

Keingintahuan Sosial Sebagai Mekanisme Penahan Kecemasan Kematian Dalam Perspektif Terror Management Theory = Social Curiosity as a Buffer Mechanism of Death Anxiety in the Perspective of Terror Management Theory

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Abstrak

Teori need to belong dan gap informasi kurang tepat digunakan untuk menjelaskan terjadinya keingintahuan sosial sehingga diperlukan teori lain yang lebih tepat, yaitu Terror Management Theory (TMT). Dalam TMT, keingintahuan sosial berperan sebagai mekanisme penahan kecemasan kematian karena memberikan proteksi berupa dimilikinya rasa keabadian simbolik biososial. Dilakukan dua studi dengan partisipan berusia 18 sampai 59 tahun untuk membuktikan peran keingintahuan sosial ini. Studi 1 merupakan penelitian korelasional, yang didasari gap penelitian tentang arah hubungan kecemasan dengan keingintahuan. Hasil studi 1 menunjukkan kecemasan interaksi sosial, fobia sosial, dan kecemasan kematian dapat memprediksi keingintahuan sosial dengan arah positif. Studi 2 merupakan penelitian eksperimental, yang didasari oleh hipotesis saliens mortalitas dalam TMT. Hasil studi 2 menunjukkan bahwa saliens mortalitas dapat meningkatkan keingintahuan sosial yang bertujuan mewujudkan keabadian simbolik biososial. Penelitian ini berhasil mengatasi gap teoretis dalam menjelaskan mekanisme terjadinya keingintahuan sosial. Keingintahuan sosial berkontribusi terhadap kesehatan mental karena menjadi sarana coping terhadap kecemasan.

.....The need to belong and the information gap theory are not sufficient to explain the occurrence of social curiosity. Hence, we need another theory which is more suitable, namely the Terror Management Theory (TMT). In TMT, social curiosity acts as a coping mechanism against death anxiety because social curiosity creates a sense of biological symbolic immortality for those who can fulfill it. Two studies were conducted with participants aged 18 to 59 years to prove the role of social curiosity. Study 1 was a correlational study, which was based on a gap in our knowledge about the direction of the relationship between anxiety and curiosity. The results of study 1 showed that social interaction anxiety, social phobia, and death anxiety can predict social curiosity in a positive direction. Study 2 was an experimental study, which was based on the mortality salience hypothesis in TMT. The results of study 2 showed that mortality salience can increase social curiosity which aims to realize biosocial symbolic immortality. This study succeeded in overcoming the theoretical gap in explaining the mechanism of social curiosity. Social curiosity contributes to mental health by being a means of coping with anxiety.