

BAB V
KESIMPULAN DAN SARAN

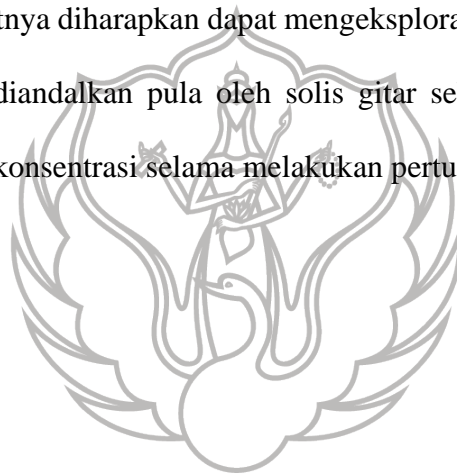
5.1 Kesimpulan

Hasil penelitian ini menunjukkan bahwa:

1. Solis gitar menggunakan ingatan ide interpretatif (dinamika, tempo, pengalimatan, artikulasi dan interpretasi terhadap kehendak komponis) dan ekspresif (emosi musikal) sebagai letak fokus perhatiannya selama tampil dalam pertunjukan.
2. Ingatan konseptual berperan penting untuk menangani tuntutan teknis serta musikal. Ide dasar menjadi modal utama untuk menangani kendala teknis yang dapat memicu timbulnya kecemasan teknis. Sedangkan ide interpretatif dan ekspresif berperan sebagai landasan fokus yang relevan, sehingga konsentrasi terhadap aspek musikal dapat tetap terjaga selama bermain.
3. Gangguan konsentrasi yang terjadi pada saat solis gitar tampil dalam pertunjukan disebabkan karena masih terdapat kendala teknis yang belum teratasi dengan baik, timbulnya rasa tidak siap dan kecemasan yang tidak optimal, kurang memiliki dan memanfaatkan waktu latihan, mengalami efek perbedaan konteks pertunjukan, rendahnya stamina fisik, serta memiliki sugesti negatif.

5.2 Saran

1. Jumlah narasumber pada penelitian ini terbilang sedikitm penelitian selanjutnnya diharapkan dapat melibatkan narasumber dengan jumlah yang banyak agar dapat lebih menggambarkan keadaan secara menyeluruh.
2. Secara metode, penelitian selanjutnya diharapkan dapat mengukur hubungan antara tingkat penguasaan ingatan konseptual dan kecemasan yang dialami dengan kualitas konsentrasi selama tampil dalam pertunjukan.
3. Penelitian selanjutnya diharapkan dapat mengeksplorasi peran ingatan aural yang secara langsung diandalkan pula oleh solis gitar sebagai fokus relevan untuk mengoptimalkan konsentrasi selama melakukan pertunjukan.



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