

Peran Dukungan Sosial Teman Sebaya dan Durasi Latihan Bermusik terhadap *Music Performance Anxiety* pada Pelajar di SMK Musik Yogyakarta

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Abstrak

Penelitian ini bertujuan untuk meneliti peran dukungan sosial teman sebaya dan durasi latihan bermusik terhadap music performance anxiety. Partisipan dalam penelitian ini merupakan 88 siswa di SMK Musik di Yogyakarta dengan rentang usia 15 sampai 19 tahun, terdiri dari 29 laki-laki dan 59 perempuan. Dalam penelitian ini data dikumpulkan dengan menggunakan skala music performance anxiety, skala dukungan sosial teman sebaya dan skala durasi latihan bermusik. Teknik analisis yang digunakan dalam penelitian ini adalah regresi linear berganda. Hasil penelitian menunjukkan bahwa dukungan sosial teman sebaya dan durasi latihan bermusik secara bersama-sama memiliki kontribusi terhadap *music performance anxiety* ($F = 6,413$, $p = 0,003$) sebanyak 13,1%. Dukungan sosial secara signifikan memiliki pengaruh negatif terhadap *music performance anxiety* sebanyak 6,27%, dan durasi latihan bermusik memiliki pengaruh negatif terhadap *music performance anxiety* sebanyak 6,85%.

Kata kunci: *dukungan sosial, music performance anxiety*

The Roles of Social Support from Peers and Music Practice Time toward Music Performance Anxiety among High School Music Students in Yogyakarta

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Abstract

This study aimed to test empirically the role of social support from peers and music practice time toward music performance anxiety. The participants of this study consisted of 88 student of a music high school in Yogyakarta with range aged 15-19 years old. Those students consisted of 29 males and 59 females. In this study the data collected by using music performance anxiety scale, social support from peers scale, and music practice time scale. The analysis used in this study was a multiple analysis regression technique. The result indicated that social support from peers and music practice time played significant role toward music performance anxiety ($F=6.413$ and $p=0.003$). Meanwhile, social support from peers and music practice time contributed effectively toward music performance anxiety by 13.1%. In this study, social support influenced significantly negative toward music performance anxiety by 6.27%, and music practice time influenced significantly negative toward music performance anxiety by 6.85%.

Keyword: *social support, music performance anxiety*