

Peran fandom media dalam meningkatkan strategi regulasi emosi kognitif adaptif pada emerging adult dengan riwayat childhood adversity = The role of media fandom in boosting adaptive cognitive emotion regulation strategy on emerging adult with childhood adversity

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Abstrak

Individu yang pernah mengalami childhood adversity cenderung kehilangan kesempatan dalam mempelajari kemampuan regulasi emosi kognitif yang adaptif dari orang tua di lingkungan keluarga. Situasi yang tidak menguntungkan ini menciptakan kerentanan individu terhadap gejala psikopatologi dan banyak dampak negatif menuju masa dewasa. Dengan demikian, sangat mendesak bagi individu yang berada di tahap emerging adulthood untuk menemukan cara alternatif yang dapat membantu mereka meningkatkan kemampuan regulasi emosi kognitif yang adaptif, termasuk dengan terlibat dalam fandom. Penelitian ini bertujuan untuk menyelidiki apakah fungsi fandom (purpose in life, escaping life stress, social connection) dapat memprediksi kemampuan regulasi emosi kognitif yang adaptif pada emerging adult dengan riwayat childhood adversity. Penelitian ini memperoleh sebanyak 417 partisipan dengan karakteristik: (1) berada pada tahap emerging adulthood (18-25 tahun); (2) tergabung dalam fandom media (musik, film, buku, animasi, game dan youtube), dan; (3) memiliki riwayat childhood adversity setidaknya pada satu dimensi (physical neglect, emotional abuse, emotional neglect, physical abuse, sexual abuse). Pengumpulan data dilakukan melalui kuesioner online dan dianalisis dengan teknik analisis regresi berganda menggunakan perangkat IBM SPSS. Hasil penelitian menunjukkan bahwa fungsi fandom purpose in life dan social connection secara signifikan memprediksi regulasi emosi kognitif adaptif, sedangkan fungsi fandom escaping life stress tidak secara signifikan memprediksi regulasi emosi kognitif adaptif. Dapat disimpulkan bahwa manfaat purpose in life dan social connection yang fandom berikan dapat memfasilitasi individu dengan riwayat childhood adversity untuk mengenal dan belajar mengenai strategi regulasi emosi kognitif yang adaptif, tetapi tidak ketika individu mendapat manfaat escaping life stress.

.....Individuals who experienced childhood adversity mostly lost their chances to learn about adaptive cognitive emotion regulation strategies from their parents in a family environment. This unfortunate situation created the individual vulnerabilities to psychopathology symptoms and many negative impacts toward adulthood. So, it was urgent for emerging adult to find an alternative factor which enabled them to boost their adaptive cognitive emotion regulation strategy, such as through their involvement in fandom. This research examined whether fandom functions (purpose in life, escaping life stress, social connection) could significantly predict adaptive cognitive emotion regulation on an emerging adult who experienced childhood adversity. There were 417 participants involved in this research with characteristic; (1) emerging adult (18 – 25 years old); (2) involved in media fandom (music, film, book, animation, game, and youtube), and; (3) have a history of childhood adversity in at least one dimension (physical neglect, emotional abuse, emotional neglect, physical abuse, sexual abuse) with moderate-severe level. Data was collected through an online questionnaire and analyzed with the Multiple Regression Analysis technique using IBM SPSS software. The results showed that the function of the fandom purpose in life and social connection significantly predicted adaptive cognitive emotion regulation. However, the function of the fandom escaping

life stress failed to predict adaptive cognitive emotion regulation significantly. It can be concluded that the benefits of purpose in life and social connection that fandom provide could facilitate individuals with a history of childhood adversity to recognize and learn about adaptive cognitive emotional regulation strategies, but not when individuals benefit from escaping life stress.