

Gambaran Flow dalam Live Performance pada Musisi Klasik Indonesia: Sebuah Studi Pendahuluan = Flow during Live Performance among Indonesian Classical Musicians: A Pilot Study

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Abstrak

Flow merupakan satu konsep penting dalam kehidupan manusia, terutama dalam live classical music performance, di mana individu dapat perform dengan fokus dan menikmatinya sehingga ia mencapai optimal experience dan memiliki subjective well-being dalam jangka panjang. Penelitian ini bertujuan untuk mengetahui gambaran flow pada konteks live music performance di Indonesia. Penelitian ini menggunakan pendekatan kualitatif dengan desain fenomenologi dan metode wawancara semi-structured yang melibatkan enam partisipan yang direkrut dengan menggunakan teknik purposive sampling. Partisipan merupakan individu yang berusia di atas 18 tahun dan pernah melakukan live classical music performance. Penelitian ini pun menemukan enam tema besar, seperti gambaran live performance, transformasi waktu, musisi memiliki standar yang tinggi, perasaan kehilangan arah, perasaan 'senang' dan 'bangga' sebagai pengalaman autotelik, dan pengalaman yang bermakna sebagai pengalaman autotelik. Para partisipan pun mengalami beberapa dimensi flow dalam performance yang dilakukan, seperti clear goals, concentration on the task at hand, sense of control, transformation of time, dan autotelic experience. Meskipun demikian, para partisipan memaknai dimensi flow tersebut dengan perspektif yang berbeda-beda, sesuai dengan pengalaman yang dialami. Terdapat partisipan yang merasa waktu berjalan lebih lambat, tetapi hal tersebut tidak berkaitan dengan dimensi transformation of time dari flow karena ia merasakan kecemasan. Selain itu, terdapat pula partisipan yang mempersepsikan dimensi concentration on the task at hand sebagai kekhawatiran ataupun overthinking dengan performancenya sehingga ia tidak mengalaminya sebagai bagian dari flow.

.....Flow is an essential concept in human life, particularly in live classical music performances, where individuals can perform with focus and enjoyment, thereby achieving an optimal experience and gaining subjective well-being in the long term. This study aims to explore flow in live music performance in Indonesia. In this study, researcher uses qualitative method with a phenomenological design and semi-structured interview method involving six participants who are recruited using purposive sampling. The participants are individuals aged above 18 years old and had performed in live classical music performance settings. This study found six major themes: description of live performance, transformation of time, lost of direction, feelings of 'joy' and 'pride' as autotelic experience, and meaningful experience as autotelic experience. The participants experienced some dimensions of flow during their performances, including clear goals, concentration on the task at hand, sense of control, transformation of time, and autotelic experience. However, these dimensions were perceived differently by every participant, depending on their individual experiences. For instance, a participant reported that time passed more slowly during her performance, but this was not associated with transformation of time as a dimension of flow, as she also felt anxious. Another participant also perceived concentration on the task at hand as worrying or overthinking about her performance so that she did not experience that as a part of flow.