

## **BAB V PENUTUP**

### **A. Kesimpulan**

Berdasarkan pembahasan di atas, dapat disimpulkan bahwa ada hubungan antara *Flow* dan *Self-affirmation* dengan reduksi *Music Performance Anxiety* pada biolinis. Dari ketiga variabel tersebut hanya *Self-affirmation* yang berhubungan secara signifikan terhadap *Flow* dan MPA, sedangkan *Flow* dan MPA tidak. *Self-affirmation* dapat diterapkan untuk membantu mereduksi terjadinya MPA, sedangkan *Flow* berpotensi mereduksi MPA dengan didukung oleh *Self-affirmation*.

### **B. Saran**

1. Bagi peneliti selanjutnya, akan lebih baik jika ingin melakukan penelitian yang mirip atau serupa dengan penelitian ini sebaliknya menggunakan *mix method* dalam pengumpulan data agar lebih detail dan valid. Selain itu, sebaiknya mempertimbangkan teori yang digunakan agar dapat maksimal dalam membahas fenomena penelitian.
2. Memperluas ruang lingkup penelitian baik pada subjek maupun instrumen musiknya (tidak hanya pemain biolin saja).
3. Bagi musisi, khususnya biolinis agar dapat mempersiapkan segala sesuatunya sebelum tampil, jangan hanya terfokus pada teknis akan tetapi juga mental sehingga dapat meminimalisir kecemasan saat tampil.

4. Bagi institusi /tempat belajar mengajar musik untuk memberikan ilmu dan pelatihan bagaimana menghadapi kecemasan saat akan tampil, tidak hanya sekedar dari teori akan tetapi membantu dalam segi prakteknya seperti memberikan pelatihan mengenai *performance stage*.



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