

ABSTRAK

Kecerdasan Emosional Siswa Di SMA Kristen Purwokerto Dan Implementasinya Untuk Usulan Bimbingan Pribadi-Sosial.

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Penelitian ini bertujuan untuk (1) Untuk mengetahui tingkat kecerdasan emosional pada siswa SMA Kristen Purwokerto (2) Untuk memberikan usulan topik bimbingan pribadi guna meningkatkan pengembangan kecerdasan emosional siswa di SMA Kristen Purwokerto menurut skor butir rendah yang teridentifikasi rendah.

Subjek penelitian adalah siswa SMA Kristen Purwokerto. Jenis penelitian ini deskriptif kuantitatif. Pengumpulan data pada penelitian ini menggunakan angket kecerdasan emosional yang berisi 45 item. Angket ini di susun berdasarkan aspek-aspek kecerdasan emosional menurut Goleman dan Slovey Mayor (1991). Realibitas instrumen diuji menggunakan pendekatan Alpha Cronbach (α) diperoleh dari hasil nilai koefisien sebesar (0,911) dengan jumlah item valid sebesar 34 item. Teknik analisis data menggunakan deskriptif statistic dengan kategorisasi sangat tinggi, tinggi, sedang, rendah, dan sangat rendah.

Hasil penelitian menunjukkan bahwa (1) Sebanyak 48 siswa (80%) kecerdasan emosionalnya masuk kedalam kategori sangat tinggi, 8 siswa (13,3) kecerdasan emosionalnya masuk dalam kategori tinggi, 3 siswa (5%) kecerdasan emosionalnya masuk dalam kategori sedang, dan 1 siswa (1,7%) kecerdasan emosionalnya masuk dalam kategori rendah. Di dalam penelitian ini juga teridentifikasi bahwa, terdapat 3 item (3%) masuk pada kategori sangat tinggi, 12 item (12%) masuk pada kategori tinggi, 17 item (17%) masuk pada kategori sedang, dan 2 item (2%) masuk pada kategori rendah. Berdasarkan analisis penelitian, ditentukan topik-topik bimbingan pribadi sosial yaitu (1) Belajar Mengungkapkan Emosi Kepada Teman Sebaya, (2) Tips mengendalikan emosi saat berinteraksi dengan orang lain.

Kata Kunci : Kecerdasan Emosional

ABSTRACT

Emotional Intelligence of Students at Purwokerto Christian High School and Its Implementation for Proposed Personal-Social Guidance.

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This research aims to (1) To determine the level of emotional intelligence in Purwokerto Christian High School students (2) To provide suggestions for personal guidance topics to improve the development of students' emotional intelligence at Purwokerto Christian High School according to the identified low item scores.

The research subjects were Purwokerto Christian High School students. This type of research is quantitative descriptive. Data collection in this study used an emotional intelligence questionnaire containing 45 items. This questionnaire was compiled based on aspects of emotional intelligence according to Goleman and Slovey Mayor (1991). The reliability of the instrument was tested using the Cronbach's Alpha (α) approach obtained from the coefficient value of (0.911) with a total of 34 valid items. The data analysis technique uses descriptive statistics with the categorization of very high, high, medium, low and very low.

The research results showed that (1) A total of 48 students (80%) had their emotional intelligence in the very high category, 8 students (13.3) had their emotional intelligence in the high category, 3 students (5%) had their emotional intelligence in the medium category, and 1 student (1.7%) had their emotional intelligence in the low category. In this study it was also identified that, there were 3 items (3%) in the very high category, 12 items (12%) in the high category, 17 items (17%) in the medium category, and 2 items (2%) fall into the low category. Based on research analysis, the topics for personal social guidance were determined, namely (1) Learning to Express Emotions to Peers, (2) Tips for controlling emotions when interacting with other people.

Keywords: Emotional Intelligence