

## EFEKTIVITAS *THE PERCEIVED-BENEFITS WRITING* UNTUK MENINGKATKAN KECERDASAN EMOSIONAL

*Dewi Ayu Lakshita Nugraini*

### ABSTRAK

Kecerdasan emosional merupakan salah satu faktor yang mempengaruhi kemampuan seseorang untuk berperilaku secara adaptif dan dapat dikembangkan melalui pelatihan. Penelitian kuasi eksperimen ini dilakukan untuk menguji efektivitas pemberian *the perceived-benefits writing* (PBW) untuk meningkatkan kecerdasan emosional. Penelitian ini mengusulkan hipotesis bahwa *the perceived-benefits writing* (PBW) efektif untuk meningkatkan Kecerdasan Emosional. Penelitian kuasi eksperimen ini menggunakan metode *pre-posttest* pada desain *between-subject* yang melibatkan 19 mahasiswa laki-laki dan 51 mahasiswa perempuan untuk menulis satu dari 2 topik (menulis PBW dan menulis superfisial). Hasil analisis *between-subject* menunjukkan bahwa kenaikan skor Kecerdasan Emosional pada kelompok eksperimen tidak signifikan, jika dibanding kelompok kontrol ( $U = 0.386$ ,  $p > 0.025$ ). Kenaikan skor kecerdasan emosional yang tidak signifikan ditemukan pula pada uji beda *pre-posttest* kelompok eksperimen (Mean  $Rank_{posttest}$  vs  $pretest = 16.43$  vs  $11.38$ ;  $T = 0.162$ ,  $p > 0.025$ ). Penelitian ini membuktikan bahwa *the perceived-benefits writing* tidak efektif untuk meningkatkan kecerdasan emosional. Akan tetapi, jika seseorang menulis pengalaman yang semakin mengganggu, emosional, penting, rahasia, dan sulit diungkapkan, semakin tinggi pula kenaikan Kecerdasan Emosional yang diperoleh ( $\tau = +0.222$ , sig. (1-tailed) =  $0.047$ ,  $p < 0.05$ ).

Kata kunci: *the perceived-benefits writing*, kecerdasan emosional

**EFFECTIVITY GAINED FROM THE PERCEIVED-BENEFITS WRITING  
TREATMENT TO ENHANCE EMOTIONAL INTELLIGENCE**

*Dewi Ayu Lakshita Nugraini*

**ABSTRACT**

*Emotional Intelligence has been notoriously known as a constituent effect of adaptability behavior and is able to be enhanced by participation to a training program. This quasi-experimental study examined how effective enhancement of emotional intelligence will be gained after the perceived-benefits writing. Researcher proposed that the perceived-benefits writing will effectively enhance score of emotional intelligence. Henceforth, this study held pre-posttest applied to between-subject design contained 19 male students and 51 female students assigned to one of 2 topics as follows: the perceived-benefits writing and superficial topic. Between-subject analysis established that enhancement gained for emotional intelligence score in experiment group is not significant compared to control group ( $U = 0.386, p > 0.025$ ). T-test analysis for pre-posttest scores in experiment group settle a result that increased score of emotional intelligence in posttest is not significant compares to pretest scores result (Mean Rank<sub>posttest vs pretest</sub> = 16.43 vs 11.38;  $T = 0.162, p > 0.025$ ). Which it means that the perceived-benefits writing was not effective to enhance emotional intelligence. Furthermore, participant rating for severely of annoyance, emotionally affecting, significant, and difficulty to express the experiences will be, the higher the score will be gained ( $\tau = +0.222, \text{sig. (1-tailed)} = 0.047, p < 0.05$ ).*

*Keyword: the perceived-benefits writing, emotional intelligence*