



UNIVERSITAS ANDALAS

**FAKTOR - FAKTOR YANG BERHUBUNGAN DENGAN
KECERDASAN EMOSIONAL REMAJA
DI SMA SWASTA ADABIAH PADANG**

TAHUN 2021

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FAKULTAS KESEHATAN MASYARAKAT

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EMOSIONAL REMAJA DI SMA SWASTA ADABIAH KOTA PADANG
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xiii + 144 halaman, 28 tabel, 2 gambar, 8 lampiran

ABSTRAK

Tujuan Penelitian

Kecerdasan emosional adalah kemampuan seseorang dalam memotivasi diri sendiri, bagaimana bertahan dalam menghadapi frustrasi, tidak berlebihan dalam perasaan senang dan mengatur suasana hati. Penelitian tahun 2018 pada 300 siswa SMA di Kota Padang ditemukan 51,84% remaja memiliki kecerdasan emosional yang rendah. Tujuan penelitian untuk mengetahui faktor-faktor yang berhubungan dengan kecerdasan emosional remaja di SMA Swasta Adabiah Padang Tahun 2021.

Metode

Jenis penelitian kuantitatif dengan pendekatan *Cross Sectional Study*. Populasi berjumlah 387 siswa dan jumlah sampel 195 siswa. Teknik pengambilan sampel dengan *proporsional random sampling*.

Hasil

Berdasarkan hasil uji chi-square didapatkan ada hubungan pekerjaan ibu ($p=0.037$), Pendapatan orang tua ($p=0.015$), pola asuh orang tua ($p=0.017$), interaksi teman sebaya ($p=0.001$) dan religiusitas ($p=0.031$) terhadap kecerdasan emosional remaja. Hasil uji regresi logistik diperoleh interaksi teman sebaya merupakan faktor yang paling berpengaruh terhadap kecerdasan emosional.

Kesimpulan

Ada hubungan antara interaksi teman sebaya, pola asuh orang tua, pendapatan orang tua, pekerjaan ibu, religiusitas dengan kecerdasan emosional remaja. Variabel yang paling berpengaruh adalah interaksi teman sebaya. Disarankan kepada pihak sekolah agar meningkatkan peran teman sebaya melalui program Sanggar Konsultasi Remaja dan PIK-R.

Daftar Pustaka : 89 (1980-2021)

Kata kunci : Kecerdasan Emosional, Remaja, Interaksi Teman Sebaya

**FACULTY OF PUBLIC HEALTH
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**FACTORS RELATED TO ADOLESCENT EMOTIONAL INTELLIGENCE
IN ADABIAH PRIVATE SMA PADANG CITY IN 2021**

xiii + 144 pages, 28 tables, 2 pictures, 8 appendices

ABSTRACT

Research Purposes

Emotional intelligence is a person's ability to motivate himself, how to survive in the face of frustration, not to be excessive in feelings of pleasure, to regulate moods. The results of a 2018 study on 300 high school students in Padang City revealed that 51.84% of adolescents had low emotional intelligence. The purpose of the study was to determine the factors related to the emotional intelligence of adolescents at Adabiah Padang Private High School in 2021.

Methods

This type of research is quantitative design with a Cross-Sectional Study approach. The population amounted to 387 student, the number of samples was 195 student. The sampling technique is proportional random sampling.

Results

Based on the results of the chi-square test, it was found that there was a relationship between mother's work ($p = 0.037$), parent's income ($p=0.015$), parenting style ($p=0.017$), peer interaction ($p=0.001$) and religiosity ($p=0.031$) on adolescent emotional intelligence. The results of the chi-square test showed that there was a relationship between mother's occupation, parents' income, parenting patterns, peer interaction and religiosity with emotional intelligence. The results of the logistic regression test obtained that peer interaction was the most influential factor with emotional intelligence.

Conclusions

There is a relationship between peer interaction, parenting patterns, parental income, mother's occupation, religiosity with adolescent emotional intelligence. The most influential variable is peer interaction. It is recommended to the school to increase the role of peers through the youth consultation program and PIK-R.

Bibliography : 89 (1980-2021)

Key words : Emotional Intelligence, Adolescent, Peer Interaction