

ABSTRAK

**KESTABILAN EMOSI PADA MAHASISWA
ANGGOTA UKM SENI KARAWITAN MARA PANJER
UNIVERSITAS SANATA DHARMA**

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Tujuan dari penelitian ini yaitu untuk: (1) Mengukur kestabilan emosi pada mahasiswa anggota UKM Seni Karawitan Mara Panjer Universitas Sanata Dharma Yogyakarta; (2) Mengetahui butir item skala kestabilan emosi mana saja yang teridentifikasi tidak optimal yang dapat diusulkan sebagai topik bimbingan.

Jenis penelitian yang digunakan adalah kuantitatif deskriptif. Subjek penelitian ini adalah mahasiswa anggota UKM Seni Karawitan Mara Panjer Universitas Sanata Dharma Yogyakarta dengan jumlah responden sebanyak 99. Pengumpulan data menggunakan skala kestabilan emosi dengan item yang dinyatakan valid sebanyak 35 item dari 50 item dan realibilitas *Alpha Cronbach* sebesar 0.915. Skala kestabilan emosi disusun berdasarkan 5 aspek, yaitu optimis, empati, otonomi, tenang, dan toleransi. Penelitian ini menggunakan teknik analisis data statistik deskriptif.

Hasil penelitian ini menyatakan bahwa dari 99 mahasiswa terdapat 10,10% mahasiswa anggota UKM Seni Karawitan Mara Panjer Universitas Sanata Dharma Yogyakarta memiliki kestabilan emosi sangat tinggi, 32,30% memiliki kestabilan emosi tinggi, 49,50% memiliki kestabilan emosi sedang, dan 8,10% memiliki kestabilan emosi rendah. Artinya, kestabilan emosi mahasiswa anggota UKM Seni Karawitan Mara Panjer Universitas Sanata Dharma Yogyakarta cenderung tinggi atau subjek penelitian ini memiliki kestabilan emosi yang baik. Kestabilan emosi mahasiswa dilatih melalui relasi antar mahasiswa dari berbagai program studi dan dengan penabuh gamelan profesional. Olah rasa dan etika mahasiswa juga didapatkan melalui dinamika dalam memainkan gamelan. Terdapat lima item yang dinyatakan menempati kategori rendah diusulkan menjadi topik pendampingan. Implementasi metode yang tepat untuk topik pendampingan tersebut adalah metode bimbingan kelompok dan bimbingan klasikal dengan tujuan untuk pencegahan, pengembangan, dan penanganan untuk mewujudkan harapan untuk mengolah rasa tenang dalam setiap individu.

Kata kunci: Kestabilan Emosi, Penabuh Gamelan, Mahasiswa

ABSTRACT

**EMOTIONAL STABILITY IN STUDENTS
MEMBER OF THE MARA PANJER KARAWITAN ARTS UKM
SANATA DHARMA UNIVERSITY**

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The aims of this research are to: (1) Measure the emotional stability of students who are members of the Mara Panjer Karawitan Arts UKM, Sanata Dharma University, Yogyakarta; (2) Find out which emotional stability scale items have been identified as not optimal and can be proposed as guidance topics.

The type of research used is descriptive quantitative. The subjects of this research were students who were members of the Mara Panjer Karawitan Arts UKM, Sanata Dharma University, Yogyakarta, with a total of 99 respondents. Data were collected using an emotional stability scale with 35 items declared valid out of 50 items and Cronbach's Alpha reliability of 0.915. The emotional stability scale is structured based on 5 aspects, namely optimism, empathy, autonomy, calm and tolerance. This research uses descriptive statistical data analysis techniques.

The results of this study stated that of the 99 students, 10.10% of students belonging to the Mara Panjer Karawitan Arts UKM, Sanata Dharma University Yogyakarta had very high emotional stability, 32.30% had high emotional stability, 49.50% had moderate emotional stability, and 8.10% have low emotional stability. This means that the emotional stability of students who are members of the Mara Panjer Karawitan Arts UKM, Sanata Dharma University Yogyakarta tends to be high or the subjects of this research have good emotional stability. Students' emotional stability is trained through relationships between students from various study programs and with professional gamelan musicians. Students' taste and ethics are also obtained through the dynamics of playing the gamelan. There are five items that are stated to be in the low category and are proposed as mentoring topics. The implementation of the appropriate method for the topic of mentoring is the group guidance method and classical guidance with the aim of prevention, development and treatment to realize the hope of cultivating a sense of calm in each individual.

Keywords: Emotional Stability, Gamelan Musicians, Student