

**THE EFFECT OF STRESS ON INHIBITORY CONTROL:
USING COMPUTERIZED STROOP COLOR-WORD
TEST IN EARLY ADULT WITH INDUCING
SING-A-SONG STRESS TEST**

**Akhmad Kurniawan
Sri Kusrohmaniah**

Fakultas Psikologi
Universitas Gadjah Mada

ABSTRACT

Inhibitory control is an essential basis in executive functioning. Inhibitory control is able to control attention by inhibiting internal tendencies and external influences. Inhibitory control can be altered by other variables. Positive versus negative outcomes of stress on inhibitory control have been argued in earlier studies. Sing-a-Song Stress Test (SSST) is a current method to induce stress that has never been practiced in study of inhibitory control. This study aimed to determine the effect of stress induced by SSST against inhibitory control in early adult which measured by Computerized Stroop Color-Word Test (CSCWT). Between subjects design was applied in this study. A number of 35 participants with age range from 17 to 21 years old were randomly assigned into experimental group ($n = 17$) and control group ($n = 18$). Inhibitory control reaction time was measured using CSCWT. Positive Affect and Negative Affect Schedule (PANAS) was used to conduct a manipulation check of stress. Independent-Samples T Test explained no significant effect of stress on inhibitory control ($t = -0,117$; $p > 0,05$). Influenced variables are discussed.

Keywords: *inhibitory control, stress, Computerized Stroop Color-Word Test, Sing a-Song Stress Test, executive functioning*

PENGARUH STRES TERHADAP *INHIBITORY CONTROL*: PENGUNAAN *COMPUTERIZED STROOP COLOR-WORD TEST* PADA DEWASA AWAL DENGAN INDUKSI *SING-A-SONG STRESS TEST*

**Akhmad Kurniawan
Sri Kusrohmaniah**

Fakultas Psikologi
Universitas Gadjah Mada

ABSTRAK

Inhibitory control merupakan komponen penting dalam fungsi eksekutif. Inhibitory control berguna untuk mengontrol atensi dengan cara menghambat kecenderungan internal dan pengaruh eksternal. Inhibitory control dapat dipengaruhi oleh variabel lain. Pengaruh positif versus pengaruh negatif stres terhadap inhibitory control telah menjadi perdebatan dalam penelitian sebelumnya. Sing-a-Song Stress Test (SSST) merupakan metode baru dalam induksi stres yang belum pernah diterapkan pada penelitian inhibitory control. Penelitian ini bertujuan untuk mengetahui pengaruh stres dengan induksi SSST terhadap inhibitory control pada dewasa awal yang diukur dengan menggunakan Computerized Stroop Color-Word Test (CSCWT). Between subjects design digunakan dalam penelitian ini. Sebanyak 35 partisipan berusia 17 sampai 21 tahun dikelompokkan secara acak ke dalam kelompok eksperimen ($n = 17$) dan kelompok kontrol ($n = 18$). Waktu reaksi inhibitory control diukur melalui CSCWT. Positive Affect and Negative Affect Schedule (PANAS) digunakan untuk melakukan cek manipulasi stres. Independent-Samples T Test menunjukkan adanya pengaruh yang tidak signifikan antara stres dan inhibitory control ($t = -0,117$; $p > 0,05$). Variabel-variabel yang mempengaruhi hasil dijelaskan dalam pembahasan.

Kata kunci: *inhibitory control, stres, Computerized Stroop Color-Word Test, Sing a-Song Stress Test, fungsi eksekutif*