

Pengaruh musik dan lirik terhadap perubahan jangka pendek kepribadian = The effects of music and lyrics on short term personality change

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Abstrak

Penelitian replikasi dari penelitian Djikic (2011) ini merupakan penelitian eksperimen dengan sampel 90 partisipan mahasiswa sarjana Universitas Indonesia (rata-rata usia = 23,8 tahun) yang menguji kemampuan musik untuk menghasilkan perubahan yang signifikan pada penilaian kepribadian. Setelah mengisi serangkaian kuesioner, termasuk didalamnya NEO-FFI, partisipan dialokasikan ke dalam 3 kelompok; kelompok Musik dan Lirik mendengarkan lagu berbahasa Perancis sambil membaca terjemahannya, kelompok Musik mendengarkan lagu sambil membaca teks lirik bahasa Perancis, dan kelompok Lirik mendengarkan rekaman terjemahan lirik secara lisan sambil membaca terjemahannya. Partisipan mengisi kembali kuesioner NEO-FFI. Hasil menunjukkan bahwa musik meningkatkan variabilitas dalam penilaian kepribadian secara tidak signifikan, sedangkan lirik menurunkan variabilitas secara tidak signifikan.

.....The present replication experiment of the experiment conducted by Djikic (2011) tested whether music can produce significant changes in the experience of one's own personality traits under laboratory conditions. Participants were 90 Universitas Indonesia undergraduates (M = 23.8 years). After completing a set of questionnaires including the NEO-FFI, they were divided into 3 groups: the Music-and-Lyrics group listened to a French song while reading the Indonesian translation of lyrics, the Music group listened to a French song while following the text of lyrics in French, and the Lyrics group listened to the Indonesian translation of the lyrics, while following its text. Participants were then readministered the NEO-FFI within another set of questionnaires. The results show that music insignificantly produced increases, and lyrics insignificantly produced decreases, in the short-term self-reported experience of change of one's personality traits.