

Pengalaman sensorik suhu terhadap regulasi emosi = Bodily sensory experience of temperature on emotion regulation

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Abstrak

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Penelitian embodied cognition menjelaskan emosi dalam interaksi interpersonal melalui peran suhu. Penelitian ini bertujuan untuk menguji bagaimana pengaruh pengalaman sensorik tubuh akan suhu dingin terhadap regulasi emosi, ketika individu merasakan emosi negatif. Studi eksperimen dilakukan dengan menggunakan manipulasi sensorik suhu dingin atau hangat dan induksi emosi agresif atau netral dalam bentuk non-situated cognition. Hasil penelitian menunjukkan bahwa ketika tubuh mengalami sensorik dingin dan mendapatkan induksi emosi agresif, mampu meningkatkan durasi respon dan lebih rendah merasakan marah, dibandingkan saat tubuh mengalami suhu hangat. Hasil penelitian ini membuktikan bahwa pengalaman fisik terhadap suhu dingin mengaktifkan konsep regulasi emosi.

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ABSTRACT

Embodied cognition research was aimed to test whether bodily sensoric of coldness influenced to emotional regulation process, particularly when the negative emotional state was applied to participant. This experimental study was applied temperature sensory manipulation cold versus warm with two different emotional induction anger versus neutral in a form of non situated cognition. The study was indicating that compared to a warm temperature, a cold sensory experience, which in the same time a negative emotional was inducted, significantly increased the response duration and reduced the intention of anger. The research findings demonstrated that bodily experience of coldness exposure activates the emotional regulation process.