

Hubungan Kecerdasan Emosional dan Kebahagiaan Remaja pada Situasi COVID-19 = The Relationship Between Emotional Intelligence and Happiness Among Adolescents during COVID-19

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Abstrak

Situasi pandemi COVID-19 memunculkan banyak perubahan dalam kehidupan remaja. Terbatasnya aktivitas remaja menyebabkan meningkatnya masalah emosional yang dihadapi mereka. Tidak hanya itu, kebahagiaan remaja juga terbukti menurun pada situasi pandemi COVID-19. Untuk menghadapi hal ini, diperlukan tingkat kecerdasan emosional yang baik. Penelitian ini bertujuan untuk melihat hubungan antara kecerdasan emosional dan kebahagiaan pada populasi remaja di Indonesia dalam situasi COVID-19. Partisipan penelitian berjumlah 232 orang remaja berusia 15-21 tahun yang belum menikah. Kebahagiaan diukur menggunakan alat ukur Subjective Happiness Scale (SHS), sementara kecerdasan emosional diukur menggunakan alat ukur Trait Meta-Mood Scale Short-Form (TMMS-SF). Analisis data dilakukan menggunakan teknik analisis Pearson correlation. Hasil penelitian menunjukkan adanya korelasi positif antara kecerdasan emosional dan kebahagiaan remaja pada situasi COVID-19 ($r = 0,433$; $p < 0,05$). Penelitian juga menemukan hubungan positif antara dimensi-dimensi kecerdasan emosional (perhatian emosional, kejelasan emosional, regulasi emosi) dan kebahagiaan.

.....The COVID-19 pandemic situation has brought about many changes in the lives of adolescents. The restricted activities of adolescents have caused an increase in the emotional problems that they face. Not only that, the happiness of adolescents has also been proven to decline during the COVID-19 pandemic. To deal with this, a good level of emotional intelligence is needed. This study aims to examine the relationship between emotional intelligence and happiness among adolescents in Indonesia during the COVID-19 situation. The research participants were 232 unmarried adolescents aged 15-21 years old. Happiness was measured using the Subjective Happiness Scale (SHS), while emotional intelligence was measured using the Trait Meta-Mood Scale Short-Form (TMMS-SF). Data of the research were analyzed using the Pearson correlation analysis technique. The result shows a positive correlation between emotional intelligence and adolescents' happiness during the COVID-19 situation ($r = 0.433$; $p < 0.05$). This research also finds positive correlations between the dimensions of emotional intelligence (emotional attention, emotional clarity, emotion regulation) and happiness.