claim to be familiar with digital audio content; especially, podcasts. They have listened to the podcasts released on popular platforms such as Spotify and Apple Podcast. Between the two, Statista (2021) revealed that Spotify listeners are estimated to reach 28.2 million in a month; meanwhile, Apple Podcast is predicted to have a slightly lower number at 28 million. Based on these data, it seems reasonable to

claim that the most popular digital audio content among Indonesians now is perhaps podcasts.

Podcasts are incredibly popular. The term podcast comes from a combination of the terms pod (e.g., From Apple iPod) and broadcast (Oxford Advanced Learner's Dictionary, 2007). A podcast is one of the ways to share people's thoughts and experiences with others. As young people grow up with technology, podcast listeners start at the age of 25 to 44 years old (Ben, 2020). In 2020, the top five podcast categories include cultural society, business, comedy, health, and politics. As for the most popular podcasts with various themes that have millions of listeners, there are *The Joe Rogan Experience*, *Stuff You Should Know*, *Ear Hustle*, *Criminal*, and *Not Overthinking*. Among them, *Not Overthinking* is particularly interesting because it talks about productivity, philosophy, mental frameworks, creativity, and other things about the human condition in a lighter way which some people might find relatable.

Not Overthinking is a podcast which talks about thoughts and relationships. The podcast hosts are two brothers, Ali and Taimur Abdaal, from the UK. Ali is a Youtuber and doctor who graduated from the University of Cambridge. Taimur is a founder of a startup and data scientist who graduated from the University of Oxford. In the podcast, they do not only discuss books but also every little thing in life. Amongst the discussion topics, according to Advin's statistics (2020), the most popular podcast episodes of *Not Overthinking* podcast are "Why do we like to be correct?", "Why are we scared to put ourselves out there?", "The Principles of Productivity", "Why do we struggle with consistency?", and "How to Understand Things". In this study, the researcher analyzed only three selected episodes namely "Why do we like to be correct?", "Why are we scared to put ourselves out there?", and "Why do we struggle with consistency?" They were chosen based on the consideration that the topics are the ones closest to the human condition in our society. There are some possible reasons why the *Not Overthinking* podcast attracts a significant number of listeners. One of the possible reasons is that the speakers, Taimur and Ali, are intelligent people who have good personalities and interesting insights. They passionately deliver their thoughts in deep conversations that people could easily relate to. It is one of the powerful ways to engage listeners since great speakers make the listeners enjoy and understand the meaning of the conversations.

The meaning of conversations can be analyzed through an approach named Systemic Functional Linguistics (SFL). This approach focuses on language as a social semiotic system. Halliday (1994) introduced three meta-functions of language, namely interpersonal meaning, textual meaning, and ideational meaning. Interpersonal meaning

expresses the relations of the speakers and the listeners in particular situations. Textual meaning investigates how to organize meanings or messages. Ideational meaning explains what is happening in a specific place. Among the three metafunctions, interpersonal meaning is particularly intriguing since it covers mood types and speech functions that determine people's communication, especially language use. Therefore, this study investigated the realization of interpersonal meaning in Spotify podcast episodes as the data.

There have been numerous related studies examining interpersonal meaning in various texts, both spoken and written. In spoken texts, most of the studies used speech cases as the data, such as the analysis of interpersonal meaning in Obama's public speeches (Feng & Liu, 2010), Joko Widodo's speeches (Tarigan, 2014), Nelson Mandela's public speeches (Nur, 2015), Hillary's and Trump's election speeches (Ping & Lingling, 2017), Susilo Bambang Yudhoyono's Speech (Amalia et al., 2018), Vladimir Putin's speech at FIFA World Cup 2018 in Moscow (Nasution, 2019), and BTS's speech at UNICEF (Harlizanti, 2020). There are also some interpersonal meaning analysis in casual conversations (Hapsari, 2011; Sulistyowati, 2011), movie dialogue (Ridha, 2012), and political TV interviews (Huang, 2014).

In written cases, the data are mostly taken from both online and offline news sources. For instance, the analysis of interpersonal meaning in some Nigerian newspapers (Ayoola & Olusanya, 2013), Bali Times' news texts (Sutomo, 2015), course newsletters (Yuliana & Imperiani, 2017), and Ahok's blasphemy case in online news (Kartika & Wihadi, 2018). There are also a variety of data that have been employed, such as abstracts (Arifin, 2018), song lyrics (Marhamah, 2014), Instagram captions (Ratnasari et al., 2020), and explanation texts (Hadiani, 2019).

From the aforementioned studies, the research about podcasts from the perspective of Systemic Functional Linguistics (SFL) which focused on the interpersonal meaning is relatively rare. Considering the uprising trend of podcast listeners and creators in this pandemic time, it is interesting to unveil the interpersonal meaning of some popular podcasts. In this study, the data was taken from a renowned Spotify podcast channel, *Not Overthinking*. This study is expected to contribute to the Systemic Functional Linguistics (SFL) field, especially in the interpersonal meaning text analysis.

METHOD

This study applied a descriptive qualitative research design with simple descriptive statistics. A qualitative design is useful for a more profound analysis of a text. According to Maxwell (2012), a qualitative design is helpful to derive various meanings or perspectives from a text-based analysis.

In this study, a textual analysis in a qualitative method was employed to get the beneficial explanations, hold the chronological flow, and find out the events that led to any circumstances (Miles & Huberman, 1994). Hence, this design is suitable for identifying the interpersonal meaning in *Not Overthinking* podcast episodes. In addition, this study also employed simple descriptive statistics to map the distribution of the findings, such as the pattern of the dominant mood types and speech functions used in each episode.

The data examined in this study were the transcripts of the three most popular episodes of *Not Overthinking* podcast. The data collection process was started by looking up the list of the most listened podcasts of the aforementioned channel which according to Advin (2020) were “*Why do we like to be correct?*”, “*Why are we scared to put ourselves there?*” and “*Why do we struggle with consistency?*” Then, the podcast episodes were downloaded from Spotify (<https://open.spotify.com>). The three podcasts were listened to in order to get a good grasp of what the creators are discussing about. Lastly, the final step of the data collection was writing down the transcripts of each episode. The table below shows the detailed information of the sampled podcast talks.

After the data had been collected, the analysis process was through four steps. First, to determine the mood types and speech function used in each selected episode of the *Not Overthinking* podcast, the step was breaking down each episode into clauses and filling them into a table to ease the analysis process. Second, the step was labeling the mood types based on the mood and residue, and the mood types (declarative, imperative, or interrogative); and labeling the speech functions whether they are a statement, question, offer, or command using the Halliday and Matthiessen’s (2004) theory of interpersonal meaning. Once completed, the distribution of the mood types and speech functions were mapped out and grouped by using simple descriptive statistics. Lastly, to find out the potential meaning from the realization of interpersonal meaning in each episode, the step was interpreting the potential meaning based on the findings, then drawing some conclusions.

FINDINGS AND DISCUSSION

The Use of Mood Types and Speech Functions

Based on the analysis, the research found that in terms of mood types, the speakers of the *Not Overthinking* podcast utilized declarative, interrogative, and imperative types. Between the three, declarative was the most frequently used one. On the other hand, the investigation of speech functions revealed the use of statements, questions, commands, and offers. The study recorded the dominant occurrences of statements in the podcast. To present a more detailed explanation, the

following subsections delineate findings on mood types, speech functions, and the potential meaning of the speakers' choices on the aforementioned two aspects.

Mood Types

Mood system is the main grammatical resource for communication. Communication or verbal interaction is realized through the use of the mood system in clauses of utterances. According to Halliday and Matthiessen (2014), the mood consists of indicative mood (declarative & interrogative) and imperative mood.

The three selected podcast episodes were identified using mood types proposed by Halliday and Matthiessen (2004). The analysis was conducted through four steps, as mentioned in Chapter III. The analyzed episodes of the podcast are “*Why do we like to be correct?*”, “*Why are we scared to put ourselves out there?*” and “*Why do we struggle with consistency?*” This subsection explains the findings of mood types from 1,002 clauses that have been analyzed from the three podcast episodes. The analysis was based on the three mood types: Declarative, Interrogative, and Imperative. The mood types in the three episodes of the *Not Overthinking* podcast varied slightly from the most dominant to the less dominant. Table 4.1 presents the distribution of mood types found in the data.

Table 4.1
The Distribution of Mood Types in Three Most Popular Episodes of Not Overthinking Podcast

Mood Type	Eps 1	Eps 2	Eps 3	Total	%
Declarative	303	296	309	908	90,6
Interrogative	31	32	15	78	7,8
Imperative	8	5	3	16	1,6
Total	342	333	327	1,002	100

The table shows that the Declarative mood type appeared 908 times (90.6%) in total. Meanwhile, the Interrogative mood type appeared 78 times (7.8%), and the Imperative mood type appeared 16 times (1.6%). There was a distinctive distribution in the realization of mood types in the three most popular *Not Overthinking* podcast episodes. The dominant mood type was Declarative, and the least used mood type was Imperative.

Declarative

The findings show that the dominant mood type of the three most popular episodes of *Not Overthinking* is declarative mood. It was found that from 1,002 clauses, 90.6% of them are classified as declarative mood, which means 908 clauses. The 908 clauses are distributed differently in each episode; the first episode has 303 clauses, the second episode has 296 clauses, and the third has 309 clauses. The typical

structure of declarative mood type found consists of Subject and Finite. This is in line with Halliday (1994) and Eggins (2004), who proposed that declarative mood type is typically constructed through the placement of Subject and Finite in a clause or sentence. The declarative appeared to be the primary mood type in numerous related studies about interpersonal meaning (see Hapsari, 2011; Sulistyowati, 2011; Ridha, 2012; Teguh, 2014; Ping & Lingling, 2017; Amalia et al., 2018; Nasution, 2019; Harlizanti, 2020). However, this study found different findings from the study conducted by Ayoola and Olusanya (2013), which discovered both declarative and imperative as the dominant used mood type in its data: political advertisements in some Nigerian newspapers. This dissimilarity might be a result of the nature of advertisement texts which persuade its audience to take certain actions, indicating that the advertiser or copywriter is more powerful than the audience. However, this case did not happen in the *Not Overthinking* podcast considering the fact that the dominant use of declarative mood type hints at an equal power between speakers and listeners. The speakers did not persuade the audience into taking certain actions upon listening to the podcast.

Interrogative

The findings revealed that the second most used mood type of the three selected episodes of the *Not Overthinking* podcast is an interrogative. From 1,002 data clauses, 7.8% or 78 clauses used interrogative mood types. The distribution of 78 clauses was 31 of them were in the first podcast, 32 in the second, and 15 in the third. Based on the findings, there are two different structures of interrogative mood namely polar interrogative and WH interrogative. The use of interrogative, as previously mentioned, intends to maintain communications which in this case are between the two podcast speakers as well as the speakers and listeners. By occasionally asking questions to each other, the speakers seemed to hold themselves back from dominating the talk which indicates an equal power relation. As for the power relation between the speakers and listeners, interrogatives were utilized to keep the audience engaged in the talk even though there was no real-time conversation happening. Similarly, it seems that the speakers and the listeners of the *Not Overthinking* podcast also show an equal power relation since asking questions indicates that the speakers attempt to transfer the power to their audience, willing to know their thoughts in return. This result echoes with the findings of the research conducted by Ping & Lingling (2017) and Amalia et al. (2018).

Imperative

An imperative mood type was the least used mood in each episode of the *Not Overthinking* podcast. Based on the findings, an imperative mood was only identified in 1.6% of the total clauses (1,002). In this

study, the results of this type of mood only had a Finite. Furthermore, the findings of imperative mood type could be in the form of positive (affirmative) or negative (negated) sentences. Also, the study found that the imperative mood did not always end with an exclamation mark (!) to sign an instruction, command, request, or suggestion. It probably depends on the intonation and intention of the speakers' whether the excerpt is used to express intense command or merely a suggestion. The finding of this study conformed to the study conducted by Ridha (2012) and Harlizanti (2020).

Speech Functions

People utilize language to communicate their meanings or objectives through interactions. There are specific speech roles (i.e., giving and demanding) and commodity exchanges (i.e., goods and services or information) to facilitate the interaction between speakers and listeners. According to Halliday (1994), the speech roles and commodity exchanges are realized through basic speech functions. They are Statement, Question, Command, and Offer.

The analyzed episodes were “*Why do we like to be correct?*”, “*Why are we scared to put ourselves out there?*” and “*Why do we struggle with consistency?*”

This subsection shows the findings of the analysis of speech functions in 1,002 clauses from each selected episode of the *Not Overthinking* podcast, presenting the result of the speech functions that occurred in each podcast episode. These are **Statement, Question, Command, and Offer**. The identification of the speech functions found in the data is shown in Table 4.2.

Table 4.2
The Identification of Speech Functions in Three Most Popular Episodes of the Not Overthinking Podcast

Speech Functions	Eps 1	Eps 2	Eps 3	Total	%
Statement	302	296	305	903	90,1
Question	31	32	15	78	7,8
Command	8	5	3	16	1,6
Offer	1	0	4	5	0,5
Total	342	333	327	1,002	100

The table above illustrates that the dominant speech function found in the three most popular episodes of the *Not Overthinking* podcast was a statement. The **statement** function appeared 903 times in total (or 90.1%) from all episodes. The second most dominant one was **question** speech function which occurred 78 times or 7.8%, showing a striking difference. The **command** function appeared only 16 times (1.6%) in all episodes. Finally, the least dominant one was **offer** which

occurred only five times or 0.5% from the total clauses (1,002). Sections 4.1.2.2 to 4.2.5 further explain the speech functions identification found in each podcast episode.

Statement

The form of statements is realized in declarative mood type. Statements are used to provide information. In this study, statements were the dominant speech function in each episode of the *Not Overthinking* podcast. There are two types of statements, namely major and minor clauses. From 1,002 clauses, 903 of them were categorized as statements in declarative mood type. There were 898 clauses in a major clause and only five clauses in a minor clause. The minor clauses were found in each episode as an opening and closing part of the podcast. The result of this study is similar to the previous research such as Nasution, 2018; Hadiani, 2019; and Harlizanti, 2020, which showed that statements are the most used speech function in the respective cases. The similarity indicates that the main purpose of most text types, written or spoken, is to share the knowledge, opinion, and insights that the writers or speakers possess with the audience. It is reasonable that statements were dominantly used in the *Not Overthinking* podcast since the nature of podcasts is also to provide the listeners with information.

Question

The interrogative mood type realizes questions. Questions are used to demand information. In this study, questions were the second most used speech function in each episode of the *Not Overthinking* podcast. It was found that questions occurred in two types: polarity negative (yes or no questions) and WH-questions (what, when, who, where, why, how). Only 78 or 7.8% of 1,002 clauses were considered as questions. From all three episodes of the *Not Overthinking* podcast, the negative polarity appeared 23 times, meanwhile, the WH questions 55 times. These findings are similar to the two previous studies conducted by Marhamah (2014) and Arifin (2018) that revealed questions as the second most used speech function in their data. Marhamah's study (2014) about the interpersonal meaning in Muse Song Lyrics of Black Holes and Revelations' Album used interrogative mood types to make the song more acceptable and easier to involve in the song. Meanwhile, in Arifin's (2018) study about interpersonal meaning in two abstracts written by undergraduate students and non-native English, interrogatives were utilized to state the research questions directly and not demand any information. It aligns with the interrogative mood types in each episode of the *Not Overthinking* podcast to maintain communication and enlarge the discussion between the speakers and the listeners. information.

Command

In this study, the third most used speech function was a command. It appeared 16 times or 1.6% in the total data. According to Eggins (2004), a command typically uses an imperative mood type. However, the finding revealed that the commands were realized through declarative and imperative mood types. Even though the declarative one had no exclamation mark (!), the sentence's tone is imperative. Meanwhile, the imperative one directly used an exclamation mark (!) to sign instructions, suggestions, and many more. The finding of this study is in line with the previous study conducted by Marhamah (2014) with the title "Interpersonal Meaning Analysis of Muse Song Lyrics in Black Holes and Revelations' Album," which showed that a command speech function was the third most used speech function in the data. However, Marhamah's study still builds up an authority between the songwriter and the listeners through commands. In this study, the slight use of commands signifies an equal power relation between the speakers of the *Not Overthinking* and their listeners. This podcast focuses more on giving information, not demanding goods or services from the listeners.

Offer

Based on the findings, an offer was the least used speech function in the three selected most popular episodes of the *Not Overthinking* podcast. The occurrence of the offer was only five times or 0.5% of the total data. The findings consisted of formulating an offer speech function; they are Modal + Subject + Verb with a question mark (?) and without punctuation marks at all. The examples were realized through a declarative mood type and a modulated interrogative mood type. It only appeared on the third episode of *Not Overthinking*. This result relates to the previous study conducted by Utari (2019) about "A Study of Down Syndrome Individuals' Mood and Speech Functions on YouTube Channel Special Books by Special Kids" since the findings revealed offers as the least used speech function in the study because the YouTube videos only focus on giving information rather than demanding information, as well as the purpose of this study.

The Potential Meaning Realization of Mood Types and Speech Functions

Firstly, the dominant interpersonal meaning from the findings was statements that were realized by declarative mood type. The percentage was about 90,1% of the total data. In this study, the speakers of the *Not Overthinking* podcast, Ali and Taimur, used declarative clauses to declare their opinion regarding specific related topics to the listeners. Declarative mood type is naturally expressed in statements. According to Nasution (2019), a statement gives either positive or negative information. In this case, the speakers used statements to provide as much information as possible to the listeners of the *Not Overthinking*

podcast. Thus, it shows the speakers' intention to make the podcast as a platform to share knowledge and experience.

Secondly, the second most used interpersonal meaning resource was a question. Questions are typically realized in interrogative mood types. The use of questions is to demand or ask for information. Questions occurred 78 times from the total of 1,002 clauses. Based on the data, the speakers used the question form to enlarge the discussion between themselves which consequently affected the delivery of the talk to the audience as well, making it way clearer to them since they listened to two different perspectives. For instance, by raising the question "Do you think that being impressive is the goal?" (from the first podcast episode), not only the speakers attempted to expand their discussion by sharing the opinions from both sides, the listeners would also feel invited to ponder upon the question. This indicates that the speakers of the *Not Overthinking* podcast also asked their listeners some questions to create some interactions between the podcast speakers and the podcast listeners as well as to attract the audiences' attention so they would dive into the topics. This is in line with Ping and Lingling's study (2017) which stated that interrogatives could make the audience focus on the content of the talks.

Thirdly, the third most used speech function was a command. The typicality of command is realized through imperative mood type. A command is a way to receive goods or services by demanding to the readers or listeners. Based on the result, the speakers of the *Not Overthinking* podcast only used commands 16 times from the total 1,002 data. They only used commands to ask for reviews from their listeners regarding the podcast or the contents to improve the quality of the podcast, signifying that the podcast's purpose is for sharing information rather than asking for particular goods or services from their listeners. Also, the speakers positioned themselves to have equal power with the listeners by not asking them for any goods or services. As well as the study conducted by Marhamah (2014) used commands as a tool for showing mutual relationship or equal power to the listeners of Muse, especially in Black Holes and Revelations' Album. It is reasonable that the song's focus was not to give directive commands or suggestions but to give thoughts or experiences.

Lastly, the least dominant speech function used was an offer. The typicality of an offer is realized through modulated interrogatives (Eggins, 2004). In this study, the findings showed that offer was also realized through declarative mood type. Offer only occurred five times from the total 1,002 clauses, indicating that the speakers of the *Not Overthinking* podcast rarely offer something to their listeners. It is correlated with the study conducted by Utari (2019), which

rarely uses offers in the data: YouTube videos *Special Books by Special Kids* concerning down syndrome individuals. The offer only occurred slightly, as well as the occurrence of offers in the conversation between the two speakers, Ali and Taimur. Ali and Taimur were not dominantly using offers because the *Not Overthinking* podcast speakers had equal power with the listeners. The equal power could be interpreted because even when the speakers were making an offer to their listeners, they utilized a declarative mood type (which typically is used to share information and signaled an equal power relation). One of the examples taken from the data is, "If you did not listen to the last episode and you might be interested in the topic, then have a listen and email us at hi@notoverthinking.com." This excerpt, although is realized through a declarative, counts as an offer. Furthermore, there was a minor form of command or offer between the speakers and listeners.

To sum up, statements were dominantly used by the speakers of the *Not Overthinking*. This result might indicate that the primary purpose of the podcast is to share knowledge and experience. It is in line with Halliday and Matthiessen (2014) that claims the basic function of a statement is to give information. Also, Ping & Lingling (2017) stated that statements could help listeners understand what the speakers are saying without any doubt. Furthermore, the dominant use of statements and questions rather than commands and offers indicated that the *Not Overthinking* podcast is on the same level as their listeners. The speakers only focused on giving and asking for information, not demanding for information.

CONCLUSION

The Covid-19 pandemic has encouraged people to look for other means of seeking knowledge and entertainment besides staring at their computer or phone screens. One of the solutions is digital audio content such as podcasts. Podcasts have become a potential tool for people to share their thoughts and experiences with others. To gain robust talks and attract significant numbers of podcast listeners, speakers or creators use a certain language style to deliver their messages. As a way of identifying language styles, this study investigated (1) the interpersonal meaning through the exploration of mood types and speech functions in the three most popular episodes of the *Not Overthinking* podcast, as well as (2) the potential meaning that the speakers' choices carry.

The findings revealed that the speakers tend to communicate their thoughts using statements through declarative mood types. The second most used speech function, with a striking difference to the first one, was questions expressed in interrogative mood types. Finally, the third and fourth most dominantly used speech functions were

commands (through imperative and declarative mood types) and offers (through modulated interrogative and declarative mood types), respectively.

As for the potential meaning of the speakers' choices of mood types and speech functions, the dominant use of statements suggested that they intended to share their knowledge and experiences as much as possible with their listeners. Second, though questions were more frequently exchanged between the speakers, it encouraged the listeners to dive deeper into the topics. Third, commands were not frequently used in the discussions since the objective of the *Not Overthinking* podcast was to share information rather than ask for particular goods or services. Additionally, the finding indicates that the speakers of the *Not Overthinking* podcast positioned themselves as an equal to their listeners. Lastly, as for offers, the speakers rarely offered something to their listeners due to the equal power they shared.

To sum it up, the dominant use of statements suggests that the *Not Overthinking* podcast speakers only focused on giving information rather than demanding information. This follows podcasts' nature, which does not encourage real-time discussion or conversation between the speakers and listeners. Moreover, the *Not Overthinking* podcast also enriches people's points of view about specific related topics in their lives.

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