

ABSTRAK

HUBUNGAN ANTARA TINGKAT *EMOTIONAL QUOTIENT* DENGAN KEMAMPUAN PENYESUAIAN DIRI DI LINGKUNGAN SOSIAL YANG BARU PADA MAHASISWA PROGRAM STUDI BIMBINGAN & KONSELING

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Penelitian ini bertujuan untuk (1) mengetahui hubungan antara tingkat *emotional quotient* dengan kemampuan penyesuaian diri mahasiswa. 2) melihat seberapa tinggi tingkat *emotional quotient* mahasiswa Program Studi Bimbingan dan Konseling (3) melihat seberapa tinggi tingkat penyesuaian diri mahasiswa Program Studi Bimbingan dan Konseling (4) mengidentifikasi butir item skala tingkat *emotional quotient* dan penyesuaian diri yang belum optimal (rendah) sebagai usulan topik dialog kelas bersama mahasiswa.

Penelitian ini merupakan studi korelasional. Sampel dalam penelitian ini berjumlah 64 orang mahasiswa Program Studi Bimbingan dan Konseling angkatan 2023. Teknik analisis dalam penelitian ini menggunakan kategorisasi, uji normalitas, uji linearitas, dan uji hipotesis korelasional. Pengumpulan data menggunakan skala *emotional quotient* dengan jumlah item valid 52 dengan nilai uji reliabilitas 0,736 dan skala penyesuaian diri dengan jumlah item valid 59 dan nilai korelasi uji reliabilitas 0,741.

Hasil dalam penelitian ini membuktikan: 1) Adanya hubungan positif dengan tingkat signifikansi tinggi karena nilai Pearson's r 0,848 dan $p < .001$. 2) Tingkat *emotional quotient* mahasiswa Program Studi Bimbingan dan Konseling tergolong dalam kategori tinggi karena 11% mahasiswa masuk ke dalam kategori sangat tinggi dan 70% masuk ke dalam kategori tinggi. 3) Tingkat penyesuaian diri mahasiswa Program Studi Bimbingan dan Konseling tergolong dalam kategori tinggi karena 13% mahasiswa masuk ke dalam kategori sangat tinggi dan 67% masuk ke dalam kategori tinggi. 4) ditemukan item dalam skala variabel *emotional quotient* yang terindikasi rendah dan diusulkan 2 topik dialog kelas dan ditemukan item dalam skala penyesuaian diri yang terindikasi masuk ke dalam kategori rendah dan diusulkan 2 topik dialog kelas.

Kata kunci: *emotional quotient*, kemampuan penyesuaian diri, mahasiswa

ABSTRACT

THE RELATIONSHIP BETWEEN EMOTIONAL QUOTIENT LEVEL AND SELF-ADJUSTMENT ABILITY IN NEW SOCIAL ENVIRONMENT AMONG STUDENTS OF GUIDANCE AND COUNSELING PROGRAM

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This study aims to (1) determine whether there is a relationship between the level of emotional quotient and students self-adjustment ability. (2) see the level of emotional quotient among students of the Guidance and Counseling Program. (3) see the level of self-adjustment ability among students of the Guidance and Counseling Program. (4) identify items on the emotional quotient and self-adjustment scale that are suboptimal (low) as proposed topics for classroom discussions with students.

This study is a correlational study. The sample in this study consists of 64 students from the Guidance and Counseling Program, class of 2023. The analysis techniques used in this study are categorization, normality test, linearity test, and correlational hypothesis testing. The data collection was conducted by using the emotional quotient scale, consisting of 52 valid items with a reliability test score of 0.736, and the self-adjustment scale, comprising 59 valid items with a reliability test correlation score of 0.741.

The results of this study prove that: 1) There is a positive relationship with high significance level because the Pearson's r value is 0.848 and $p < .001$. 2) The level of emotional quotient among students of the Guidance and Counseling Program is categorized as high because 11% of students fall into the category of very high and 70% fall into the category of high. 3) The level of self-adjustment among students of the Guidance and Counseling Program is categorized as high because 13% of students fall into the category of very high and 67% fall into the category of high. 4) The items in the emotional quotient variable scale indicating low levels were found and 2 classroom dialogue topics were proposed. Additionally, the items in the self-adjustment scale indicating low categories were found and 2 classroom dialogue topics were proposed.

Keywords: *emotional quotient, self-adjustment ability, students*