

**THE INFLUENCE OF CLASSIC MUSIC ON EMOTION
REGULATION IN ENGLISH STUDENTS, UIGM PALEMBANG
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ABSTRACT

Students are transitioning from adolescence to early adulthood where controlling emotional regulation is still very difficult, Failure to process these emotions can make you aggressive and apathetic. The aim to be achieved in this research is to determine the effect of providing classical music on the emotional regulation of students at UIGM Palembang. This research is experimental research that uses a two group pretest-posttest research design. The research subjects were 20 students from UIGM Palembang aged 19-21 years. The data collection method in this research uses a psychological scale, namely a 12-item emotional regulation scale. Data analysis using the non-parametric Wilcoxon Signed Ranks statistical test technique produced a sig value of 0.025, a Z score value of -2.809 and a mean rank at the pretest of 0.87 while the posttest was 1.38. It can be concluded that there was a significant change in emotional regulation between the pretest and posttest of the experimental group after being given treatment in the form of listening to classical music.

Keywords: classical music, emotional regulation, students

INTRODUCTION

Every human being experiences various kinds of events that involve emotions. Humans will be embarrassed and angry when they are belittled in public, cry because they are sad, jump for joy because they win a competition, smile because they get an award and many other emotions, as do people with physical impairments who feel various kinds of emotions. Even though normal humans and people with physical impairments can feel emotions, people with physical impairments are more sensitive to emotional stimuli than normal people, this happens because people with physical impairments have clearly visible deficiencies compared to normal people. Because they

have more sensitive feelings, disabled people need emotional regulation skills to make social adjustments easier.

The environment and human cognition influence an individual's ability to regulate emotions, where when an individual is in a positive situation, human cognition will process the stimulus properly.

true, so that the emotions that will arise will be positive. Based on research by Utami (2003: 25), it was found that "classical music is able to create a calm physical atmosphere, because classical music is able to present immersive rhythms and beautiful sounds". Djohan (2009: 87) argues that "music has the power to convey and arouse emotions" Djohan (2009: 86) adds "listening to music can stimulate or stimulate an emotional response which in therapeutic terms is referred to as the activation of various feelings." Music can effectively be a facilitator and catalyst in encouraging individuals to experience and express feelings and by listening to music emotions can arise. we will be affected.

Based on spectacular research in Western countries, classical music is believed to be a scientific work with an artistic product background, not only having an entertaining effect, but also having a learning-support effect and an enriching effect on the mind (enriching-mind effect), and building other positive things related to the process of increasing passion for life and work performance as well as encouraging a person's enthusiasm for learning (Dofi, 2010: 19). Research shows that classical music which contains tones with frequencies between high tones and low tones will stimulate the "C" quadrant of the brain. Until the age of 4 years, quadrants B and C in a person's brain will develop up to 80% with music (Sari, 2005: 96). Apart from that, research also proves that classical music greatly influences the development of IQ (Intelligent Quotient) and EQ (Emotional Quotient).

Music has a therapeutic or healing effect. One of the speeches is that music creates rhythmic stimuli that are detected by the hearing organs and processed by the body's nervous system and brain glands, translating the interpretation of sound into the internal rhythm of hearing. These internal rhythms influence the human body's metabolism, allowing it to function better. Increased metabolism and improved immune system increase resistance to disease attacks. Classical music therapy can overcome pain based on gate control theory that pain impulses can be controlled or inhibited by defense mechanisms throughout the central nervous system. This theory states that when the guard is open, the pain drive is channeled, and when the guard is closed, the pain drive is inhibited. One way to activate this defense mechanism is to stimulate the release of endorphins, which inhibit pain impulses.

Classical music itself can also stimulate an increase in endorphins, which are morphine-like substances produced in the body. Endorphins also trigger feelings of relaxation and calm. The midbrain releases gamma-aminobutyric acid (GABA). This inhibits the transmission of electrical impulses from one neuron to another via neurotransmitters in synapses. Apart from that, the midbrain also releases enkephalins and beta-45 endorphins. The potential effect is analgesic because this substance produces an analgesic effect and ultimately eliminates pain neurotransmitters which are the center of somatosensory perception and interpretation in the brain.

Gross (2007:8-9) states that emotional regulation is how individuals relate to the emotions they experience, when they experience them, and how they experience or express these emotions. Someone who can control their emotions will have a positive influence on physical health, behavior and social... Emotional regulation is often considered an experience that involves efforts to eliminate negative emotions, while emotional regulation focuses on the act of smiling because of happy or good feelings and sad or emotional feelings. Emotional processes can occur automatically or under control and be conscious or not. When negative emotions get worse, controlling emotions is important to be able to control the situation. Emotional management helps people adapt to rounded situations. Individuals can put themselves in the right position.

It is believed that everyone has the right to control their emotions. Positive emotions such as joy, happiness and love, as well as negative aspects such as anger, disappointment, sadness and anxiety. Good emotional patterns can be seen from different responses (Gross, 2002), for example when someone is angry, he might hit the person who is angry, but he will not do it. Or when a person is happy, he can laugh a lot, but this is not the rule. In other cases, people may be sad, but they should not drown in their sadness.

Classical music is music that originated in Europe around 1750-1825 starting with composers Haydn and Mozart which has a level of difficulty in terms of harmony, melody or composition. Haydn's music with a tempo that is not too slow with 62-70 beats per minute is used to increase positive emotional energy levels, while Mozart's music which has a slow tempo with 54-62 beats per minute is used to reduce negative emotional energy levels. The classical music menu that will be played includes:

- Hungarian Sonata
- A Comme Amour
- Mariage D Amour
- For Elise
- For My Sweetheart

Entertainment music is the most popular music among modern society today. In general, the creativity of musical entertainment is limited by people's tastes. From an economic perspective, music entertainment is a form of industry. The success of an entertainment music show is determined by its sales promotion. In order to achieve success, music entertainment managers need to understand current market tastes.

Hasshumaker's research (in Rahmawati, 2005: 15), shows that music has the ability to facilitate language acquisition, reading readiness and general intelligence development. Music can also create a positive attitude towards an object, reduce school absenteeism at middle and high school levels, increase creativity and support social development, personality, adjustment and self-esteem.

According to Banoe (2003: 288), music comes from the word muse, one of the gods in ancient Greek mythology who served the arts and sciences; god of arts and sciences. Apart from that, he also believes that music is a branch of art that discusses and arranges various sounds into patterns that can be understood and understood by humans. From this point of view, we can say that music is everything that involves sound and has rhythmic, melodic and harmonious elements creating something beautiful and can be felt by the listener's senses. We can conclude that music is art that arises from human emotions or thoughts as an expression of self-expression, processed with harmonious tones or sounds. Whether the music is understood as a simple expression of mood or a literal response to events in its composer's personality, we still need enough information or references to establish a direct connection between his life and his works.

RESEARCH METHOD

This research is an experimental quantitative research with a Two Group Pretest-Posttest Design experimental design. This research is a population study with the characteristics of the subjects being students from UIGM Palembang College. Data collection uses a psychological scale, namely an emotional regulation scale consisting of 11 items with two statements, namely favorable and unfavorable with score values starting from 1 to 4. The validity of the scale uses professional judgment and reliability test using the Cronbach's alpha formula (0.922). Data analysis used the non-parametric statistical technique Wilcoxon signed ranks test, by comparing the results of the pretest and posttest

RESULTS AND DISCUSSION

Aspects of emotional regulation that have changed, namely aspects of situation selection, situation modification, changes in cognition and

response modulation, while aspects of distribution of attention have not changed. This can be seen from the results of the pretest and posttest which remain constant, namely 50% is included in the low category and 50% is included in the medium category. The aspect of distributing attention has not changed due to many reasons, one of which is the lack of treatment.

The results obtained by both types of emotional regulation strategies showed an increase after comparing pretest and posttest data. The percentage obtained by the antecedent focused type in the low category decreased from 70% to 60% and in the medium category it increased from 30% to 40%. The percentage obtained by the response focused type has changed, namely a decrease in the low category from 50% to 20% and an increase in the percentage in the medium category by 50% to 80%.

Data analysis using the Wilcoxon signed ranks test shows that there are differences in emotional regulation before listening to classical music and after listening to classical music. This is indicated by obtaining a sig value of 0.025, a Z score value of -2.809 and a mean rank at pretest of 0.87 while at posttest of 1.38. The score obtained after listening to classical music was higher than the score obtained before listening to classical music,although the changes that occurred between the pretest and posttest were quite significant, but it is possible that these changes did not only come from the influence of classical music, because in this study a research design was used. quasi-experimental, so the internal validity of the research is low. This research uses a quasi-experimental design due to the small number of research subjects.

In this study, the characteristics of those aged 19-21 years, which are early adulthood, are a transition from teenagers who still find it difficult to control the regulation of their emotions. Judging from the results, there are changes after listening to classical music.

Paired Samples Test

		Paired Differences			95% Confidence Interval of the Difference		t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	Lower	Upper			
Pair 1	PRETEST	-							
	POSTEST	-6,00000	5.55778	1.75752	-9.97579	-2.02421	-3,414	9	,008

CONCLUSION

The increase in results obtained at a significance level of 5% during the pretest and posttest in four aspects of emotional regulation, including aspects of changing cognition, response modulation, situation selection and situation modification, shows the influence of classical music on emotional regulation in UIGM students. Apart from that, this influence can be seen in the results of the non-parametric statistical analysis of the Wilcoxon signed ranks test which obtained a sig value of 0.025, a Z score value of -2.809 and a mean rank at the pretest of 0.87 while the posttest was 1.38.

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