

BAB VI

KESIMPULAN

Penelitian ini memberikan beberapa penjelasan mengenai kecemasan performa yang dialami oleh mahasiswa Institut Seni Indonesia Yogyakarta sebagai calon aktor profesional. Penelitian ini menunjukkan bahwa tidak terdapat perbedaan kecemasan performa antara mahasiswa dengan mahasiswi. Mahasiswa maupun mahasiswi mengalami tingkat kecemasan performa yang sama, yaitu pada kategori kecemasan performa sedang. Dengan demikian, asumsi bahwa perempuan (mahasiswi) mengalami kecemasan performa yang lebih tinggi dibanding laki-laki adalah tidak terbukti.

Penelitian ini menunjukkan bahwa tidak terdapat perbedaan tingkat kecemasan antara mahasiswa yang telah berlatih teater selama 1 tahun, 2-3 tahun, dan >3 tahun. Kecemasan performa dengan demikian, dialami oleh semua mahasiswa baik yang baru berlatih teater maupun yang telah relatif telah lama berlatih teater. Variabel lama latihan teater tidak menjamin seorang mahasiswa teater untuk terlepas dari pengalaman kecemasan performa panggung. Keyakinan mengenai perbandingan terbalik antara waktu latihan dan kecemasan performa, yaitu semakin lama pengalaman latihan akan mengurangi kecemasan performa dan sebaliknya semakin sedikit waktu latihan akan semakin tinggi kecemasan performa, terbukti tidak benar.

Kesiapan psikologis aktor maupun calon aktor selama ini belum mendapat perhatian yang cukup dalam materi dan metode ajar keaktoran. Penelitian ini diharapkan dapat menjadi landasan dalam pengembangan materi dan metode ajar pada mata kuliah keaktoran. Dengan demikian perlu penelitian lebih lanjut untuk membahas mengenai faktor-faktor apa saja yang bermanfaat untuk kesiapan psikologis aktor sehingga dapat mendukung performa aktor ketika di atas panggung pertunjukan pada khususnya dan kesejahteraan psikologis aktor dalam jangka panjang pada umumnya.

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