

ABSTRAK

DESKRIPSI Kecerdasan Emosional Siswi SMA Penghuni Asrama Putri Santa Maria Malang Tahun Ajaran 2003-2004 dan Implikasinya Terhadap Usulan Topik-Topik Bimbingan Kelompok

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Penelitian ini bertujuan untuk memperoleh gambaran tentang tingginya kecerdasan emosional siswi SMA penghuni asrama putri Santa Maria Malang tahun ajaran 2003/2004 dan implikasinya terhadap usulan topik-topik bimbingan kelompok.

Jenis penelitian ini adalah penelitian deskripsi dengan survai. Subjek penelitian adalah siswi SMA penghuni asrama putri Santa Maria Malang tahun ajaran 2003/2004 yang berjumlah 50 orang. Mereka terdiri dari SMA kelas I: 29 orang, kelas II: 21 orang.

Instrumen penelitian adalah kuesioner yang disusun oleh penulis sendiri dengan mengambil inspirasi dari buku *Emotional Intelligence*, yang dikarang oleh Goleman (2002). Kuesioner tersebut terdiri dari pertanyaan-pertanyaan yang mencakup ke lima aspek kecerdasan emosional. Kelima aspek tersebut yaitu: (1) mengenali emosi diri, (2) mengelola emosi, (3) memotivasi diri, (4) mengenali emosi orang lain, (5) membina hubungan. Jumlah seluruh item ada 90 butir.

Teknik analisis data yang digunakan adalah perhitungan frekwensi dengan pendistribusiannya berdasarkan rumus Penilaian Acuan Patokan tipe I. Tingginya kecerdasan emosional siswi SMA penghuni asrama Santa Maria Malang digolongkan menjadi 5 yaitu sangat rendah, rendah, cukup, tinggi, dan sangat tinggi.

Hasil penelitian menunjukkan bahwa ada siswi SMA penghuni asrama putri Santa Maria Malang tahun ajaran 2003/2004: (1) yang memiliki kemampuan mengenali emosi yang: sangat rendah 6%, rendah 30%, cukup 64%, tinggi 0%, dan yang sangat tinggi 0%, (2) yang memiliki kemampuan mengelola emosi yang sangat rendah 0%, rendah 16%, cukup 60%, tinggi 24%, dan sangat tinggi 0%, (3) yang memiliki kemampuan memotivasi diri sendiri yang sangat rendah 4%, rendah 24%, cukup 58%, tinggi 14%, sangat tinggi 0%, (4) yang memiliki kemampuan mengenali emosi orang lain yang sangat rendah 0%, rendah 2%, cukup 44%, tinggi 26%, dan sangat tinggi 28%, (5) yang memiliki kemampuan membina hubungan yang sangat rendah 2%, rendah 2%, cukup 72%, tinggi 18%, dan sangat tinggi 6%.

Berdasarkan hasil penelitian tersebut disusunlah topik-topik bimbingan kelompok bagi para siswi SMA penghuni asrama putri Santa Maria Malang.

ABSTRACT

THE DESCRIPTION OF THE EMOTIONAL INTELLIGENCE OF THE SENIOR HIGH SCHOOL STUDENTS, THE OCCUPANTS OF THE GIRL DORMITORY OF SAINT MARY, MALANG, IN THE ACADEMIC YEAR OF 2003/2004 AND THE IMPLICATION FOR A PROPOSAL OF CLASS GUIDANCE TOPICS

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The aim of this research was to describe the level of the emotional intelligence of the Senior High School students, the occupants of the Girl Dormitory Sanit Mary, in Malang, in the academic year of 2003/2004, and the implication for a proposal of class guidance topics.

This research was a descriptive research applying a survey method. The number of the subjects of this research was 50 students, consisting of 29 first grade students, and 21 second grade students.

The instrument employed to collect the data was a questionnaire, constructed by the researcher herself, on the basis of the Emotional Intelligence book, written by Goleman (2002). The questionnaire consisted of questions that covered the five aspects of the emotional intelligence, namely: (1) knowing one's emotions, (2) managing emotions, (3) motivating oneself, (4) recognizing emotions in others, (5) handling relationships.

The data were analyzed by classifying the level of the emotional intelligence of the students on the basis of the Norm-Reference Test, type I.

The results of this research indicate that the level of each of the emotional intelligence aspects of the occupants of the Girl Dormitory Saint Mary, in Malang, in the academic year of 2003/2004 is as follows (1) in knowing one's emotion, among the students: (a) 6% have very low ability; (b) 30% have low ability; (c) 64% have high enough ability; (d) 0% has high ability; (e) 0% has very high ability; (2) in managing emotions, among the students: (a) 0% has very low ability; (b) 16% have low ability; (c) 60% have high enough ability; (d) 24% have high ability; (e) 0% has very high ability; (3) in motivating oneself, among the students: (a) 4% have very low ability; (b) 24% have low ability; (c) 58% have high enough ability; (d) 14% have high ability; (e) 0% has very high ability; (4) in recognizing emotions in others, among the students: (a) 0% has very low ability; (b) 2% have low ability; (c) 44% have high enough ability; (d) 26% have high ability; (e) 28% have very high ability; (5) in handling relationships, among the students: (a) 2% have very low ability; (b) 2% have low ability; (c) 72% have high enough ability; (d) 18% have high ability; (e) 6% have very high ability.

Based on the results of the study, the researcher proposed class guidance topics to be delivered for the occupants of the Girl Dormitory Sanit Mary, in Malang.