

THE EFFECT OF MUSIC ON THE EMOTIONS OF ISLAMIC STUDENTS

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ABSTRACT

Music is the art of sound arranged in patterns that are pleasing to our ears and convey emotions and moods. The purpose of this study was to determine the effect of music on students' emotions. This experimental research design used the One Group Pretest Posttest Design. This research was conducted on students of the Raden Fatah State Islamic University Palembang semester 5, Faculty of Psychology class of 2020. Data analysis used the Paired Sample Test technique with assistance using SPSS. The results of this study indicate that the value is Sig. (2-tailed) = 0,015 ($p < 0,05$). So it can be concluded that there is a significant difference in the effect of music on students' emotions before and after being given treatment, that when given treatment in the form of listening to and watching the MV "Dunia Tipu-Tipu" by Yura Yunita there is a significant effect.

Introduction

Music is the art of sound arranged in patterns that are pleasing to our ears and convey emotions and moods. Music has rhythms, melodies and harmonies, which give it depth and allow for the use of a variety of instruments and voices. Musical taste is a person's long-term commitment, his musical standards are characterized by behavior such as the habit of buying records in cassette format or playing his favorite songs on digital media. Musical elements such as melody, rhythm, timeline, harmony, scale, tempo, dynamics, timbre and expression. Those who think that music has a function as a catalytic tool believe that music can be a means of self-expression. It is recognized that music also has the power to convey and evoke emotions, both as expressed through the inspiration of the storyline, music, and the character of the characters played, as well as a means of self-expression (Amelia & Aryaneta, 2022).

According to Djohan (2009), who argued that "music has the power to deliver and stir emotions". Djohan (2009) explains that "listening to music stimulates or stimulates an emotional response referred to in therapy as an active range of feelings." Music can effectively be a facilitator and catalyst in encouraging individuals to experience and express feelings and by listening to music that will affect our emotions (Haryadi & Fardah, 2015).

A person who enjoys listening to music will benefit greatly, both physically and psychologically. In a book entitled "Great Book About Al-Farabi", it says that music makes one feel calm, comfortable and one of them an emotional bender (Andaryani, 2019). Therefore, music cannot be part from emotions. Associated characters in opera, for example regarding a range of emotions expressed. Meanwhile, music as a means of self expression, emotions are inevitable parameters (Amelia & Aryaneta, 2022).

As for some aspects of emotional regulation, which are as follows (Haryadi & Fardah, 2015): 1) The selection of a situation, which is an act of avoiding or approaching certain objects to affect emotions; 2) Modified the situation, which is to change or modify the situation (the external environment) to change the emotional impact; 3) The dispersal of attention, which is attention to situations that affect emotions in which an individual is aware of and comprehending the full range of processes going on within himself, his feelings, his mind and background of his actions so that his immune will be able to focus on pleasant things; 4) Cognitive changes, that is, change thinking about the situation or the ability to govern the emotions made by its use, while selecting meaning; 5) Modulation of response, which alters action to change the previous response to the situation by a new one.

Method

This research involved students of the Faculty of Psychology, Raden Fatah State Islamic University Palembang which was carried out on Thursday, November 10, 2022. The population of this study was students of the Faculty of Psychology semester 5 class of 2020 with a total of 15 students. The research method used was quantitative research with experimental design for One Group Pre-test Post-test Design, using one group of subjects given before and after treatment. The difference between an initial measurement and a final one is the effect of treatment given. A slight removal procedure is performed with a questionnaire's instrument with 22 items.

The data collection technique in this study was through the questionnaire method. The questionnaire method is a data collection technique that is carried out by giving a set of questions or written statements to respondents to answer which aims to multiply information on variables with questions sequentially (Sugiyono, 2017). The way to provide an assessment of the subjects themselves is using a Likert Scale, because with a Likert Scale, the variables to be measured can be translated into variable indicators. Then these indicators can be used as a starting point for compiling instrument items which can be in the form of statements or questions.

Results and Discussion

Non-parametric data analysis was used using the Paired Sample Test analysis technique which aims to determine the effect of music on the emotions of Psychology Faculty students at Raden Fatah State Islamic University Palembang. Calculation of all data using SPSS. Based on the results of the normality test, the Pre-test Significant value was

0,495 > 0,05 and the Sig. Post-Test 0,475 > 0.05, then the data is normally distributed (note in Tabel 1).

Table 1. Normality Test Results

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	Df	Sig.	Statistic	df	Sig.
Pre-Test	,149	15	,200*	,948	15	,495
Post-Test	,173	15	,200*	,947	15	,475

The study is aimed at learning about the emotional effects of music on a 5th semester student of the Faculty of psychology at Raden Fatah State Islamic University Palembang class of 2020. A study procedure carried out by a questionnaire before treatment (Pre-test), where by students are given directions to listen to their own favorite music. Then after treatment (Post-test), the student was given direction to listen and watch the yura yuanita music videos entitled "Dunia Tipu-tipu." The Pre-test and Post-test results are the basis for any student emotional difference in treatment after treatment is given. The data about the emotional level of students is presented as follows:

Table 2. Statistical Description Results

	N	Minimum	Maximum	Mean	Std. Deviation
Pre-Test	15	68	103	87,13	10,649
Post-Test	15	70	107	90,80	10,943
Valid N (listwise)	15				

According to Pre-test results on students, the highest score is 103 and the lowest score is 68 with an average of 87,13. Whereas a post-test result on a student's Post-test was 107 and the lowest score was 70 with an average of 90,80. Thus, it can be concluded that there is a difference in the average score between the pre-test and the post-test indicating that there are differences in the emotional level of students after being given treatment.

Table 3. Paired Sampel Test Results

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	Pre-Test - Post-Test	-3,667	5,122	1,323	-6,503	-,830	-2,772	14	,015

Based on the Pre-test and Post-test assessments of a student's emotional level produced with a Sig. (2-tailed) value of $0,015 < 0,05$, which means the hypothesis advanced is accepted. So it can be concluded, that music has an influence on emotional changes in students of the Faculty of Psychology at Raden Fatah State Islamic University Palembang.

Conclusion

Theoretically the results of this research could be used to increase an understanding of the role of music in dealing with everyday problems in expressing emotional expression. In practical terms, the results of this study can benefit a person from using Musical Instruments as entertainment or as a place to let off steam and express emotional expressions when facing a problem in daily life.

Based on the results of the research that has been done, it can be concluded that there is an influence of music on emotional decline in students of the Faculty of Psychology State Islamic University Raden Fatah Palembang. Based on the data analysis, it can be concluded that there is a significant influence of music on the emotional development of students. In addition, this influence can be seen in the results of the Paired Sample Test analysis which obtained a Sig. (2-tailed) value of $0,015 < 0,05$, which means that the proposed hypothesis is accepted.

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