

# Marta

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## STUDY OF EMOTIONAL INTELLIGENCE OF SPORTS STUDENTS

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### Abstract

This study aims to determine the emotional intelligence possessed by students of the Department of Sports Education, Padang State University after Covid-19 hit Indonesia. Emotional intelligence or emotional quotient refers to abilities recognize own feelings and the feelings of others. This type of research was a quantitative descriptive involving 111 male students (124) and female students (59) who were still actively enrolled until the research was carried out using the accidental sampling technique. Data was collected using a Likert-scale questionnaire distributed with the Google form. The results of the study provide information that the level of emotional intelligence possessed by students is on average in the "Good" classification with a Respondent Achievement Level (TCR) value of 77.24%.


**Keywords:** Intelligence; Emotional; Student; Sport

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### INTRODUCTION

Student is a status that is assigned to someone who is currently studying at a tertiary institution in order to achieve the goals of National Education as stated in Law no. 20 of 2003 that: "National education functions to develop capabilities and shape dignified character and national civilization in order to educate the life of the nation, aims to develop the potential of students to become human beings who believe and fear God Almighty, have noble character, are healthy, knowledgeable, capable, creative, independent, and become a democratic and responsible citizen".

Based on the quote from the law above, we can get information that students are prepared to become human beings who believe, are responsible for the things they do and can establish good relationships with people in the community and state



environment (Marta, 2020). In the future, students are expected to become Agents of Change or agents of change who can bring the Indonesian nation to a better direction. In realizing national development students have a very important role. A student is someone who has broad insight and knowledge, has a plan before acting and has intellectual, emotional and spiritual intelligence (Papilaya & Huliselan, 2016). A student in the future may be able to have a good career because of his academic success.

Emotional intelligence is a person's ability to be able to control his emotions or feelings in dealing with an event or situation (Drigas & Papoutsis, 2021). (Jahja, 2011) Emotional quotient is intelligence that helps an individual to understand the emotions of the people around him. Whether it's a feeling of despair, anger, hate, joy and happiness. Studies on this intelligence have been carried out by experts for a long time (Costa & Faria, 2015) because this aspect of emotional intelligence has a close relationship in life and can be used to support individual success. Existing research results emphasize that emotional intelligence is an unstable and constantly evolving ability.

This ability will develop according to the situation and environment faced by a person. It is also said that emotions are divided into two forms, namely in the form of positive emotions and negative emotions. Positive and negative emotions will affect a person's psychological condition if he gets a stimulus <sup>1</sup> that comes from within or from outside the person. If someone can feel or empathize with other people's emotions, then it can be said that that person has good emotional intelligence and in the future will easily interact and adapt in various environmental conditions.

For almost the last 3 years we have been forced to carry out socialization virtually because of the outbreak of the Covid-19 case in the world which resulted in the closure of public facilities, such as offices and schools. This not only disrupts the state order, but also has an impact on the social interaction of the wider



community. Even though the communication access available at this time really supports us in being able to connect with each other, emotionally this clearly still feels lacking. The results of research that has been done show that during the outbreak of the Covid-19 case there was an increase in negative emotions in society and a decrease in positive emotions (Li et al, 2020). An increase in negative emotions will have an impact on mental health which will also indirectly affect a person's emotions (Nasrullah & Sulaiman, 2021).

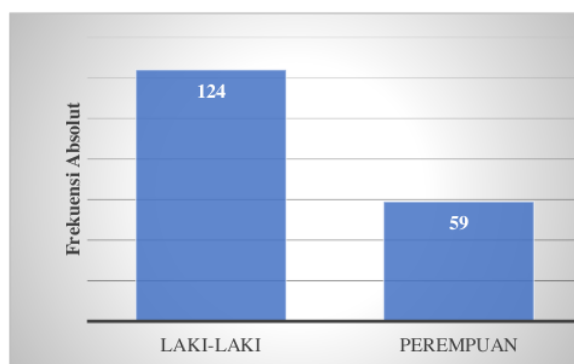
## METHOD

This research uses a descriptive quantitative approach, namely research that begins with observation, followed by interviews or giving questionnaires to research subjects regarding current conditions. The population in this study were students of the Department of Sports Education at the Faculty of Sports Science, Padang State University who are currently still active. The sample in this study was obtained using the Incidental/Accidental Sampling technique, according to (Sugiyono, 2016) The sampling technique is based on coincidence, that is, anyone who happens to meet the researcher can be used as a sample, if it is deemed that the person who happened to be met is suitable as a data source. . The number of samples involved in this study were 183 students consisting of 124 male students and 59 female students. In the process of collecting data on student emotional intelligence, researchers used a Likert Scale questionnaire based on indicators of emotional intelligence. This research questionnaire has been validated by experts so that its validity and reliability cannot be doubted. Then it is processed using descriptive analysis techniques, percentages and converted into Riduwan's Score Interpretation. This research questionnaire has been validated by experts so that its validity and reliability cannot be doubted. Then it is processed using descriptive analysis techniques, percentages and converted into Riduwan's Score Interpretation. This research questionnaire has been validated by experts so that its validity and reliability cannot be doubted. Then it is processed using descriptive analysis techniques, percentages and converted into Riduwan's Score Interpretation.

## RESULTS AND DISCUSSION

**Table1.**Gender Frequency Distribution

No	Gender	Absolute Frequency	Relative Frequency
1	Man	124	67.76%
2	Woman	59	32.24%
	Amount	183	100%



**Figure 1.**Student Gender Frequency Distribution

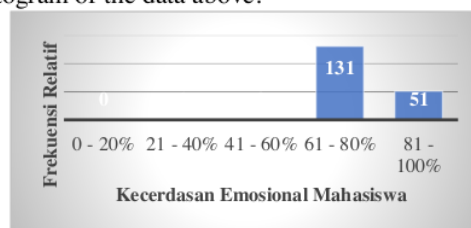
In the following, the researcher will present data regarding the emotional intelligence of the students of the Department of Sports Education, Faculty of Sports Science, Padang State University that the researcher has obtained.

**Table2.**Emotional Intelligence Frequency Distribution

No	Interval Class	Absolute Frequency	Relative Frequency	Information
1	0 - 20%	0	0%	Very less
2	21 - 40%	1	0.55%	Not enough
3	41 - 60%	0	0%	Currently
4	61 - 80%	131	71.58%	Good
5	81 - 100%	51	27.87%	Very good
	Amount	183	100%	

Based on the table above, that in class 0 - 20% there is not a single student with the "Very Poor" classification, as well as the 41 - 60% interval class with the "Moderate" classification. In the 21 - 40% interval class, there is 1 student (0.55%) with the "Less" classification. In the 61 - 80% interval class, there were 131 students

(71.58%) with a "Good" classification. Finally, in the 81 – 100% interval class, there were 51 students (27.87%) who fall into the "Very Good" classification. The following is a histogram of the data above.



**Figure 2.**Emotional Intelligence Histogram

Based on the data above it is clear that overall the level of emotional intelligence possessed by students of the Department of Sports Education is in the "Good" category even though in the last two years they have not had intense real contact with people in their environment due to the Covid-19 pandemic that has hit but they can still manage their emotions well.

<sup>7</sup> The word intelligence comes from the word "smart" which means smart and clever, has a quick response when faced with a problem and understands a statement. Intelligence is also often accompanied by the perfect development of reason and mind so that it can solve the problems it faces, namely problems that require thinking power (Suryani & Daryanto, 2014). In its development, experts divide this intelligence into several: Intellectual Intelligence (Intelligence Quotient), Emotional Intelligence (Emotional Quotient), Spiritual Intelligence (Spiritual Quotient) (Hanafi, 2010).

The concept of emotional intelligence was originally adapted from social intelligence, by Thorndike (1920) who divided intelligence into three parts, namely: <sup>9</sup> abstract intelligence (ability to understand verbal and mathematical symbols), concrete intelligence (ability to understand objects) and social intelligence (ability to relate to objects). others) (Fitriastuti, 2013). (Boyatzis et al, 2000) stated that emotional intelligence is an aspect that can make a person more careful in behaving

by considering various perspectives, because Emotional Quotient (EQ) is one aspect of intelligence in determining the effectiveness of using conventional intelligence. Emotional intelligence is the ability possessed by a person to read a situation and manage his feelings towards whatever happens then consider good or bad based on self-awareness, motivation, self-regulation, empathy and skills in building relationships with others (Yantiek, 2014). Therefore having good emotional regulation is one way that can be done to help individuals facilitate emotional needs (Wisma et al, 2018). Individuals need to be trained and given a set of skills in managing emotions, so they are able to assess the emotions they feel, manage emotions and express positive and negative emotions correctly. Individuals who are able to regulate emotions will bring up positive behavior and will not lead to negative behavior (Marta & Oktarifaldi, 2020).

It was further explained that human emotions are in the subconscious area so that it is recognized that emotional intelligence provides a deeper and more complete understanding of oneself and others. Emotions are impulses possessed by a person in his subconscious to take action in order to deal with problems that occur slowly (Pratama et al., 2022). Emotions help us deal with critical moments and all kinds of extreme tasks. Because not all problems can be solved simply by relying on the brain's thinking ability. Problem solving requires possibilities and perceptions that will give the best results from solving the problems at hand. The more often a person faces problems and critical mass, then the person should be better trained to solve problems in the future. Because basically humans learn from the experiences they face every day.

Emotional intelligence involves five factors: self-awareness (recognition of one's moods, emotions, and drives and their effect on others), self-regulation (controlling or directing seizure impulses and emotions and thinking before acting), motivation (a sincere desire to work enthusiastically) and consistent), empathy (understanding the emotional makeup of others, and therefore being able to treat

them according to their emotional reactions), and finally, social skills (managing relationships and building networks and relationships on the same basis) (Praditsang & Hanafi, 2015 ).

80% of a person's success factor is influenced by emotional intelligence, and intellectual intelligence only contributes 20%. Students with higher emotional competence determine greater academic goals and reflect better levels of self-discipline, motivation, stress regulation, work organization, learn more and have higher grades (Costa & Faria, 2015). Then it was also explained that there are several benefits generated by emotional intelligence which is a factor of success in careers and organizations, among others; (1) decision making (2) leadership (3) technical and strategic breakthroughs (4) open and honest communication (5) cooperation and trusting relationships (6) consumer loyalty (7) creativity and innovation (Uno, 2017).

## 7 CONCLUSION

Based on the results of the research that has been done, it was found that the emotional intelligence possessed by the students of the Department of Sports Education was in the "Good" classification that of the 183 students who were sampled in this study there were 124 students who got scores in the range of 61 - 80% with using the Riduwan Score interpretation. If the results of the study provide information that the level of emotional intelligence possessed by students is on average in the "Good" classification with a Respondent Achievement Level value of 77.24%. With these results, it can be concluded that the Covid pandemic that hit Indonesia some time ago did not have a negative effect on the emotional intelligence of Department of Sports Education students.

The research above gives us information that students of the Department of Sports Education, Faculty of Sports Science, Padang State University have good emotional intelligence. The Covid-19 pandemic that hit the world in almost 3 years has been successfully passed by students so it doesn't really affect their





psychological condition. As we know, many media reports are increasing the level of stress and suicide due to the pandemic that has hit the world. However, researchers still hope that educational institutions, especially Padang State University, will provide comprehensive counseling services to students and employees in order to improve their mental health.

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