

ABSTRAK

**STUDI DESKRIPTIF KEMAMPUAN MENGELOLA EMOSI
REMAJA PUTRA PANTI ASUHAN SANCTA MARIA BORO
DAN IMPLIKASINYA TERHADAP USULAN
PROGRAM BIMBINGAN PRIBADI – SOSIAL**

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Penelitian ini bertujuan untuk memperoleh data tentang deskripsi kemampuan mengelola emosi remaja putra Panti Asuhan Sancta Maria Boro dan implikasinya terhadap usulan program bimbingan pribadi – sosial. Subjek penelitian adalah 37 orang remaja putra Panti Asuhan Sancta Maria Boro. Subjek penelitian memiliki kriteria umur 12-18 tahun.

Jenis penelitian ini adalah deskriptif kuantitatif. Pengumpulan data pada penelitian ini menggunakan kuesioner kemampuan mengelola emosi. Kuesioner yang disusun terdiri dari 59 item berdasarkan 7 aspek kemampuan mengelola emosi menurut Goleman (1999), yaitu (1) mengendalikan emosi (2) dipercayai (3) beradaptasi dengan baik (4) menyadari bahwa tidak semua ungkapan emosi dapat diterima oleh orang lain (5) peka terhadap perasaan sendiri dan orang lain (6) merespon/menanggapi reaksi emosional orang lain (7) mengatur ekspresi emosi dalam lingkungan sosial. Pengukuran validitas jumlah total item 80, item gugur 21 dan item yang valid 59, serta reliabilitas penelitian 0,825. Pengukuran penelitian menggunakan program *SPSS 16.0 for Window* dan teknik analisis data yang digunakan adalah kategori tingkat kemampuan mengelola emosi berdasarkan penilaian Azwar (2007).

Hasil penelitian menunjukkan bahwa terdapat 3 remaja (8%) memiliki kategori kemampuan mengelola emosi dalam kategori sangat tinggi, 5 remaja (13%) memiliki kategori kemampuan mengelola emosi dalam kategori tinggi, 21 remaja (57%) memiliki kategori kemampuan mengelola emosi dalam kategorisedang, 8 remaja (22%) memiliki kategori kemampuan mengelola emosi dalam kategorirendah, dan tidak terdapat remaja yang berada pada kategori kemampuan mengelola emosi sangat rendah. Berdasarkan hasil penelitian, peneliti mengusulkan program pengembangan kemampuan mengelola emosi pada remaja putra Panti Asuhan Sancta Maria Boro. Program yang diusulkan dilaksanakan selama lima minggu, program kegiatan yang dilaksanakan dengan topik bersyukur, percaya diri, komunikasi efektif, prioritas, dan persahabatan.

ABSTRACT

**DESCRIPTIVE STUDY SKILLS MANAGING EMOTIONS
BOY TEEN ORPHANAGE IN SANCTA MARIA BORO
AND THE IMPLICATIONS TOWARD THE PROPOSAL
MENTORING PROGRAM PERSONAL – SOCIAL**

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The aim of this study is to get the data about the description of the ability to manage emotions of young men in Sancta Maria Orphanage Boro and its implications for the proposed program of personal guidance - social. The subjects were 37 young people Orphanage Sancta Maria Boro. The research subjects 12-18 years of age criteria.

This research is quantitative descriptive. In collecting the data in this study is using a questionnaire about ability to manage emotions. The questionnaire consists of 59 items arranged by seven aspects of the ability to manage emotions according to Goleman (1999), namely (1) controlling emotions (2) trust (3) adapt well (4) recognize that not all expressions of emotion can be accepted by others (5) sensitive toward emotion feelings of his/her own and others (6) respond to the emotional reactions of others (7) regulate the expression of emotions in a social environment. The measurement validity of the total number of items 80, items fall 21 and 59 valid items, as well as the reliability of research 0.825. Measurement studies using SPSS 16.0 for Windows and data analysis techniques used are category level ability to manage emotions based assessment Anwar (2007).

The results showed that there were three teenagers (8%) have the ability to manage their emotions in the category of very high category, five teens (13%) have the ability to manage their emotions in the category of high emotion category, 21 adolescents (57%) have the ability to manage their emotions in medium category currently, 8 teens (22%) have the ability to manage emotions in a lower category, and there are teenagers who are in the category of very low ability to manage emotions. Based on this research, the researcher proposes the development programs the ability to manage emotions in young men Sancta Maria Orphanage Boro. The proposed program will be held for five weeks, the program activities carried out by topic grateful, confident, effective communication, priorities, and friendship.