

Efek mozart vs. efek gamelan Bali: pengaruh musik klasik barat dibandingkan dengan musik tradisional Indonesia terhadap penalaran spasial mahasiswa = Mozart effect vs Balinese gamelan effect the effect of western classical music compared to Indonesian traditional music on college students spatial reasoning / Christ Billy Aryanto

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Abstrak

ABSTRAK

Penelitian Mozart effect telah banyak dilakukan di negara-negara barat, tetapi belum diketahui pengaruhnya pada partisipan di Asia, khususnya Indonesia. Penelitian ini bertujuan untuk mengetahui pengaruh musik klasik barat dan musik tradisional Indonesia terhadap kemampuan penalaran spasial mahasiswa Indonesia. 37 partisipan mengerjakan tiga borang tugas spasial setelah mendengarkan Sonata for Two Pianos in D, KV. 448 karya Mozart, musik Gamelan Bali, dan hening selama 10 menit. Mood, arousal, dan kesukaan serta kelaziman terhadap lagu yang didengarkan juga diukur untuk mengetahui apakah hal tersebut memengaruhi skor penalaran spasial. Ditemukan bahwa musik karya Mozart dan musik Gamelan Bali secara signifikan meningkatkan penalaran spasial dibandingkan keadaan hening. Musik karya Mozart diketahui dapat meningkatkan mood dan arousal, sedangkan musik Gamelan Bali hanya meningkatkan arousal saja. Analisis dari kesukaan dan kelaziman lagu menunjukkan musik karya Mozart lebih disukai dibandingkan musik Gamelan Bali, meskipun kedua lagu sama-sama lazim bagi partisipan. Hasil dan saran penelitian akan didiskusikan lebih lanjut untuk mengeksplorasi hasil yang tidak konsisten dari penelitian Mozart effect sebelumnya.

ABSTRACT

Research on Mozart effect have been widely researched in western countries, but it is not known the influence on participants in Asia, especially Indonesia. This study aims to determine the effect of western classical music and Indonesian traditional music on Indonesian students' spatial reasoning abilities. 37 participants did three spatial task forms after listening to Sonata for Two Pianos in D, KV. 448 works by Mozart, Balinese Gamelan music, and silence for 10 minutes. Mood, arousal, and liking also familiarity of the songs were also measured to determine whether this affects the score of spatial reasoning. It was found that Mozart music and Balinese Gamelan music significantly improve spatial reasoning compared to the state of silence. Music by Mozart are known to improve mood and arousal, while the Balinese Gamelan music only enhances arousal. Analysis of liking and familiarity of the songs show that by Mozart music is preferred over Balinese Gamelan music, although both songs were equally familiar for participants. Results and recommendations will be discussed to explore the inconsistent results from previous studies Mozart effect.