

THE EFFECT OF NOSTALGIC AND NON-NOSTALGIC MUSIC ON NOSTALGIA FUNCTIONS

Abstract

Nostalgia is a concept that was initially viewed with negative connotations during its inception. Recent studies have found nostalgia to hold several psychological repercussions, namely positive and negative affect, social connectedness, and self-esteem, which are collectively known as “nostalgia functions”. Studies on nostalgia have employed several methods to induce nostalgia among participants. One of these is through the means of music. The purpose of this study was to determine differences in nostalgia functions among three groups that were each given distinct treatments: nostalgic music, non-nostalgic music, and no music (control group).

This study used the posttest-only multiple-independent-groups design. Participants of the study were 73 sophomore undergraduate students that were randomly placed into one of the three groups. Nostalgia functions were measured through the use of Nostalgia Functions Scale. Nostalgia was also measured as a manipulation check with Evoked Nostalgia Scale. The present study found a significant difference in positive affect (One-way ANOVA $F = 12.08$, $p < 0.05$), negative affect (One-way ANOVA $F = 6.10$, $p < 0.05$), social connectedness ($F = 10.41$, $p < 0.05$), and self-esteem ($F = 5.49$, $p < 0.05$) among the nostalgic, non-nostalgic, and control groups. Based on this result, the hypothesis was accepted.

Keywords : nostalgia, music, self-esteem, social connectedness, affect, experiment

PENGARUH MUSIK NOSTALGIA DAN NON-NOSTALGIA TERHADAP FUNGSI NOSTALGIA

Intisari

Nostalgia merupakan sebuah konsep yang pada awalnya dipandang negatif dan bahkan dianggap semacam gangguan mental. Penelitian terbaru menemukan bahwa nostalgia memiliki beberapa efek samping psikologis, seperti afek positif dan negatif, keterhubungan sosial, dan *self-esteem*, yang secara kolektif disebut sebagai “fungsi nostalgia”. Studi-studi tentang nostalgia menggunakan berbagai metode untuk memunculkan nostalgia pada partisipan, salah satunya dengan menggunakan music. Penelitian ini bertujuan untuk mengetahui perbedaan fungsi nostalgia di antara tiga kelompok yang masing-masing diberikan perlakuan khusus: musik nostalgis, musik non-nostalgis, dan tanpa musik.

Studi ini menggunakan *posttest-only multiple-independent-groups design*. Partisipan terdiri dari 73 mahasiswa S1 tahun kedua yang secara acak ditempatkan pada salah satu dari tiga kelompok. Fungsi nostalgia diukur dengan Skala Fungsi Nostalgia. Nostalgia juga diukur sebagai manipulasi cek dengan *Evoked Nostalgia Scale*. Hasil menemukan perbedaan signifikan di afek positif (One-way ANOVA $F = 12.08$, $p < 0.05$), afek negatif (One-way ANOVA $F = 6.10$, $p < 0.05$), keterhubungan sosial ($F = 10.41$, $p < 0.05$), dan *self-esteem* ($F = 5.49$, $p < 0.05$) pada kelompok nostalgis, non-nostalgis, dan kontrol. Berdasarkan hasil ini, maka hipotesis diterima

Kata kunci : nostalgia, musik, *self-esteem*, keterhubungan sosial, afek, eksperimen