



The Importance of Emotional Intelligence in Education: Preparing an Emotionally Resilient Generation

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Abstract

Pendidikan merupakan fondasi penting dalam membentuk individu untuk menghadapi dinamika kehidupan yang kompleks. Namun, seringkali fokus pada pencapaian akademis mengabaikan aspek emosional. Dalam hal ini, kecerdasan emosional (EQ) muncul sebagai faktor kunci dalam mempersiapkan generasi muda menghadapi tantangan kehidupan. Penelitian ini mengeksplorasi pentingnya kecerdasan emosional dalam pendidikan, dengan tujuan mempersiapkan generasi yang tangguh secara emosional. Metode penelitian yang digunakan adalah jenis kualitatif dengan studi deskriptif dan komparatif, penelitian ini mengumpulkan data dari berbagai sumber, termasuk telaah literatur dan dokumen relevan. Analisis kualitatif dan komparatif dilakukan untuk memahami konsep kecerdasan emosional dan implementasinya dalam pendidikan. Hasil penelitian menunjukkan bahwa integrasi kecerdasan emosional dalam kurikulum pendidikan memperkuat keterampilan sosial siswa dan membantu mereka mengatasi tekanan dengan lebih baik. Peran orang tua dan lingkungan sekolah dalam mendukung perkembangan emosional siswa juga disoroti. Siswa dengan kecerdasan emosional yang baik cenderung mencapai hasil akademik yang lebih baik, menekankan dampak positif pengembangan EQ dalam pendidikan. Dengan demikian, penelitian ini memberikan wawasan tentang pentingnya memperkuat aspek emosional dalam pembelajaran. Hal ini tidak hanya meningkatkan prestasi akademik, tetapi juga mempersiapkan siswa menghadapi tantangan kehidupan dengan keyakinan dan ketabahan yang kuat.

Kata Kunci: *Emotional Intelligence*, Pendidikan dan *Emotionally Resilient*

Abstract

Education is an important foundation in shaping individuals to face the complex dynamics of life. However, the focus on academic achievement often ignores the emotional aspect. In this case, emotional intelligence (EQ) emerges as a key factor in preparing the younger generation to face life's challenges. This research explores the importance of emotional intelligence in education, with the aim of preparing an emotionally resilient generation. The research method used is a qualitative type with descriptive and comparative studies. This research collects data from various sources, including literature reviews and relevant documents. Qualitative and comparative analysis was carried out to understand the concept of emotional intelligence and its implementation in education. The research results show that the integration of emotional intelligence in the educational curriculum strengthens students' social skills and helps them cope better with stress. The role of parents and the school environment in supporting students' emotional development is also highlighted. Students with good emotional intelligence tend to achieve better academic results, emphasizing the positive impact of EQ

development in education. Thus, this research provides insight into the importance of strengthening emotional aspects in learning. This not only improves academic performance, but also prepares students to face life's challenges with strong confidence and fortitude.

Keywords : *Emotional Intelligence, Education and Emotionally Resilient*

Introduction

Education has a crucial role in shaping individuals to face the increasingly dynamic challenges of life (Jaelani et al., 2020) . However, in the pursuit of academic excellence, emotional aspects are often put aside. In the development of an era filled with broad social dynamics and inevitable pressure, the importance of emotional intelligence in the educational sphere is becoming increasingly prominent (Agarwal et al., 2023) . This certainly identifies how vital it is to prepare the younger generation to have high emotional intelligence, so that they are able to become individuals who are not only intellectually intelligent, but also emotionally tough. On this basis, it is necessary to explore the importance of including the concept of emotional intelligence into the educational curriculum in order to form a generation that is able to face various obstacles with strong emotional resilience (Gkintoni et al., 2023)

Then, it is also important to understand how emotional intelligence can form a solid foundation for continuous learning. By strengthening emotional skills, students can face challenges with more confidence and are able to adapt to changing environments (Aga et al., 2017) . Emotional intelligence helps students to develop better relationships with themselves and others, creating an inclusive and supportive learning environment (Gkintoni et al., 2023) .

Ethical considerations in teaching emotional intelligence are also an important part. The importance is to understand how to integrate the concept of emotional intelligence into the curriculum without sacrificing ethical values and justice (Syukri et al., 2019) . In teaching emotional skills, educators must ensure that they provide space for students to develop a deep understanding of values such as empathy, respect for differences, and social responsibility (Zhi et al., 2023) . By building a strong foundation in terms of ethics and

morality, emotional intelligence education can be a powerful tool for forming individuals who are not only intellectually intelligent, but also socially and emotionally responsible (Fitriani, 2022)

Furthermore, it is also important to explore how emotional intelligence can be applied in various education, from elementary school to higher education. Each learning stage has unique challenges and needs that must be considered in the development of an effective emotional intelligence program (Regina et al., 2022) .

In this series, we will also look at the impact of emotional intelligence on academic and social achievement. According to research (Aga et al., 2017) revealed that there is a significant relationship between resilience and emotional intelligence, $r = 0.669$, $p = 0.001$. Apart from that, according to (Fitriani, 2022) it is shown that there is a direct positive influence of emotional intelligence on students' mathematics learning outcomes of 68.60%.

However, contrary to research results according to (Hartika & Mariana, 2019) emotional intelligence does not have a significant influence on the learning achievement of Accounting Education students at the Banten Jaya Teacher Training and Education Faculty as shown in the table > tcount (1.667 > 0.61) 3) Learning activities and intelligence together do not have a significant effect on the learning achievement of FKIP Accounting students at Banten Jaya University.

This research has been refuted (Permata et al., 2024) in the latest research revealing that in the world of education apart from intellectual intelligence, emotional intelligence and understanding neuroscience are also important. Emotional intelligence includes self-awareness, self-regulation, and social skills, while neuroscience helps in brain-based learning.

Then, supported by the results of research in the field of social leadership according to (Fauzi, 2018) it shows that a) leadership based on emotional intelligence is seen as more effective, and has a strong influence on individual loyalty in Islamic education, even the level of emotional intelligence also has an influence. high and low levels of loyalty and performance culture. b) a leader's emotional intelligence cannot be measured from a person's level of education, or even a degree.

Based on previous research, it can be concluded that emotional intelligence has an important role in education. The relationship between emotional intelligence and academic achievement has been the focus of attention in several studies, and these findings provide valuable insight into the importance of emotional aspects in the learning process.

These studies show that individuals with high levels of emotional intelligence tend to be better able to manage their emotions effectively. This ability allows them to better cope with the stresses and challenges faced in everyday life, which in turn can have a positive impact on their learning outcomes.

Furthermore, emotional intelligence also has a role in helping individuals understand themselves and others. With good self-awareness, individuals can recognize and manage their emotions more efficiently. Meanwhile, the ability to empathize and interact positively with others allows them to build healthy relationships, including relationships with fellow students and educators.

It is also important that emotional intelligence is not something static, but can be developed through practice and experience. Therefore, education has a very important role in helping students develop their emotional intelligence. By providing opportunities for students to learn and practice emotional skills, educational institutions can help them become more emotionally resilient individuals, ready to face life's challenges.

Furthermore, it is also important to realize that emotional intelligence not only

influences an individual's well-being, but also impacts their academic performance. Research has shown that students with high levels of emotional intelligence tend to achieve better learning outcomes. They are better able to manage stress, maintain motivation, and interact positively with fellow students and educators, all of which are important factors in achieving academic success.

However, the relationship between emotional intelligence and academic achievement is not always linear, and can be influenced by various contextual and individual factors. For example, a supportive and welcoming learning environment can help students to better develop their emotional intelligence, while excessive pressure or tension can hinder their ability to learn and grow.

Therefore, to achieve optimal learning outcomes, educational institutions need to integrate the development of emotional intelligence into their curriculum and learning practices. And it can be done through a variety of approaches, including special learning programs, extracurricular activities, and social-emotional support integrated into the daily learning environment.

Thus, it can be concluded that emotional intelligence has a good impact in the educational sphere. By understanding the relationship between emotional intelligence and academic achievement, and providing a learning environment that supports the development of students' emotional skills, educational institutions can help students achieve greater success, both in their education and in their lives overall.

Method

The research method used is a qualitative type involving descriptive and comparative studies (Sugiyono, 2016). Descriptive studies are used to describe the characteristics and factors related to the research object, while comparative studies assess the differences and similarities between groups in the observed variables. Data was collected through a review of relevant

literature and documents, then analyzed qualitatively and comparatively. Data triangulation and analysis are used to validate and ensure data reliability (Muh. Fithrah, 2018).

Results and Discussion

The results and discussion in this research can be expressed as follows:

1. Emotional Intelligence Concept

The concept of emotional intelligence refers to an individual's ability to recognize, understand, manage and use emotions effectively in various spheres of life. This concept was first introduced by Daniel Goleman in 1995 and since then has become a topic that has received widespread attention in psychology, education, and management. To understand the concept of emotional intelligence further, it is important to explore its main components and their impact in everyday life.

One of the main components of emotional intelligence is emotional awareness. This involves the ability to recognize and understand emotions, both our own and those of others. Emotional awareness allows individuals to identify feelings accurately, so that they can respond appropriately and according to the situation at hand (Rika Sa'diyah, 2019).

Emotion regulation is another important component of emotional intelligence. This includes the ability to manage and control emotions, including in challenging or stressful situations. Individuals who have good emotional regulation can handle stress more effectively, maintain composure in difficult situations, and avoid unwanted emotional responses.

Self-motivation is also a significant aspect of emotional intelligence that includes the ability to motivate oneself, set meaningful goals, and persevere in the face of obstacles. Individuals who have high self-motivation tend to be more motivated to achieve success, even when facing big challenges (Rahmasari, 2012).

Empathy is another important component of emotional intelligence. This involves the ability to understand and feel the emotions of others, as well as showing empathy and sympathy in social interactions. Empathetic individuals tend to have better relationships with other people, because they can understand and respond to their feelings better (Hartika & Mariana, 2019).

Finally, social skills are the final component of emotional intelligence including the ability to communicate effectively, build healthy relationships, resolve conflicts well, and collaborate with other people. Individuals who have strong social skills tend to be more successful in various aspects of life, because they can work together with other people effectively (Fitriani, 2022).

It can be concluded that overall, the concept of emotional intelligence recognizes the importance of emotions in our lives and emphasizes that the ability to manage and use emotions well is a crucial skill for success in life. By understanding and developing emotional intelligence, individuals can improve the quality of relationships, achieve greater accomplishments, and better overcome challenges.

2. The Role of Emotional Intelligence in Education

The role of emotional intelligence in education is very important and has a significant impact on students' learning experiences as well as their academic achievements. Understanding and managing emotions well is a crucial skill in achieving success in education and life in general. In an educational context, emotional intelligence plays several key roles that influence the learning process and student development.

First of all, emotional intelligence contributes to improving students' learning experience. Students who have good emotional awareness can recognize and understand their own emotions and those of others, so they are better able to regulate their emotions and adapt to the learning environment. This ability helps students feel more comfortable and safe at school, which in

turn increases learning motivation and interest in the subject matter (Nurfalah, 2016).

Apart from that, emotional intelligence is also closely related to academic performance. Research has shown that students who have good emotional intelligence tend to have better academic performance. They are better able to concentrate, solve problems, and adapt to changes that occur in the learning environment. The ability to manage stress and pressure also allows them to stay focused on their academic goals without being affected by unnecessary emotional distractions (Ahmad et al., 2018).

Furthermore, emotional intelligence helps in the development of healthy social relationships among students. By understanding and respecting other people's emotions, students can build closer and more meaningful relationships with classmates, teachers, and other school staff members. They learn to empathize, communicate effectively, and resolve conflict well, which are all very important skills in social life.

Emotional intelligence also plays a role in shaping students' personalities and developing positive attitudes towards themselves and others. When students are able to handle failure and frustration well, they tend to have higher self-confidence and view challenges as opportunities to learn and grow. This helps them develop a tough and persistent mentality in facing obstacles they may face at school and outside school (Jemperu & Trihastuti, 2023).

In this case, educators have a responsibility to support the development of students' emotional intelligence through a comprehensive learning approach. Integrating social and emotional learning into the curriculum, implementing student-centered learning practices, and creating a supportive school environment are important steps in helping students develop their emotional intelligence.

Thus, the role of emotional intelligence in education is very important. Through developing emotional skills, students can enhance their learning experiences, achieve

better academic performance, and develop healthy social relationships. This prepares them for success not only in school, but also in life as a whole.

4. The Concept of a Generation of Emotional Resilience

The concept of an emotional resilience generation is a term for a generation that has a strong ability to manage emotions, handle pressure, and overcome challenges in their lives well. This term emerged as a response to social, technological and economic changes that continue to develop throughout the world, which gives rise to the need for individuals who are able to survive and develop amidst these changes (Judijanto & Ilhamiwati, 2023).

The emotionally resilient generation not only relies on their intellectual intelligence, but also has high emotional intelligence. They are able to recognize and understand emotions, both in themselves and others, and manage emotions effectively in various situations. They have high self-awareness, so they are able to recognize the stress, anxiety or pressure they are experiencing, and take the necessary steps to overcome it (Sarawati et al., 2021).

The role of emotional intelligence in shaping the generation of emotional resilience is very significant, especially in the educational context. In educational settings, emotional intelligence helps students to develop the skills necessary to face academic, social, and emotional challenges. The following are several important roles of emotional intelligence in education (Siregar et al., 2023):

First, emotional intelligence helps students to improve their academic performance. By having high self-awareness, students can recognize when they need help, when they must persevere in the face of obstacles, and how to manage their time and energy to learn effectively. The ability to manage emotions also allows students to remain calm and focused when facing exams or challenging assignments.

Second, emotional intelligence helps students to build healthy interpersonal relationships. Through empathy, students learn to understand and respond well to the feelings of their classmates or peers. They also learn to communicate effectively, resolve conflicts, and work together in groups. These strong social connections not only support students' emotional well-being, but also create a positive learning environment in the classroom.

Third, emotional intelligence helps students to deal with the stress and pressure they may face at school. By having the skills to manage emotions, students can face challenges such as exams, presentations, or academic competition with more calm and confidence. They learn to turn failure into an opportunity to learn and grow, rather than the end of their journey.

Thus, the role of emotional intelligence in education is very important in forming a generation of emotional resilience. Through education that strengthens emotional intelligence, we can help students to become individuals who are tough, responsive, and able to survive in the face of changes and challenges that continue to develop in their lives.

5. Building Emotional Resilience in Students

Building emotional resilience in students is an important process in education that aims to equip them with the skills necessary to overcome stress, face challenges, and develop positively in their lives. Emotional resilience is the ability to remain stable and resilient in the face of pressure, failure, or changes that occur around them. This process involves developing self-awareness, emotional regulation, independence, and the ability to seek support and solutions when facing problems (Judijanto & Ilhamiwati, 2023).

First of all, self-awareness is key in building emotional resilience in students. Students need to understand and recognize their own emotions, including what triggers those emotions and how to respond appropriately. By having good self-awareness,

students can identify emerging signs of stress or anxiety and take the necessary steps to overcome them before the problem becomes bigger.

Furthermore, emotional regulation is an important skill that needs to be developed in students. They need to learn how to manage negative emotions such as anger or anxiety, and how to turn them into positive energy. This involves relaxation, deep breathing, or self-reflection techniques that help students to remain calm and focused in facing pressure or challenges (Hurriyati & Mawarni, 2013).

Independence is also a crucial aspect in building emotional resilience. Students need to have confidence in themselves and the ability to overcome problems without relying on others. This involves developing problem-solving skills, adaptability, as well as a strong sense of confidence in their own ability to overcome obstacles.

In the process of building emotional resilience, it is also important for students to learn the importance of seeking support and solutions from others. They need to feel comfortable talking about the problems they are facing and seeking help when needed and can involve teachers, peers, or counselors who can provide the necessary support and direction.

Apart from that, building emotional resilience in students also involves forming a positive attitude towards failure and challenges. Students need to understand that failure is a normal part of the learning process and that they can learn and grow from the experience. By viewing failure as an opportunity to learn and improve themselves, students can develop a resilient and optimistic attitude in facing the future (Huwae & Rugebregt, 2020).

Overall, building emotional resilience in students is an integral part of education that aims to equip them with the skills and attitudes necessary for success in life. By developing self-awareness, emotional regulation, independence, and the ability to seek support and solutions, students can become resilient and adaptive individuals in

facing the changes and challenges they face in the future.

6. Educational Strategies to Improve Emotional Intelligence

Educational strategies to increase emotional intelligence have a key role in helping students develop the skills necessary to manage emotions, interact healthily, and face challenges more effectively. By implementing these strategies, schools can create a learning environment that supports the development of students' emotional intelligence (Ahmad et al., 2018). The following are several educational strategies that are effective in increasing emotional intelligence, namely (Hartika & Mariana, 2019):

- a. First, integration of emotional intelligence in the curriculum. Teachers can insert the concept of emotional intelligence into the subject matter taught. For example, through discussion activities or short stories, teachers can teach students about the importance of empathy, self-awareness and self-control. By incorporating emotional intelligence into the curriculum, students can learn directly how to recognize and manage their emotions.
- b. Second, teaching through examples and practical exercises. Teachers can be good examples in managing emotions well in front of students. In addition, they can also provide practical exercises, such as role-playing or simulations, where students can face challenging situations and learn to overcome negative emotions that may arise. By practicing these skills directly, students can strengthen their emotional intelligence.
- c. Third, build a supportive learning environment. A safe and inclusive classroom environment is an important factor in developing students' emotional intelligence. Teachers can create an environment where students feel comfortable sharing their feelings,

discussing the challenges they face, and supporting each other. By creating a positive classroom climate, students will feel more motivated to learn and develop emotionally.

- d. Fourth, use of technology and digital resources. Technology can be an effective tool in increasing students' emotional intelligence. For example, there are apps and software specifically designed to help students manage stress, increase self-awareness, and build social skills. By integrating this technology into learning, teachers can provide additional resources that can assist students in the development of their emotional intelligence.
- e. Fifth, social skills training and conflict resolution. Through specialized training, such as coaching programs or social skills workshops, students can learn how to communicate effectively, resolve conflict well, and work collaboratively in groups. By acquiring these skills, students will be better prepared to deal with complex social situations inside and outside the school environment.

8. The Impact of the Role of Parents and the School Environment to Support Development Emotional

The role of parents and the school environment is very important in supporting children's emotional development. These two entities have a significant influence in shaping children's thinking patterns, behavior and emotional skills. The positive impact of parental involvement and the school environment in supporting children's emotional development includes the creation of a supportive environment, good role models, and available resources to facilitate emotional learning (Hurriyati & Mawarni, 2013). The following are some of the impacts of the role of parents and the school environment in supporting children's emotional development, including (Sarawati et al., 2021):

- a. First, creating a supportive environment. Parents and the school environment can work together to create a safe, comfortable and inclusive environment for children. This environment provides a place for children to feel accepted, supported and valued. When children feel safe and comfortable, they are more likely to open up, express their emotions better, and learn to manage emotions healthily.
- b. Second, a good role model. Parents and teachers can be good examples in managing emotions and interacting positively with others. By showing empathy, understanding, and tolerance, parents and teachers set strong examples for children about how to deal with challenging or emotional situations. These good role models help children to develop their emotional skills and practice healthy strategies for managing their own emotions.
- c. Third, the resources and support available. Parents and school environments can provide the resources and support necessary for children to understand and develop their emotional intelligence. This may include books or learning materials that support emotional development, workshops or seminars on emotional skills, and counseling services or psychological support for children who need it. By providing access to these resources, children can gain the knowledge and skills necessary to manage their emotions well.
- d. Fourth, collaboration between parents and the school environment. Collaboration between parents and the school environment is key in supporting children's emotional development. Through open communication and good collaboration, parents and teachers can support each other in their efforts to help children develop their emotional skills. For example, teachers can provide feedback to parents about children's emotional development at school, while parents can provide teachers with

information about factors that influence children's emotions at home. This collaboration creates a holistic and coordinated approach to supporting children's emotional development.

Thus, the role of parents and the school environment in supporting children's emotional development has a significant impact in shaping emotional well-being. By creating a supportive environment, setting good examples, providing resources and support, and collaborating effectively, parents and school environments can help children develop the emotional skills necessary to face challenges and achieve success in life.

Conclusion

Based on the discussion above, it can be concluded that the importance of emotional intelligence in education and developing an emotionally resilient generation is very significant. The concept of emotional intelligence, which includes emotional awareness, emotional regulation, self-motivation, empathy, and social skills, is the foundation for solid personal and academic development in students.

Through the implementation of educational strategies that include the integration of emotional intelligence in the curriculum, teaching through practical examples and exercises, the establishment of a supportive learning environment, the use of technology and digital resources, and social skills training, schools can play an important role in helping students develop their emotional intelligence.

The role of parents and the school environment cannot be underestimated. By creating a supportive environment, setting good examples, providing resources and support, and collaborating effectively, parents and school environments can help children develop the emotional skills necessary to face challenges and achieve success in life.

Thus, collaboration between parents, the school environment, and educational strategies that focus on developing emotional intelligence are the keys to forming an emotionally resilient generation. By having

good emotional understanding and skills, students will be better prepared to face challenges, build healthy relationships, and achieve success in their lives. Therefore, investing in emotional intelligence education is a worthwhile investment for the future of children and society as a whole.

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