

Peran Moderasi Religiusitas pada Pengaruh Atensi Visual terhadap Inhibisi Respons Seksual Muslim Laki-laki

Abstrak

Inhibisi respons seksual merupakan kemampuan dasar bagi individu untuk mengatur, mengalihkan, menekan, dan menghentikan respons seksual. Respons seksual adalah keadaan emosional yang muncul dari interaksi antara pemrosesan kognitif terhadap isyarat seksual (atensi), respons fisiologis dan respons afektif. Respons seksual dipicu oleh beragam stimulus, salah satunya adalah stimulus visual. Stimulus visual terbukti signifikan memunculkan minat, hasrat, dan gairah seksual. Oleh karena itu, stimulus visual sering digunakan dalam studi psikofisiologis untuk menjelaskan perilaku seksual. Beberapa penelitian konsisten menemukan religiusitas memiliki peran penting dalam pengaturan perilaku seksual. Namun, belum ditemukan penelitian yang menjelaskan bagaimana peran religiusitas pada pengaruh atensi visual yang diamati melalui gerakan mata saat pemrosesan informasi terhadap inhibisi respons seksual. Penelitian ini bertujuan untuk menelaah peran atensi visual terhadap inhibisi respons seksual yang dimoderatori oleh variabel religiusitas. Religiusitas diukur menggunakan instrumen *The Centrality of Religiosity Scale-15* dan inhibisi respons diukur menggunakan tugas *Go/NoGo* dan skala *SIS/SES-SF (Sexual Inhibition and Sexual Excitation Scales-Short Form)*. Atensi visual direkam menggunakan alat pelacak gerakan mata (*eye-tracker*). Partisipan penelitian adalah 80 mahasiswa laki-laki Muslim (usia rata-rata: 20,5 tahun) di kota Pekanbaru. Analisis data menggunakan *Moderated Regression Analysis*. Penelitian ini menemukan bahwa 1) Atensi visual yang diamati berdasarkan waktu melihat dan jumlah fiksasi secara bersama mampu menjelaskan variasi inhibisi respons berdasarkan waktu reaksi pada tugas *Go* erotis ($F(2,76)=17,2$; $p<,001$). $R^2=0,312$; *Go* netral ($F(2,77)=13,1$; $p<,001$), $R^2=0,254$). Sementara pada respons benar, diperoleh bahwa hanya jumlah fiksasi signifikan menjelaskan variasi inhibisi seksual pada tugas *Go* erotis ($F(2,76)=2,43$; $p=,095$), $R^2=0,060$; *Go* netral ($F(2,77)=4,51$, $p=,014$), $R^2=0,105$). 2) waktu melihat dan jumlah fiksasi tidak signifikan menjelaskan variasi inhibisi respons seksual yang dihitung berdasarkan skor skala eksitasi dan inhibisi ($p>,05$). 3) terdapat peran signifikan religiusitas terhadap hubungan atensi visual dan inhibisi respons seksual, waktu melihat dengan waktu reaksi pada tugas *Go* erotis ($b=-0,249$; $z=-2,02$; $p=,043$); waktu melihat dengan respons benar pada tugas *Go* erotis ($b=0,413$; $z=2,43$; $p=,015$); dan jumlah fiksasi dengan respons benar pada tugas *Go* netral ($b=0,263$; $z=3,31$; $p=,001$). Hasil ini menunjukkan bahwa pengaruh atensi visual terhadap inhibisi respons seksual sebagiannya dimoderatori oleh religiusitas. Penelitian ini memberikan dukungan awal peran religiusitas pada pengaturan perilaku seksual bahkan pada level persepsi awal saat pemrosesan informasi seksual. Penelitian ini juga memperkenalkan alternatif pengukuran perilaku seksual yang objektif dan *real time* melalui pelacakan gerakan mata. Hasil penelitian ini bermanfaat menjelaskan variasi respons seksual dan implikasinya dalam proses konseling

Kata kunci: Religiusitas, Atensi Visual, Eye-tracking, Inhibisi Respons, Tugas Go/NoGo, Muslim

The Moderating Effect of Religiosity on the Relationship between Visual Attention and Sexual Inhibition among Muslim Men

Abstract

Sexual inhibition is a basic ability to regulate, suppress, and stop sexual responses. Sexual response is an emotional state that arises from the interaction between the cognitive processing of sexual cues (attention), physiological responses, and affective responses. Various stimuli, including a visual stimulus, trigger the sexual response. Visual stimuli are significant in inducing sexual interest, desire, and arousal. Therefore, psychophysiological studies often use visual stimuli to explain sexual behavior. Several studies have consistently found that religiosity is important in regulating sexual behavior. However, research on how religiosity moderates visual attention observed through eye movements during information processing on sexual inhibition is still limited. The present study is focused on religiosity as a moderator of the link between visual attention and sexual inhibition. Religiosity was measured using The Centrality of Religiosity Scale-15, and sexual inhibition was measured using the Go/NoGo task and the SIS/SES-SF scale (Sexual Inhibition and Sexual Excitation Scales-Short Form). Visual attention was recorded using an eye-tracker device. The research was carried out on 80 unmarried male Muslim students (mean age: 20.5 years) in Pekanbaru. Data analysis uses Moderated Regression Analysis. This study found that 1) visual attention as measured by viewing time and number of fixations could explain variations in response inhibition based on reaction time on the Go erotic task ($F(2,76)=17.2$; $p<.001$). $R^2 = 0.312$; Go neutral ($F(2,77)=13.1$; $p<.001$), $R^2=0.254$). Meanwhile for the correct response, it was found that only the number of significant fixations explained the variation of sexual inhibition on the Go erotic task ($F(2,76)=2.43$; $p=.095$, $R^2=0.060$); Go neutral ($F(2,77)=4.51$, $p=.014$), $R^2=0.105$). 2) viewing time and number of fixations did not significantly explain the variation in sexual response inhibition, calculated based on SIS/SES-SF scale scores ($p>0.05$). 3) there is a significant role of religiosity in the relationship between visual attention and sexual response inhibition, viewing time, and reaction time on Go erotic tasks ($b= -0.249$; $z= -2.02$; $p= .043$); viewing time with the correct response to the Erotic Go task ($b= 0.413$; $z= 2.43$; $p= .015$); and the number of fixations with correct responses to the neutral Go task ($b= 0.263$; $z= 3.31$; $p= .001$). This study suggests that religiosity moderates visual attention's effect on sexual inhibition. Participants' religious values affect their sexual responses to visual sexual stimuli. This study provides initial support for the role of religiosity in regulating sexual behavior, even at the initial perceptual level during the processing of sexual information. This study also introduces an objective and real-time measurement of sexual behavior through eye movement tracking. Research result is beneficial in explaining variation of sexual response and its implication for counseling process.

Keywords: *Religiosity, Visual Attention, Eye-tracking, sexual Inhibition, Go/NoGo Task, Muslim*