

Hubungan Performa Inhibisi Informasi Negatif yang Tidak Relevan dan Tingkat Kebahagiaan dengan Mood dan Perubahan Afek Positif sebagai Moderator = The Relationship between Inhibition of Irrelevant Negative Information and Happiness with Mood and Changes in Positive Affect as Moderators

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Abstrak

Untuk dapat merasa bahagia, kemampuan individu dalam melakukan inhibitory control terhadap informasi negatif yang tidak relevan sangatlah penting. Namun, kondisi emosional yang bersifat sementara seperti mood dan perubahan afek positif dikenal dapat memengaruhi performa fungsi kognitif ini. Penelitian ini bertujuan untuk melihat hubungan antara inhibitory control dan tingkat kebahagiaan dengan mood dan perubahan afek positif sebagai moderator. Sebanyak 119 partisipan yang sehat mental berusia 18 - 35 tahun ($M = 21,5$ tahun) berpartisipasi dalam penelitian ini. Sejumlah 59 partisipan menerima induksi mood positif dan 60 orang menerima induksi mood netral. Tingkat kebahagiaan diukur menggunakan Subjective Happiness Scale (Lyubomirsky & Lepper, 1999), mood diukur menggunakan The Positive and Negative Affect Schedule (Watson et al., 1988), sedangkan perubahan afek positif diukur dari selisih penilaian afek positif sebelum (Pre PA) dan setelah (Post PA) induksi mood dilakukan. Performa inhibitory control untuk informasi negatif diukur menggunakan tugas Negative Affective Priming. Hasil analisis moderasi dengan PROCESS model 2 menunjukkan bahwa performa inhibitory control untuk informasi negatif adalah prediktor positif dan signifikan untuk tingkat kebahagiaan. Mood memoderasi secara signifikan hubungan antara performa inhibitory control terhadap informasi negatif dan tingkat kebahagiaan, tetapi perubahan afek positif tidak memoderasi hubungan ini. Selain itu, berdasarkan analisis moderasi PROCESS model 1, pada kondisi mood netral, terdapat korelasi positif antara inhibitory control untuk informasi negatif dan tingkat kebahagiaan. Sebaliknya, pada kondisi mood positif, terdapat korelasi negatif antara inhibitory control untuk informasi negatif dan tingkat kebahagiaan. Temuan dalam penelitian ini menunjukkan bahwa dinamika hubungan antara performa inhibitory control dalam menghambat informasi negatif dan tingkat kebahagiaan dipengaruhi oleh mood partisipan.

.....Largely influenced by mood In order to be happy, it is important to hone the ability to inhibit irrelevant negative information. However, temporary emotional states such as mood and changes in positive affect are known to affect the performance of inhibitory control. The current study aimed to examine the moderating roles of mood and changes in positive affect on the relationship between inhibitory control and happiness. A total of 119 mentally healthy participants aged 18-35 years ($M = 21.5$ years) participated in this study. Fifty-nine participants received positive mood induction and 60 participants received neutral mood induction. Happiness was measured using the Subjective Happiness Scale (Lyubomirsky & Lepper, 1999), mood was measured using The Positive and Negative Affect Schedule (Watson et al., 1988), while changes in positive affect was measured by calculating the difference between the levels of positive affect before (Pre PA) and after (Post PA) the mood induction procedure. Inhibitory control performance for irrelevant negative information was measured using Negative Affective Priming Task. The results of the moderation analysis using PROCESS model 2 showed that inhibitory control performance for negative information was a

significant and positive predictor for happiness. Interestingly, mood significantly moderated the relationship between inhibitory control for negative information and happiness, but changes in positive affect did not moderate this relationship. Based on analysis using PROCESS model 1, in neutral mood condition, there was a positive correlation between inhibitory control for negative information and happiness. Conversely, in positive mood condition, there was a negative correlation between inhibitory control for negative information and happiness. Thus, the findings of this study suggest that the relationship between inhibitory control for irrelevant negative information and happiness is largely influenced by mood.