

ABSTRAK

Meiangela, Made Maria Pavita (2025). Pemaknaan musik keras pada penggemar dalam masa *emerging adulthood*. Skripsi. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Penelitian ini bertujuan untuk menelusuri pemaknaan musik keras pada para penggemar dalam masa *emerging adulthood*. Metode penelitian yang digunakan adalah kualitatif dengan pendekatan fenomenologi. Pengumpulan data dilakukan dengan wawancara semi-terstruktur secara langsung (luring) bersama empat partisipan. Partisipan yang terlibat adalah dua orang laki-laki dan dua orang perempuan dalam rentang usia 19-25 tahun. Partisipan merupakan penggemar musik keras yang rutin mendengarkan musik keras, mendatangi konser, dan mengoleksi *merchandise* berupa baju kaos band. Data yang terkumpul dianalisis dengan Analisis Fenomenologi Interpretatif (*Interpretative Phenomenological Analysis/IPA*). Berdasarkan hasil analisis, diperoleh tiga makna kolektif antar partisipan, yaitu Musik Keras Membentuk Identitas Diri, Musik Keras sebagai Media *Coping*, dan Musik Keras Memberikan Kebebasan Berekspresi. Di samping itu, peneliti juga menarasikan makna subjektif dari masing-masing partisipan terkait musik keras itu sendiri di antaranya Identitas Diri yang Terbangun Melalui Musik Keras, *Freedom of Expression* di Panggung Musik Keras, Keberlanjutan Identitas Penggemar Musik Keras dalam Keluarga, dan Menjadi Unik Melalui Skena Musik Keras. Oleh sebab adanya perbedaan gender dalam partisipan yang terlibat, maka diberlakukan juga analisis lintas kasus berdasarkan gender yang menunjukkan perbedaan yang mencolok adalah pada perbedaan otonomi antar gender. Berdasarkan makna-makna tersebut, dapat disimpulkan bahwa musik keras dimaknai secara positif dan konstruktif oleh para partisipan.

Kata Kunci: Pemaknaan, Musik Keras, *Emerging Adulthood*, Analisis Fenomenologi Interpretatif.

ABSTRACT

Meiangela, Made Maria Pavita (2025). The meaning of heavy music among fans in emerging adulthood. *Thesis*. Yogyakarta: Psychology, Psychology Faculty, Sanata Dharma University.

This study aims to explore the meaning of heavy music among fans in emerging adulthood. The research method used is qualitative research with a phenomenological approach. Data collection was conducted through semi-structured interviews (onsite) with four participants. The participants involved were two men and two women aged between 19 and 25 years old. The participants were fans of heavy music who regularly listened to heavy music, attended concerts, and collected band merchandise such as band T-shirts. The collected data were analyzed using Interpretative Phenomenological Analysis (IPA). Based on the analysis results, three collective meanings were obtained among the participants, namely Heavy Music Shapes Self-Identity, Heavy Music as A Coping Mechanism, and Heavy Music Provides Freedom of Expression. In addition, the researcher also narrated the subjective meanings of each participant regarding heavy music itself, including Self-Identity Built Through Heavy Music, Freedom of Expression on the Heavy Music Stage, Continuity of Heavy Music Fans' Identity in the Family, and Becoming Unique Through Heavy Music Scene. Due to gender differences among the participants, a cross-case analysis based on gender was also conducted, which showed that the most striking difference was in the autonomy between genders. Based on those meanings, it can be concluded that heavy music is interpreted positively and constructively by the participants.

Keywords: *Meaning, Heavy Music, Emerging Adulthood, Interpretative Phenomenological Analysis*