

THE INFLUENCE OF GENDHING GAMBIR SAWIT ON THE ANXIETY OF INDONESIAN STUDENTS

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Abstract

This experimental study showed that there were significant differences in the State-Trait Anxiety Inventory (STAI) score between the experimental (30 Indonesian students who listened to Gendhing Gambir Sawit) and control group (30 Indonesian students who listened to none). The results indicated that Gendhing Gambir Sawit tended to reduce the level of anxiety of Indonesian students.

Introduction

In 2020, an initial survey of 24 students at the Faculty of Psychology, University of Surabaya showed that 29.2% of them experienced anxiety, 62.5% sometimes experienced anxiety, and 8.3% did not experience anxiety. 70.8% of students felt that their anxiety interfered with their daily activities.

Listening to Gendhing Gambir Sawit (*Javanese traditional music*) can reduce anxiety. This music contains spiritual elements that can heal individuals (Handayani & Swazey, 2019; Prasadiyanto, personal communication, March 12, 2021).

This study investigated the influence of listening to Gendhing Gambir Sawit on the anxiety of 60 students of the Faculty of Psychology, University of Surabaya, Indonesia.

Materials and Method

The design of this experimental study was a non-equivalent control group design method. The pre and post-test anxiety was measured by The State-Trait Anxiety Inventory (STAI). 60 students aged 18 to 24 years, currently experiencing anxiety and not receiving any treatment related to it were divided into two groups: the experimental group (30 Ss) listened to Gendhing Gambir Sawit at least 3 times a week while the control group (30 Ss) did not. This online study used Media Line, Google forms, and Google Drive. After listening to Gendhing Gambir Sawit, the students completed the Google Self-observation form, the duration of listening to Gendhing Gambir Sawit, the feelings before, during, and after listening to Gendhing Gambir Sawit.

Results

The results showed that there was no significant difference between the post-test of the experimental group and the control group in both state-anxiety and trait-anxiety. However, there was a very significant difference between the pre-test and post-test scores in the experimental group while there was no significant difference between the pre-test and post-test in the control group.

Summary

The results showed that listening to Gendhing Gambir Sawit can reduce the anxiety of the students of the Faculty of Psychology, University of Surabaya. Javanese gamelan music (Gendhing Gambir Sawit) can affect listeners' feelings (Santoso, 2018).

Listening to Gendhing Gambir Sawit emerged imagination and distracted the anxiety. Therefore, individuals feel calmer when listening to Gendhing Gambir Sawit. In addition, Gendhing Gambir Sawit can also encourage students to think more clearly and improve their mood. This is because there is a transition in the student's awareness that aids them in falling asleep, and afterward the students feel refreshed and clear again (Lumbini Trihasto, personal communication, March 12, 2021).

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