

Fear in Music

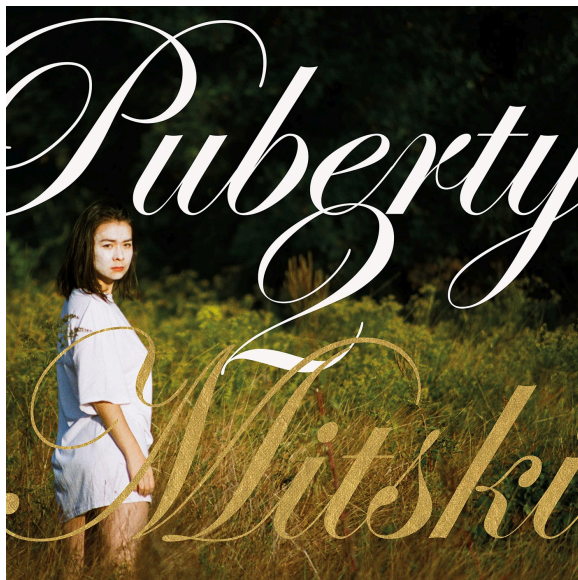
Javi Radio: Interview with Katrina Delvecchio

When you close your eyes and think of fear or horror, what emotions or physical sensations come to you first?

This might sound crazy but I get a sense of safety along with happiness. The idea of horror in movies and the idea of fear for something reminds me that some people are suffocated by that feeling. Basically, my situation is not as bad as the possessed girl in a movie.

Is there a specific piece of music that makes you feel those emotions most clearly? Something that mirrors or magnifies that feeling?

Definitely Puberty 2 by Mitski.



Why do you think this song/project sticks with you in that way? Is it the sound, the lyrics, a memory tied to it?

I'm usually never able to cry over music. As soon as I play this album I feel a sense of release, my fears. The lyrics are an embodiment of what I went through as a child and later formed relationships.

If this song was a horror film or story, what would the plot be?

A lot of her songs are about growing up with insecurities. The first existing movies that come to mind are Ginger Snaps and Jennifers Body, which are practically the same movie. However, Ginger Snaps talks about both sides to sexualization and insecurity. It encapsulates a lot of her sound because she has dealt with similar issues.

Do you think there's beauty in fear? Or in music that unsettles you?

100% percent because fear is what brings out the most human feeling from people and it shows you who people really are. In horror films, you don't get curated emotion. You get screaming, silence, survival.

This may seem random but a scene from *Jeepers Creepers* comes to mind. There is a part of the movie in a moment of complete terror, the victims of fear make decisions based off of their fear. Fight or flight. Everyone fend for themselves until another character calls them out for being cruel and inhumane.

In speaking with Katrina about how fear manifests through sound in her life, she draws a connection to lyrics that make her own fears feel seen. Past emotional hardships shaped into rhythmic poetry she can actually find comfort in. Her response surprised me. I expected a piece of music tied to cinematic horror, something eerie, something haunting. Instead, the fear she described wasn't external at all. It was her own horror, reflected back at her through the words she resonated with most.

Puberty 2 gives listeners a key to Mitski's mental trap. A maze filled with desire, frustration, and quiet chaos. The project maps a path to happiness, but as something stumbled upon through emotional wreckage. The way she blends erratic textures with more traditional instrumentation scratches a specific itch that invites me into her headspace. I hear anger. I hear longing. I hear numbness. And yet, it all feels deliberate, like a storm she knows well.

The opening track, *Happy*, stood out to me the most. It describes a sense of joy but that feeling is quickly stripped away as the person who once brought her happiness disappears from the narrative. The repetitive snare drum at the start, paired with numb, detached vocals, creates a sense of emotional dissociation. It all spirals into an endless cycle, slowly dulling her feelings. It gives the song its purpose of pulling us back into the heart of why she feels this way, why she wrote this, and why these production choices matter.

What Katrina reminded me is that horror doesn't always wear a mask or come with jump scares. Sometimes, it's quieter. It's growing up feeling misunderstood. It's the emotional weight we carry long after the worst has passed. And maybe that's why music like *Puberty 2* is so powerful, it doesn't just scare, it understands. It sits with you in the dark and hums back your deepest fears until they don't feel so lonely.

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