

BAB V

PENUTUP

5.1. Kesimpulan

Berdasarkan hasil dan analisis yang telah diuraikan, penulis mengambil kesimpulan sebagai berikut:

1. Empati dan kohesi musikal berhubungan secara linier dan resiprokal ketika kemampuan empati individu mempengaruhi kohesi musikal dalam paduan suara dan interaksi di dalam paduan suara akan memupuk sikap empatik individu.
2. Elemen empati yang penting dalam paduan suara adalah kemampuan *empathic listening* yang mendorong kemauan individu untuk memberi ruang bagi individu lain, empati kognitif yang berperan dalam proses imajinasi dan komunikasi nonverbal, empati afektif yang membangun ikatan emosional dalam kelompok, dan perilaku prososial sebagai bentuk interaksi sosial yang konstruktif.
3. Empati menjadi elemen penting dalam paduan suara karena keterampilan-keterampilan empatik mampu memfasilitasi individu untuk melakukan tindakan yang diperlukan dalam paduan suara seperti mendengar orang lain, mengkonstruksi instruksi verbal ke dalam imajinasi dan melakukan *perspective taking*, merasakan emosi individu lain dan meredam *distress*

yang muncul, serta melakukan bentuk-bentuk bekerjasama dalam kelompok.

5.2. Saran

1. Besarnya manfaat kegiatan bermusik secara kelompok terhadap penumbuhan sifat empatik memerlukan perhatian dan kecermatan dalam perencanaan kegiatan. Hendaknya, kegiatan bermusik tidak mengabaikan interaksi-interaksi sosial sebagai elemen penting di luar elemen musikal agar manfaat bermusik dapat dirasakan secara lebih umum.
2. Bagi penelitian berikutnya yang membahas topik serupa diharap lebih dapat melakukan eksplorasi terhadap bentuk-bentuk interaksi sosial dalam kelompok musik yang bersifat destruktif terhadap pengembangan empati sehingga dapat dihindari dalam perancangan program kelompok bermusik.
3. Mengingat potensi paduan suara untuk menumbuhkan empati sedangkan kompetisi rentan memunculkan *counter-empathy* pada kelompok lawan, peneliti berasumsi bahwa bernyanyi bersama dengan individu yang berasal dari luar kelompok merupakan hal yang perlu diperhatikan bagi anggota paduan suara. Melakukan latihan bersama dengan kelompok lain memungkinkan kemunculan empati yang lebih luas bagi individu sehingga diharapkan pengaruh *counter-empathy* akibat kompetisi dapat direduksi.

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