

Social Inhibition Atau Social Inhibition? Efek Suport Dari Audience di Eksperimen di Dua Tingkat Kesulitan = Social Inhibition or Social Facilitation? The Effect of Audience Support in a Two-level Difficulty Task

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Abstrak

Efek dari dukungan penonton terhadap performa seseorang dalam berbagai tingkat kesulitan belum pernah diteliti sebelumnya. Oleh karena itu, focus utama penelitian ini adalah untuk meneliti efek dari dukungan penonton terhadap performa seseorang pada dua tingkat kesulitan. Kami ingin mengetahui apakah dukungan dari penonton dapat membantu performa (social facilitation) atau malah merusak performa (social inhibition) seseorang. Partisipan penelitian ini adalah 20 mahasiswa dengan mean umur 19.6. Studi ini ialah studi 2 (diberi dukungan atau tidak) x 2 (tugas yang rumit atau mudah) pengukuran berulang. Kami memprediksi bahwa performa partisipan yang diberi dukungan akan lebih buruk dibanding apabila tidak diberi dukungan. Dapat disimpulkan bahwa hipotesis kami teruji dan mendukung studi-studi terdahulu. Hasil dari penelitian ini dapat langsung diterapkan oleh performer, supporter atau pendukung.

.....The effect of supportive audience in different levels of task had not yet been examined and this is why the aim of this study was to examine the effect of audience support in a two-level of task difficulty. The main focus is to see whether audience support helps (social facilitation) or impairs (social inhibition) performance. The participants were 20 university students with the mean age of 19.6. The study was a 2 (supported and non-supported) x 2 (complex and easy task) repeated measures. It is predicted that those who were supported did worse in both the complex and easy task. It was found that no matter the support condition, participants in the easy task did better than those in complex task. It was also found that in the support condition, participants who did complex task resulted worse than those in easy task. The results support past studies and could be practically applied by performers, audiences or supporters.