

ABSTRAK

EFEKTIVITAS PELATIHAN KECERDASAN EMOSIONAL PADA REMAJA ANGGOTA KOMUNITAS KEAGAMAAN

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Penelitian ini bertujuan untuk mengetahui efektivitas pelatihan kecerdasan emosional berdasarkan evaluasi reaksi, belajar, dan perilaku. Dalam penelitian ini, pelatihan didasarkan pada empat aspek kecerdasan emosional Daniel Goleman, yaitu kesadaran diri, mengelola diri, kesadaran sosial, dan mengelola hubungan.

Penelitian ini merupakan penelitian *quasi experimental* yang menggunakan desain *non randomized pretest-posttest control group*. Subjek penelitian adalah remaja anggota komunitas keagamaan. Jumlah subjek adalah 25 orang, 13 orang masuk dalam kelompok eksperimen dan 12 orang masuk dalam kelompok kontrol.

Hasil evaluasi reaksi kelompok eksperimen terhadap program pelatihan dihari pertama diketahui 4 subjek bereaksi sangat positif, 8 subjek bereaksi positif, dan 1 subjek bereaksi netral, sedangkan dihari kedua diketahui 10 subjek bereaksi sangat positif dan 3 subjek bereaksi positif. Hasil uji-t sampel berpasangan kelompok eksperimen antara sebelum dan sesudah mengikuti pelatihan menunjukkan adanya perbedaan pengetahuan ($t = -7,291$; $\text{sig} = 0,000$; $p < 0,05$) pada evaluasi belajar dan adanya perbedaan perilaku ($t = -6,235$; $\text{sig} = 0,000$; $p < 0,05$) pada evaluasi perilaku. Sedangkan pada kelompok kontrol hasil uji-t sampel berpasangan menunjukkan tidak adanya perbedaan pengetahuan ($t = -1,685$; $\text{sig} = 0,120$; $p > 0,05$) pada evaluasi belajar dan tidak adanya perbedaan perilaku ($t = 1,104$; $\text{sig} = 0,293$; $p > 0,05$) pada evaluasi perilaku. Perbandingan nilai *mean* evaluasi belajar dan perilaku antara kelompok eksperimen dan kontrol menunjukkan kelompok eksperimen memiliki peningkatan *mean* yang signifikan daripada kelompok kontrol. Hasil tersebut menunjukkan bahwa subjek merasa senang terhadap program pelatihan kecerdasan emosional, mengalami peningkatan pengetahuan, dan perubahan perilaku yang lebih cerdas secara emosional setelah mengikuti pelatihan, sehingga dapat disimpulkan bahwa pelatihan kecerdasan emosional efektif diberikan kepada remaja anggota komunitas keagamaan.

Kata kunci: Pelatihan kecerdasan emosional, remaja anggota komunitas keagamaan

ABSTRACT

THE EFFECTIVENESS OF EMOTIONAL INTELLIGENCE TRAINING TO MEMBER OF RELIGIOUS YOUTH COMMUNITY

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This research was aimed to know the effectiveness of emotional intelligence training based on reaction evaluation, learning evaluation, and behavior evaluation. In this research, emotional intelligence training based on Daniel Goleman's 4 emotional intelligence aspects; self-awareness, self-management, social awareness, and social skills

This was a quasi experimental research and used non randomized pretest-posttest control group design. Research participants were the member of religious youth community. There were 25 research participants, 13 participants were in experiment group, and 12 participants were in control group.

Reaction evaluation result to experiment group showed that on 1st day of training program, 4 participants had a very positive reaction, 8 participants had a positive reaction, and 1 participant had a neutral reaction. In 2nd day, 10 participants had a very positive and 3 participants had a positive reaction to the training program. Analysis using paired sample t-test showed that there was significant difference in knowledge ($t = -7.291$; $\text{sig} = 0.000$; $p < 0.05$) and behavioral change ($t = -6.235$; $\text{sig} = 0.000$; $p < 0.05$) in experiment group between before attending and after attending the program. At control group paired sample t-test result showed that there wasn't significant difference in knowledge ($t = -1.685$; $\text{sig} = 0.120$; $p > 0.05$) and behavioral change ($t = 1.104$; $\text{sig} = 0.293$; $p > 0.05$). Compare mean learning evaluation and behavior evaluation between experiment and control group showed that experiment group had significant mean increase than control group. This research showed that participants interested in emotional intelligence training, had knowledge change, and had behavioral change after attending the training program. Thus, it can be concluded that emotional intelligence training was effective to member of religious youth community.

Keywords: emotional intelligence training, member of religious youth community.