

Correlation between Emotional Quotient and Interpersonal Relationship among First Level Students in Stikes Hang Tuah Surabaya

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ABSTRACT

Introduction

Emotional quotient is predicted has a correlation with interpersonal relationship among first level student at STIKES Hang Tuah Surabaya. Emotional quotient is an ability to know, to use emotion effectively, and to develop interpersonal relationship. Research purpose was to identify the correlation of emotional quotient toward interpersonal relationship.

Methods

This research used a correlative descriptive with cross sectional approach design. Population were 207 first level students, sample was chosen by stratified random sampling technique resulting in 137 students involved as respondents. Variables included independent variable (emotional quotient) and dependent variable (interpersonal relationship). Instruments used in this study were emotional questionnaire by Davis and interpersonal relationship questionnaire. Data of research were analyzed by using Spearman Rho test.

Results

The result of this research, showed that from 137 respondents, a half of students had good emotional quotient and interpersonal relationship. The result of Spearman Rho statistic test was $r = 0,001$, on the value probability ($p = 0,001 < 0,05$), so that the H_0 is rejected. It meant that there was a significant correlation between emotional quoetient and interpesonal relationship among first level student in STIKES Hang Tuah Surabaya.

Conclusions

It is indicated that emotional quotient among first level students should be increased as important factor for developing students' interpersonal relationship and confidence.

Keywords

Emotional Quotient; Interpersonal Relationship; Adolescent; Students

BACKGROUND

Emotional Quotient (Emotional Quotient) is the ability of a person to manage his emotional life with quotient, maintain emotional harmony and disclosure through self-awareness, self-control, self-motivation, empathy and skills skills (1). Interpersonal relationships are relations consisting of two or more people who are interdependent with each other and use a consistent pattern of interaction (2). At this stage, adolescents should be able to foster and improve interpersonal relationships with peers and seniors, but at the first grade students found a social relationship gap. The results of a preliminary study that conducted by the researcher through interviews at the first grade students showed that there was an interpersonal relationship problem experienced by the first grade students, ie they only had some close friends, disrespected their senior, aloof, and enjoyed the attention of others .

Adolescents are humans aged 10-19 years (WHO). About one-fifth of the world's population are teenagers. According to the Badan Pusat Statistik (BPS), in Indonesia the age group of 10-19 years is 22% consisting of 50.9% male teenagers and 49.1% female teenagers (Soetjningsih, 2010). In East Java, adolescents have a percentage of 31.2% consisting of 50.8% of men and 49.2% of women. Emotional problems within the person are often unconscious. According to WHO 1 out of 5 16-year-olds have emotional problems, 104 out of 1000 children aged 4-15 years experience similar things. In the age group of 15 years, the prevalence of emotional quotient problems is increasing, ie 140 of 1000 children. In 2009, a study conducted in a Junior High School (SMP), the results obtained from 578 students who conducted the study obtained a percentage of 9.1% of students who experience emotional problems (3). According to previous research conducted by Manurung (4) on STIKES Hang Tuah Surabaya students, there were 583 of 783 students who experienced emotional quotient problem. Approximately 91 students experienced personality problems (quiet, irritable, aloof, not confident, likes to rule), 215 students are not disciplined in lectures, and the highest number achieved about 277 students chatting during the study. Through a preliminary study conducted by researchers through interviews on 10 students, it showed that 40% of college students had only a few close friends, 30% of the students did not respect their seniors, 10% of students were aloof, 20% of the students enjoyed the attention of others. This indicates a problem of interpersonal relationships experienced by first level students.

Emotional quotient in adolescents is seen in several ways such as how teenagers are able to give a good impression of themselves, able to express the emotional reactions according to existing conditions so that interaction with others is able to

establish good and effective. Teenagers who are healthy and normal will always have a desire to take dynamic action to make their existence recognized and meaningful to others. As social beings, human beings need and interact with others. Similarly, a teenager who is required to establish social relationships and make adjustments to the social environment (5). Emotional quotient will have an impact on the interpersonal relationships used by teenagers in socializing with peers or seniors in daily activities. If a teenager has high emotional quotient, he will learn to recognize and control his emotions and will become more confident, physically and psychologically healthy, and will tend to be emotionally healthy (5). Teens should understand, train and improve emotional quotient, so that teenagers will benefit from getting good interpersonal relationships, getting along with many people, being able to restrain their emotions, and can help them deal with situations that will bring them happiness. Emotional quotient can be increased through extracurricular activities (6). Based on the background of the problem, the researchers are interested to conduct research with the title: "Relationship of Emotional Quotient With Interpersonal Relationship In First Level Students in STIKES Hang Tuah Surabaya".

METHODS

Study Design

This was analytic research type correlation by using crosssectional approach.

Recruitment participant

This research was conducted at the 1st level student at Stikes Hang Tuah Surabaya. The data were collected in June 2014. This study used probability sampling technique with stratified random sampling type. There were 4 classes in first level Stikes Hang Tuah Surabaya, which are 2 classes of study program of D3, and 2 classes of study program of S1. The author determine student who become respondents by making a lottery of paper filled with NIM (Student Identity Number) as many as the sample of class according to the sampling technique above, then the paper is inserted into the bottle, then shake, then issued as many respondents needed in accordance with the distribution respondents.

Participants

The population in this research were all student of first level at Stikes Hang Tuah Surabaya which amounted to 207 people. The inclusion criteria in this study were:

- a. Actively follow the lectures
- b. Fit
- c. Willing to be a respondent
- d. Aged 17-19 years

Exclusion criteria in this research are:

- a. Leave the class or room
- b. Not present at the time of data retrieval

Statistical Analysis

In this study there are independent variables showing ordinal scale and dependent variable indicate ordinal scale. So, to see the level or closely the relationship between the two variables using Spearman Rho Correlation statistical test. With significance level $\alpha = 0,05$. If the results obtained $p < 0,05$ maka then H1 accepted (Hastono, 2007), which means there is a relationship between emotional quotient with interpersonal relationships in Students Level 1 Stikes Hang Tuah Surabaya.

The technique of statistical data analysis is done by statistical test with univariate analysis and bivariate analysis. Univariate analysis was conducted on each variable of the research result, while bivariate analysis was performed on two variables that were suspected to be related or correlated. Univariate analysis in this research will presented the result of research with percentage of general data and special data that is emotional quotient. The second variable will presented the result of research with percentage that is interpersonal relation on student level b.

The bivariate analysis in this study correlates the emotional quotient with the interpersonal relationship of the first grade students performed by the statistical test using spearman rank test because it examines the relationship between two ordinal variables, to know whether there is a relationship or not and how big the relationship. The expected significance level is $\alpha = 0,005$ if $p < 0,05$ meaning H1 is accepted, that is there is correlation between emotional quotient with interpersonal relation of first level student at Stikes Hang Tuah Surabaya.

RESULT

In the table 1 shows that from the 137 respondents, 56 students (40,9%) have good emotional quotient, 50 students (36,5%) have enough emotional quotient and lack of emotional quotient about 31 students (22,6%).

Table 1 Emotional Quotient In Students Level 1 At STIKES Hang Tuah Surabaya

Emotional Quotient	Frekuensi (F)	Presentase (%)
Good	56	40,9
Medium	50	36,5
Poor	31	22,6
Total	137	100

Table 2 presents that out of 137 respondents, 67 students (40.9%) had good interpersonal relationships, 44 students (29.9%) had sufficient interpersonal relationships, and about 26 students (19%) had fewer interpersonal relationships.

Table 2. Interpersonal Relationship In Students Level 1 At STIKES Hang Tuah Surabaya

Interpersonal Relationship	Frekuensi (F)	Presentase (%)
Good	67	40,9
Enough	44	32,1
Poor	26	19
Total	137	100

Table 3. Relationship of Emotional Quotient with Interpersonal Relationship Level 1 Students at STIKES Hang Tuah Surabaya

Category	EQ Good		EQ Medium		EQ POOR		Total	
		%		%		%		%
Good Interpersonal Relationship	37	55,2	21	31,3	9	13,4	67	100
Medium Interpersonal Relationship	9	20,5	25	56,8	10	22,7	44	100
Poor Interpersonal Relationship	10	38,5	4	15,4	12	46,2	26	100
Total	56	40,9	50	36,5	31	22,6	137	100
<i>Spearman's Rho Correlation</i> = 0,001								

In table 3 shows the relationship of emotional quotient with the interpersonal relationship of student level 1 STIKES Hang Tuah Surabaya and obtained data that from 137 students level 1, 37 students (55.2%) have good emotional quotient with good interpersonal relationship, 21 students (31.3 %) had sufficient emotional quotient with good interpersonal relationships, and 9 students (13.4%) with poor emotional quotient with good interpersonal relationship.

Whereas in the interpersonal relationship is enough; around 9 students (20.5%) had good emotional quotient with adequate interpersonal relationships, 25 students (56.8%) had sufficient emotional quotient with sufficient interpersonal relationships, and 10 college students (22.7%) had poor emotional craving with relationships interpersonal enough.

In poor interpersonal relationships; about 10 students (38.5%) had good emotional quotient with POOR interpersonal relationships, 4 students (15.4%) had sufficient emotional quotient with fewer interpersonal relationships, and only 12 (46.2%) students who had poor emotional quotient with poor interpersonal relationships.

Result of statistical test by using Spearman Rho Correlation test to know whether there is relation between two variables that is emotional quotient with interpersonal relationship of first level student at STIKES Hang Tuah Surabaya got $r = 0,001$. This shows that $r < 0.05$, which means there is a relationship between emotional quotient and interpersonal relationships in first level students at in STIKES Hang Tuah Surabaya.

DISCUSSION

The results showed that the emotional quotient possessed by first level students at STIKES Hang Tuah Surabaya, the distribution is quite evenly distributed. Of the 137 respondents, 56 students (40.9%) had good emotional quotient, 50 students (36.5%) had sufficient emotional quotient and lacked emotional quotient about 31 students (22.6%). The problem in this study is the discovery of the majority of students of level 1 who have problems with emotional quotient. However, along with research conducted and obtained different results, namely the majority of first level student have good emotional quotient. Researchers assume that, along with the course of time research, first level student have melakuka efforts to develop emotional quotient. One of them by following the various programs that held in STIKES Hang Tuah Surabaya.

These programs are UKM (Student Activity Unit), spiritual cultivation, and student training. Extracurricular can engage students mentally emotionally and physically to contribute actively as a form of responsibility for the activities that are followed (3). Games that are able to develop emotional quotient is a pattern of social nuanced games such as team sports, because in sports team involving other people or friends in full. Spiritual spiritual activities held every Friday, can routinely fire the emotional quotient of students through the motivation and input provided by the giver of material. Student training activities held each year will train cohesiveness, tell how to work well in the organization, and provide motivation to every student who follows.

The results of research conducted by the researcher showed that the level of interpersonal relation on the students of STIKES Hang Tuah Surabaya is quite evenly. It is proven from 137 respondents, 65 students (47,4%) have good interpersonal relationship, 52 students (38%) had enough interpersonal relationships, and about 20 students (14.6%) had fewer interpersonal relationships. In the phenomenon mentioned in the previous chapter, researchers found the problem, namely the number of students of level 1 who have poor interpersonal relationships. However, on the results found by researchers after conducting research is the majority of first level student have good interpersonal relationships. The researcher assumed that the improvement of interpersonal relationships at the first grade students was due to the liveliness and participation of the first grade students in the student development programs held at STIKES Hang Tuah Surabaya. Such programs include Introduction to Study Program (PPS), Student Innovative Competition (LKIM), Student Writing Competition (LKTM), Scientific Postter Contest, classmeet which is usually held at the end of semester, and SME (Activity Unit College student). The result of research shows that from 137 students of level 1, the relationship of emotional quotient with the interpersonal relationship of first level student at STIKES Hang Tuah Surabaya and got data that from 137 students level 1, 37 students (55.2%) have good emotional quotient with good interpersonal relationship, students with good emotional quotient and good interpersonal relationships tend to be poor prone to negative emotions, and not easily fooled by negative things, have a high level of patience, not easily offended, and do not like to impose his opinion.

Whereas in the interpersonal relationship is enough; 25 students (56.8%) had sufficient emotional quotient with sufficient interpersonal relationships. It can be explained that the student has a balanced ability between emotional quotient and interpersonal relationships. The student is still in a state of balancing the feelings with rational, logic with reality to be able to develop interpersonal relationships. In poor interpersonal relationships; about 10 students (38.5%) had good emotional quotient with fewer interpersonal relationships. This can be explained by the finding that someone with good emotional quotient has the ability to know the emotions that are being felt and also has the ability to express the emotions that are felt, behave according to the desire, not because of the necessity and responsibility. This behavior is often misused and misinterpreted in others. Often other people feel uncomfortable with this behavior, and cause someone to be shunned by others. 12 (46.2%) students who have poor emotional quotient with poor interpersonal relationships, students with poor emotional quotient and have poor interpersonal relationships tend to be easily carried away negative emotions, so easily provoked to perform aggressive behavior, have a low level of patience, easy offended, tend to impose his opinion on others and feel the need to fight as a way to solve problems

because of his ability to know, understand, feel the emotions of others, the ability to tolerate and make friends with others low.

Those with good emotional quotient will make decisions and take appropriate action when the situation is critical and urgent. In addition, emotional quotient is also useful in adjusting and fostering good relationships with others (5). Proper management of emotional quotient, will make students have the ability to know and feel the emotions of others, and also has the ability to tolerate and make friends with friends who have been disappointing. Students with good emotional quotient are able to always be optimistic in the face of heavy tasks, undesirable tasks, and always looking for solutions and they are also able to change the feelings of others to be better. Result of data analysis by researcher by using Spearman's Rho Correlation test obtained $r = 0,001$ where value $< 0,05$ meaning that H_0 is rejected, so there is relation between emotional quotient with interpersonal relationship of first level student at STIKES Hang Tuah Surabaya.

CONCLUSIONS

Results of research conducted at STIKES Hang Tuah Surabaya on 17-19 June 2014, are:

1. Emotional quotient of level 1 students at STIKES Hang Tuah Surabaya is in good category.
2. Interpersonal Relationship Level 1 students at STIKES Hang Tuah Surabaya are in good category.
3. There is a relationship of emotional quotient with interpersonal relationships of first level student at STIKES Hang Tuah Surabaya.

Declarations

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Ethics approval and consent to participate

Local research ethics committees approved all aspects of each survey and all participants gave written informed consent.

Availability of data and materials

The datasets generated and/or analyzed during the current study are available from the corresponding author and the STIKES Hang Tuah Surabaya on reasonable request.

Competing interests

The authors declare that they have no competing interests.

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