

ABSTRAK

**PENGARUH KECERDASAN EMOSI TERHADAP PERILAKU AGRESI
MAHASISWA JAKARTA**

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Jakarta memiliki jumlah Perguruan Tinggi Swasta dengan akreditasi A terbanyak dibandingkan wilayah lain, sehingga dapat dicontoh bagi mahasiswa di kota lain dan dapat mengungkapkan emosinya tanpa melibatkan perilaku agresi. Salah satu faktor yang mempengaruhi perilaku agresi diduga adalah kecerdasan emosi. Penelitian ini bertujuan untuk mengetahui pengaruh kecerdasan emosi terhadap perilaku agresi pada mahasiswa Jakarta. Rancangan penelitian kausal komparatif dan teknik analisis yang digunakan regresi linier sederhana. Teknik pengambilan sampel *non probability sampling* dengan jenis *purposive sampling*, sampel penelitian sebanyak 100 mahasiswa Jakarta. Alat ukur kecerdasan emosi diadaptasi dan dimodifikasi dari alat ukur Mafiroh (2014) dengan koefisien reliabilitas 0,889 dan 34 aitem, sedangkan alat ukur perilaku agresi diadaptasi dan modifikasi dari alat ukur Maharani (2020) dengan koefisien reliabilitas 0,874 dan 32 aitem. Hasil uji regresi didapatkan sig (p) sebesar 0,000 ($> 0,05$) dan $Y=59,296 + 0,321X$ artinya hipotesis diterima yaitu terdapat pengaruh positif kecerdasan emosi terhadap perilaku agresi pada mahasiswa Jakarta. Dari hasil tersebut menunjukkan bahwa koefisien regresi positif sebesar +0,321, yang artinya ada pengaruh positif kecerdasan emosi terhadap perilaku agresi yang berarti ketika nilai kecerdasan emosi naik, maka nilai perilaku agresi ikut naik, begitupun sebaliknya. Kecerdasan emosi berkontribusi terhadap perilaku agresi sebesar 11,7%, sisanya oleh faktor lain. Mahasiswa Jakarta lebih banyak kecerdasan emosi buruk (52%) dan perilaku agresi rendah (57%). Mahasiswa Jakarta yang pengaruhnya teman (58,6%) dan yang kuliah sambil bekerja (51,4%) lebih banyak perilaku agresi tinggi.

Kata kunci: kecerdasan emosi, perilaku agresi, mahasiswa Jakarta.

ABSTRACT

THE EFFECT OF EMOTIONAL INTELLIGENCE ON AGGRESSIVE
BEHAVIORS OF JAKARTA STUDENTS

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Jakarta have largest private universities with A accreditation compared to other regions, so that it can be emulated by students in other cities and can express emotions without involving aggression. One of the factors that influence aggressive behavior is emotional intelligence. This study aims to determine the effect of emotional intelligence on aggressive behavior among Jakarta student. Comparative causal research design and analysis technique simple linear regression. Sampling technique non probability sampling with purposive sampling type, research sample was 100 Jakarta students. Emotional intelligence measurement tool adapted and modified from Mafiroh (2014) measuring instrument a reliability coefficient of 0.889 and 34 items, while aggression behavior measurement tool adapted and modified from Maharani (2020) measuring instrument a reliability coefficient of 0.874 and 32 items. Regression test results obtained sig (p) of 0.000 (> 0.05) and $Y = 59.296 + 0.321X$, which means that the hypothesis is accepted, that is, there is a positive influence on emotional intelligence on aggression behavior among Jakarta students. From these results, it shows that the positive regression coefficient is +0.321, which means that there is a positive effect of emotional intelligence on aggressive behavior, which means that when the value of emotional intelligence increases, the value of aggression behavior increases, and vice versa. 11.7% of emotional intelligence contributed to aggressive behavior, have other factors. Jakarta students have more bad emotional intelligence (52%) and low aggression behavior (57%). Jakarta students whose influence is friends (58.6%) and college with working (51.4%) have more high aggression behavior.

Keywords: emotional intelligence, aggressive behavior, Jakarta students.