

PLAGIAT MERUPAKAN TINDAKAN TIDAK TERPUJI

ABSTRAK

KECERDASAN EMOSIONAL HIDUP BERKOMUNITAS
SUSTER-SUSTER PUTERI REINHA ROSARI LARANTUKA TAHUN 2010
DAN IMPLIKASINYA TERHADAP KONSELING KELOMPOK

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Penelitian ini bertujuan untuk memperoleh gambaran tentang tingginya kecerdasan emosional dalam hidup berkomunitas para suster Puteri Reinha Rosari Larantuka tahun 2010 dan implikasinya terhadap konseling kelompok.

Jenis penelitian ini adalah penelitian deskriptif. Subjek penelitian adalah semua suster Puteri Reinha Rosari yang berkarya di Larantuka pada tahun 2010, berjumlah 50 orang. Mereka berusia antara 25-60 tahun. Instrumen penelitian adalah kuesioner yang disusun oleh penulis sendiri dengan mengambil inspirasi dari buku *Emotional Intelligence*, yang dikarang oleh Daniel Goleman (2009). Kuesioner tersebut terdiri dari pertanyaan-pertanyaan yang mencakup kelima aspek kecerdasan emosional. Kelima aspek tersebut adalah: (1) mengenali emosi diri, (2) mengelola emosi, (3) memotivasi diri, (4) mengenali emosi orang lain, (5) membina hubungan. Seluruh item berjumlah 70 butir. Teknik analisis data yang digunakan adalah perhitungan frekwensi dengan pendistribusian berdasarkan rumus Penilaian Acuan Patokan Tipe I yang digolongkan menjadi 5 tingkat yaitu *sangat rendah, rendah, cukup, tinggi, dan sangat tinggi*.

Hasil penelitian menunjukkan bahwa kecerdasan emosional para suster Puteri Reinha Rosari Larantuka tahun 2010 adalah sebagai berikut: (1) subjek yang memiliki kemampuan mengenali emosi diri: sangat rendah 0%, rendah 14%, cukup 66%, tinggi 18% dan sangat tinggi 2%, (2) subjek yang memiliki kemampuan mengelola emosi: sangat rendah 0%, rendah 14%, cukup 60%, tinggi 26% dan sangat tinggi 0%, (3) subjek yang memiliki kemampuan: memotivasi diri sangat rendah 0%, rendah 12%, cukup 68%, tinggi 14% dan sangat tinggi 6%, (4) subjek yang memiliki kemampuan: mengenali emosi orang lain sangat rendah 0%, rendah 24%, cukup 56%, tinggi 20%, dan sangat tinggi 0%, (5) subjek yang memiliki kemampuan membina hubungan: sangat rendah 0%, rendah 10%, cukup 56%, tinggi 30% dan sangat tinggi 4%. Berdasarkan hasil penelitian tersebut diadakan konseling kelompok bagi para suster Puteri Reinha Rosari Larantuka dengan topik cara mengungkapkan perasaan/emosi, cara mengendalikan emosi, mengenal kelebihan dan kekurangan dalam diri, mendengarkan, cara mengatasi konflik dalam hidup bersama dan cara mengembangkan kepercayaan/konsep diri yang positif.

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ABSTRACT

THE EMOTIONAL INTELLIGENCE IN THE COMMUNITY LIFE OF THE DAUGHTER OF OUR LADY QUEEN OF THE HOLY ROSARY SISTERS, LARANTUKA IN 2010 AND ITS IMPLICATIONS FOR GROUP COUNSELING

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This study is aimed to get a description of the level of emotional intelligence in the community life of the Daughter of Our Lady Queen of the Holy Rosary sisters, Larantuka in 2010 and to find its implications for group counseling.

The subjects of this descriptive study are the Daughters of Our Lady Queen of the Holy Rosary sisters who live in Larantuka in 2010. There are 50 sisters involved in this study. The age of the subjects ranges between 25 to 60 years old. The instrument for this study is a questionnaire constructed by the researcher and is based on the Daniel Goleman's book *Emotional Intelligence* (2009). The questionnaire consists of items which correspond to the five aspects of emotional intelligence: (1) to recognize one's own emotions, (2) to manage emotions, (3) to do self-motivation, (4) to recognize others' emotions, (5) to build relationship with others. There are 70 items used in this questionnaire. The data is analyzed using frequency calculation. The data is categorized into five levels by applying the Criterion Referenced Evaluation (PAP) type I. These levels are: very low, low, sufficient, high, and very high.

The findings of the study demonstrate that (1) The level of the capacity to recognize one's own emotions of these subjects are as followed. There is no subject (0%) in very low level, 14% of the subjects are in low level, 54% are in sufficient level, 28% are in high level, and 2% are in very high level; (2) The level of the capacity to manage emotions are: no subject (0%) is in very low level, 14% are in low level, 60% are in sufficient level, 26% are in high level, and no one (0%) is in very high level. (3) The level of the capacity to do self-motivation: no one (0%) is in very low level, 12% are in low level, 68% are in sufficient level, 14% are in high level, 6% are in very high level. (4) The level of capacity to recognize others' emotions are: no one (0%) is in very low level, 24% are in low level, 56% are in sufficient level, 20% are in high level, and there is no one (0%) in very high level. (5) The level of the capacity to build relationship with others: no one (0%) is in very low level, 10% are in low level, 56% are in sufficient level, 30% are in high level, and 4% are in very high level. Based on these findings, some group counseling sessions are conducted for the subjects. The topics of the group counseling are aimed to increase the the capacity to express emotions, to manage emotions, to control emotions, to know one's own strengths and weaknesses, to listen to others, to solve problems in the community and to to improve self-confidence and to build positive self-concept.