

ABSTRAK

Kirana, Gabriela Angeline Adinda. (2026). Hubungan Harapan dan Kecemasan Performa Musik: Studi pada Anggota Paduan Suara Mahasiswa yang Pernah Berkompetisi. *Skripsi*. Yogyakarta: Psikologi, Fakultas Psikologi, Universitas Sanata Dharma.

Tujuan penelitian ini adalah untuk mengetahui hubungan antara harapan dan kecemasan performa musik yang dilakukan pada anggota paduan suara mahasiswa (PSM) yang pernah berkompetisi. Sebanyak 122 partisipan dari 32 kelompok PSM terlibat dalam penelitian ini. Partisipan yang terlibat adalah mahasiswa aktif yang pernah mengikuti kompetisi paduan suara setidaknya satu kali sebagai anggota PSM. Hipotesis yang diajukan adalah terdapat hubungan negatif antara harapan dan kecemasan performa musik pada anggota paduan suara mahasiswa yang pernah berkompetisi. Penelitian ini menggunakan metode kuantitatif dengan desain korelasional dan pengambilan data dilakukan dengan *convenience sampling*. Pengukuran dilakukan dengan instrumen *The Adult Trait Hope Scale* (ATHS, Snyder dkk., 1991) berjumlah 12 item ($\alpha = 0,772$) dan *Kenny Music Performance Anxiety Inventory Revised* (K-MPAI-R, Kenny, 2009b) berjumlah 40 item ($\alpha = 0,907$). Skala disebarikan melalui media sosial Instagram dan WhatsApp, serta perizinan resmi secara langsung kepada beberapa kelompok PSM. Data penelitian dianalisis menggunakan *Pearson Product Moment* karena data penelitian memenuhi asumsi normalitas dan linearitas. Hasil penelitian menunjukkan terdapat hubungan negatif dan signifikan antara harapan dan kecemasan performa musik pada anggota PSM ($r = -0,475$; $p < .001$), maka hipotesis diterima. Berdasarkan hasil tersebut, dapat diartikan bahwa semakin tinggi harapan, maka semakin rendah kecemasan performa musik pada anggota PSM. Sebaliknya, semakin rendah harapan, semakin tinggi tingkat kecemasan performa musiknya.

Kata kunci: harapan, kecemasan performa musik, anggota paduan suara mahasiswa, kompetisi paduan suara

ABSTRACT

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The aim of the present study was to determine the relationship between hope and music performance anxiety among college choir members who have competed in a choir competition. A total of 122 participants from 32 college choirs were involved in this study. The participants were active students who had participated in at least one choir competition as a college choir member. The hypothesis proposed is that there is a negative relationship between hope and music performance anxiety among college choir members who have competed in a choir competition. This study used a quantitative method with a correlational design, and data collection was conducted using convenience sampling. Measurements were taken using the Adult Trait Hope Scale (ATHS, Snyder et al., 1991), consisting of 12 items ($\alpha = .772$), and the Kenny Music Performance Anxiety Inventory Revised (K-MPAI-R, Kenny, 2009b), consisting of 40 items ($\alpha = .907$). The questionnaire was distributed via social media Instagram and WhatsApp, as well as through official permission granted to several university student choirs. The data were analyzed using the Pearson Product Moment because it fulfilled assumptions of normality and linearity. The results revealed a significant negative relationship between hope and music performance anxiety among student choir members ($r = -.475$, $p < .001$), thus supporting the hypothesis. Based on these results, it can be interpreted that the higher the hope, the lower the music performance anxiety among student choir members. Conversely, the lower the hope, the higher the music performance anxiety.

Keywords: hope, music performance anxiety, university student choir members, choir competition