

## Pengalaman emosi malu dan emosi bersalah serta sosialisasi nilai budaya Batak pada generasi tua dan generasi muda suku Batak = The intergenerational study of shame and guilt and the socialization of Bataknese cultural values

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### Abstrak

Penelitian ini dilakukan untuk melihat perbedaan, gambaran, dan sosialisasi emosi malu dan emosi bersalah pada generasi tua dan generasi muda di suku Batak. Emosi malu dan bersalah termasuk dalam kelompok moral emotions karena dianggap berperan dalam membina perilaku bermoral dan mencegah terjadinya perilaku yang salah (Tangney&Fischer, 1995). Tangney dan Fischer (1995) mengatakan bahwa ketika merasa malu, individu menilai diri mereka telah gagal dalam memenuhi standar lingkungan sosialnya. Sementara dalam emosi bersalah, individu menilai diri mereka bertanggung-jawab terhadap kesalahan yang mereka lakukan. Fokus evaluasi pada emosi malu adalah diri secara keseluruhan, sementara pada emosi bersalah adalah pada suatu tindakan yang telah dilakukan. Tipe penelitian ini adalah gabungan dari penelitian kuantitatif dan kualitatif (mixed method). Analisis kuantitatif dilakukan untuk menguji hipotesis null bahwa tidak terdapat perbedaan yang signifikan pada emosi malu dan emosi bersalah antara 50 partisipan generasi tua dan 50 partisipan generasi muda suku Batak. Emosi malu dan emosi bersalah diukur dengan menggunakan Test of Self-Conscious Affect 3 (TOSCA-3) (Tangney, Dearing, Wagner, & Gramzow, 2000). Analisis kualitatif dilakukan dengan mengolah data yang diperoleh dari wawancara dengan 6 partisipan. Hasil penelitian dengan menggunakan teknik statistik Independent Samples T-Test menunjukkan perbedaan yang signifikan pada emosi malu antara generasi tua dan generasi muda suku Batak. Tidak terdapat perbedaan yang signifikan pada emosi bersalah antara generasi tua dan generasi muda suku Batak. Dari analisis hasil wawancara diperoleh hasil yang menunjukkan kesamaan antara generasi tua dan muda dalam situasi dan ekspresi emosi bersalah. Sementara untuk situasi dan ekspresi emosi malu terdapat perbedaan. Sosialisasi emosi malu dan emosi bersalah pada kedua generasi diperoleh dari lingkungan keluarga, sekolah, teman dan ajaran di gereja sejak usia Sekolah Dasar.

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This research was conducted in order to see the difference, portrayal, and the socialization of shame and guilt in the old and younger generation of Batak tribe. The emotions of shame and guilt belongs to a group of moral emotions, because their role are considered in fostering moral behavior and preventing wrong behavior (Tangney & Fischer, 1995). Tangney dan Fischer (1995) says that in shame, people evaluate themselves that they have failed to meet the standards of the social environment. While guilt, makes people evaluate themselves to be responsible of the wrongdoing they has done. The focus of evaluation in shame is the self as a whole, while in guilt the focus is on the action that the self has done. The type of this research is a mix of quantitative and qualitative methods. The quantitative analysis was conducted to test the null hypothesis that there is no significant difference in the emotions of shame and guilt among the 50 participants of older generation and 50 younger participants of Batak tribe. The emotions of shame and guilt were measured using the Test of Self-Conscious Affect 3 (TOSCA-3) (Tangney, Dearing, Wagner, & Gramzow, 2000). Qualitative analysis performed by processing data obtained from interviews with 6

participants. The results using statistical techniques of Independent Samples T-Test showed a significant difference in the emotion of shame between the older generation and the younger generation of Batak tribe. There was no significant difference in the emotion of guilt between the two generation. The analysis results of data obtained from interviews show similarities between the old and younger generation in situation that can elicited guilt feeling and in emotional expression of guilt. As for the emotion of shame, there were differences in situation that can elicited the feeling and also in emotional expression of shame. The socialization of shame and guilt in both generation were mostly obtained from family, especially from parents since they are in elementary school age. Although, there are other agents such as school, friends, and church teachings.