

Perbedaan Kemampuan Automatic Inhibitory Control Berdasarkan Tingkat Kepuasan Hidup = Differences in the Ability of Automatic Inhibitory Control Based on Satisfaction with Life Levels

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Abstrak

Kebahagiaan atau subjective well-being (SWB) umumnya menjadi tujuan utama setelah individu memenuhi kebutuhan dasar hidupnya. Berdasarkan penelitian terdahulu, kemampuan automatic inhibitory control, yaitu kemampuan individu untuk menghambat informasi emosional yang tidak relevan di level atensi berperan penting dalam mencapai kepuasan hidup yang merupakan komponen kognitif dari kebahagiaan. Namun, masih sulit ditemukan penelitian yang menguji sejauh mana kemampuan automatic inhibitory control memang berbeda di antara orang yang puas dengan hidupnya dan yang kurang puas dengan hidupnya. Oleh karena itu, penelitian ini menguji perbedaan kemampuan automatic inhibitory control berdasarkan tingkat kepuasan hidup. Studi quasi eksperimental yang menggunakan tugas negative affective priming (NAP) dilakukan untuk mengukur waktu reaksi ketika partisipan (N = 62, usia 18 - 23 tahun) menilai kondisi diri mereka selama 2 tahun terakhir, berdasarkan kata-kata sifat bervalensi positif atau negatif. Kemampuan automatic inhibitory control diukur dengan menghitung Efek NAP, yaitu selisih antara waktu reaksi di kondisi NAP dan kondisi Kontrol. Tingkat kepuasan hidup diukur menggunakan Satisfaction With Life Scale (SWLS) (Diener, et al., 1985; Akhtar, 2019). Hasil eksperimen menunjukkan bahwa orang dengan skor SWLS tinggi menunjukkan Efek NAP yang jauh lebih besar dibandingkan orang dengan skor SWLS rendah. Temuan dari studi ini menunjukkan bahwa orang yang puas dengan hidupnya memiliki kemampuan automatic inhibitory control yang lebih baik daripada orang yang kurang puas dengan hidupnya.

.....Happiness or subjective well-being (SWB) generally becomes the main goal after individuals fulfill their basic life needs. Based on previous research, the ability of automatic inhibitory control, namely the individual's ability to inhibit irrelevant emotional information at the attention level, plays an important role in achieving life satisfaction which is a cognitive component of happiness. However, it is still difficult to find studies that test the extent to which automatic inhibitory control abilities are different between people who are satisfied with their lives and those who are not satisfied with their lives. Therefore, this study examines differences in the ability of automatic inhibitory control based on the level of life satisfaction. A quasi-experimental study using a negative affective priming (NAP) task was conducted to measure the reaction time when participants (N = 62, ages 18 - 23 years) rated their self condition based on positive or negative valence adjectives. The ability of automatic inhibitory control is measured by calculating the NAP effect, which is the difference between the reaction time in the NAP condition and the Control condition. The level of life satisfaction was measured using the Satisfaction With Life Scale (SWLS) (Diener, et al., 1985; Akhtar, 2019). The results show that people with high SWLS scores show a much greater NAP effect than people with low SWLS scores. The findings of this study show that people who are satisfied with their lives have better automatic inhibitory control abilities than people who are less satisfied with their lives.