

## **BAB VI**

### **KESIMPULAN**

Pada tahapan pertama, semua rencana dalam metode penelitian telah berjalan sesuai dengan yang direncanakan. Salah satu luaran tahapan pertama berupa komposisi musik relaksasi#1 telah mendapat KI maka, pada tahapan kedua menyusun laporan akhir dan LoA artikel jurnal.

Hasil analisis menunjukkan bahwa ke dua puluh subjek tidak merasakan apapun atau dalam menyadari sekeliling sejak menit kedua selama mendengarkan intervensi musik dan sadar setelah dibangunkan ketika musik selesai diperdengarkan selama 5,5 menit. Dengan demikian hipotesis terbukti bahwa mendengarkan musik dalam waktu lebih kurang dari 3 menit dengan salah satu sumber bunyi dalam frekuensi 14 hz dapat membuat pendengar berada dalam kondisi rileks tetapi tidak mengantuk. Secara keseluruhan, mendengarkan musik tertentu dapat dianggap sebagai alat manajemen diri yang bermanfaat untuk mengurangi gejala stres yang dialami dalam kehidupan sehari-hari pada remaja. Namun demikian perlu diketahui bahwa karakteristik musik yang dirasakan memainkan peran modulasi penting dalam hal ini, dengan musik yang dianggap memiliki valensi tinggi dan gairah rendah (yaitu, musik yang memiliki sensasi bahagia dan menenangkan) menghasilkan gejala somatik yang lebih rendah. Selanjutnya, dapat ditambahkan bahwa aktivitas mendengarkan musik pada setiap orang mungkin memiliki efektivitas yang berbeda untuk mencapai kondisi rileks dan hal tersebut sangat tergantung pada kondisi kesehatan mental (atau

karakteristik yang berpotensi terkait misalnya, regulasi sifat emosi). Selain itu, temuan penelitian ini menunjukkan bahwa pencapaian kondisi rileks dapat mengurangi stres subjektif melalui mendengarkan musik sehingga memungkinkan berkurangnya gejala somatik hingga beberapa saat.



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