

**ABSTRAK**

**DESKRIPSI KECERDASAAN EMOSIONAL REMAJA SISWA KELAS VIII  
SMP STELLA DUCE 2 YOGYAKARTA TAHUN AJARAN 2011/2012 DAN  
IMPLIKASINYA TERHADAP USULAN TOPIK-TOPIK BIMBINGAN  
KELOMPOK**

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2012

Penelitian ini bertujuan untuk mengetahui tingginya aspek-aspek kecerdasan emosional remaja siswa kelas VIII SMP Stella Duce 2 Yogyakarta tahun ajaran 2011/2012.

Jenis penelitian ini adalah penelitian deskriptif. Sampel penelitian adalah siswa kelas VIII SMP Stella Duce 2 Yogyakarta tahun ajaran 2011/2012. Sampling berjumlah 59 orang yang terdiri dari kelas VIII Sukesih (29 orang) dan kelas VIII Utari (30 orang). Instrumen penelitian adalah kuesioner yang disusun oleh peneliti. Kuesioner yang digunakan untuk penelitian memuat 54 pernyataan. Teknik analisis data yang digunakan adalah Penilaian Acuan Patokan 1 (PAP tipe 1).

Hasil penelitian ini adalah sebagai berikut: (1) aspek mengenali emosi diri: sangat rendah 0%, rendah 5%, cukup 51%, tinggi 39% dan sangat tinggi 5%, (2) aspek mengelola emosi: sangat rendah 3%, rendah 15%, cukup 63%, tinggi 17%, dan sangat tinggi 2%, (3) aspek memotivasi diri sendiri: sangat rendah 3%, rendah 10%, cukup 54%, tinggi 26%, dan sangat tinggi 7%, (4) aspek mengenali emosi orang lain: sangat rendah 0%, rendah 7%, cukup 51%, tinggi 32%, dan sangat tinggi 10%, (5) aspek membina hubungan: sangat rendah 2%, rendah 15%, cukup 46%, tinggi 22%, dan sangat tinggi 5%.

Usulan topik-topik yang akan digunakan pada bimbingan kelompok dibuat berdasarkan butir item-item terendah. Usulan-usulan topik tersebut antara lain; perananan kecerdasan emosional, *love your self*, manajemen emosi, cerdas merasa, empati, cara-cara mengatasi konflik, dan kerjasama.

**ABSTRACT**

**DESCRIPTION OF THE TEENAGERS' EMOTIONAL INTELLIGENCE OF  
THE EIGHTH GRADE STUDENTS AT SMP STELLA DUCE 2  
YOGYAKARTA ACADEMIC YEAR 2011/2012 AND ITS IMPLICATIONS  
TOWARDS THE SUGGESTED TOPICS OF GROUP GUIDANCE**

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This study aimed to find out the teenagers' emotional intelligence of the eighth grade students at *SMP Stella Duce 2* Yogyakarta in 2011/2012 academic year.

This research belongs to a descriptive research. The sample of this study was the eighth grade students at *SMP Stella Duce 2* Yogyakarta in 2011/2012 academic year. There were 59 people consisting of class VIII Sukesih (29 people) and class VIII Utari (30 people). The research instrument was a questionnaire prepared by the researcher himself, which consisted of 54 statements. The technique of data analysis used was the assessment of standard reference evaluation (PAP type 1).

The results of this study showed: (1) aspect of knowing emotions: 0% very low, 5% low, 51% average, 39% high and 5% very high, (2) aspect of managing emotions: 3% very low, 15% low, 63% average, 17% high, and 2% very high, (3) aspect of motivating oneself: 3% very low, 10% low, 54% average, 26% high, and 7% very high, (4) aspect of recognizing others' emotions: 0% very low, 7% low, 51% average, 32% high, and 10% very high, (5) aspect of managing relationships: 2% very low, 15% low, 46% average, 22% high, and 5% very high.

The suggested topics of the group guidance were created based on the lowest items, which covered the role of emotional intelligence, love yourself, emotion management, intelligence feeling, empathy, ways to resolve conflicts, and cooperation.