



THE EFFECT OF STRESS THROUGH SING-A-SONG STRESS TEST ON SELECTIVE ATTENTION IN EARLY ADULT

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ABSTRACT

Selective attention is part of the executive function. Selective attention is controlled by the frontal lobe. Selective attention is useful in focusing attention to the relevant information and ignoring the irrelevant information. Previous research suggests that selective attention can be affected by stress. Stress can interrupt frontal lobe performance. Sing-a-Song Stress Test (SSST) is a current method to induce stress that has never been practiced in study of selective attention. This study aimed to determine the effect of stress induced by SSST against selective attention 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). Selective attention scores are measured based on correct answer accuracy on CSCWT. Negative Affect Subscale in 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 selective attention ($t = 0,158$; $p > 0,05$). Influenced variables are discussed

Keywords: *selective attention, stress, Computerized Stroop Color-Word Test, Sing a-Song Stress Test, executive function, frontal lobe*



PENGARUH STRES MELALUI SING-A-SONG STRESS TEST TERHADAP SELECTIVE ATTENTION PADA DEWASA AWAL

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ABSTRAK

Selective attention merupakan bagian dari fungsi eksekutif. Selective attention dikendalikan oleh lobus frontal. Selective attention berguna dalam memfokuskan perhatian terhadap informasi relevan dan mengabaikan informasi tidak relevan. Penelitian terdahulu menyebutkan bahwa selective attention dapat dipengaruhi oleh stres. Stres dapat mengganggu kinerja lobus frontal. Sing-a-Song Stress Test (SSST) merupakan metode baru dalam pengondisian stres yang belum pernah diterapkan pada penelitian selective attention. Penelitian ini bertujuan untuk mengetahui pengaruh stres dengan pengondisian SSST terhadap selective attention pada dewasa awal yang diukur dengan menggunakan Computerized Stroop Color-Word Test (CSCWT). Between subjects design digunakan dalam penelitian ini. Sebanyak 35 subjek berusia 17 sampai 21 tahun dikelompokkan secara acak ke dalam kelompok eksperimen ($n = 17$) dan kelompok kontrol ($n = 18$). Skor selective attention diukur berdasarkan akurasi jawaban benar pada CSCWT. Subskala Afek Negatif dalam 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 selective attention ($t=0,158$; $p > 0,05$). Variabel-variabel yang memengaruhi hasil dijelaskan dalam pembahasan.

Kata kunci: *selective attention, stres, Computerized Stroop Color-Word Test, Sing a-Song Stres Test, fungsi eksekutif, lobus frontal*