

Strategi berbicara kepada diri sendiri sebagai mekanisme regulasi stress pada individu yang terbiasa menyebut diri menggunakan nama

Ulfa Sekar Langit, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20479725&lokasi=lokal>

Abstrak

In the study *Self talk as a Regulatory Mechanism: How You Do It Matters* (Kross et al., 2014) shows the use of names when doing self talk strategies can be used as a mechanism of self regulation of stressors in the future. However, in Indonesia, there is a culture where people are accustomed to calling themselves by name when interacting daily. This study attempted to further understand the influence of name use strategies when self talk to the mechanism of self regulation of future stressors in individuals who have been accustomed to calling themselves by name. The study was conducted in two studies (N = 195) with a university student as a participant. In study 1 participants were people who were accustomed to calling themselves by name. The results of the analysis showed that participants who did self talk strategy using names (M: 0,913; SD=0,417) assessed the stressors in the future as a challenge rather than a threat compared to participants who did self talk strategy using the first person pronoun (M: 0,732. SD=0,368). This difference is significant $t(93) = \min 1,107, p > 0,05$ (Study 1). Meanwhile, in participants who are accustomed to calling themselves by name, the assessment of stress triggers in the future does not differ significantly between the conditions of using names (M=0,71; SD= 0,29) and the condition of using first person pronoun (M=0,65; SD=0,27) with the results of the t test as follows, $t(93) = \min 1,107, p > 0,05$. (Study 2). That is, the selftalk strategy uses the name of the mechanism of self regulation in individuals who are accustomed to calling themselves by name unable to change judgment (from a threat to challenge) to future stressors.