

Perbandingan subjective well-being musisi dan non musisi = A comparative study of subjective well-being among musicians and non musicians

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Abstrak

Penelitian ini bertujuan untuk mengetahui perbandingan subjective well-being antara musisi dan non-musisi. Sampel penelitian ini merupakan musisi dan non-musisi yang dibagi berdasarkan aktivitas musikal yang dilakukan sepanjang hidupnya (Hanna-Plady & MacKay, 2011) berusia 18 ? 40 tahun yang berjumlah 123 orang. Musisi merupakan individu yang sudah memiliki pengalaman bermain musik selama 10 tahun secara teratur dan pernah mengikuti pendidikan musik formal berjumlah 55 orang. Nonmusisi merupakan individu yang tidak bisa bermain musik, tidak bisa membaca not balok, dan tidak pernah menerima pendidikan musik secara formal berjumlah 68 orang. Subjective well-being diukur menggunakan Satisfaction with Life Scale (SWLS) yang dikembangkan oleh Diener, Emmons, Larsen, dan Griffin (1985) untuk mengukur evaluasi kognitif dan Positive Affect Negative Affect Scale (PANAS) yang dikembangkan oleh Watson, Clark, dan Tellegen (1988) untuk mengukur evaluasi afektif. Hasil penelitian menunjukkan bahwa musisi memiliki tingkat subjective wellbeing yang lebih tinggi secara signifikan dibandingkan non-musisi.

<hr>The objective of this study is to know the subjective well-being comparison between musician and non-musician. Participants of this study is musician and non-musician which is divided based on the musical activity throughout their lifespan (Hanna-Pladdy & MacKay, 2011) aged 18 - 40 years with the amounts of 123 participants. Musician is a person who had played a musical instrument on a regular basis for at least 10 years and joined formal musical training with the amounts of 55 participants. Non-musician is a person who had never played music, cannot read music notes, and never received formal musical training with the amounts of 68 participants. Subjective well-being was measured using the Satisfaction with Life Scale (SWLS) developed by Diener, Emmons, Larsen, and Griffin (1985) to measure cognitive evaluation and Positive Affect Negative Affect Scale (PANAS) developed by Watson, Clark, and Tellegen (1988) to measure affective evaluation. The result showed that the musicians have a higher level of subjective well-being significantly than non-musicians.