

**PELATIHAN KECERDASAN EMOSI
UNTUK MENURUNKAN KECEMASAN BERBICARA DI DEPAN UMUM
PADA SISWA KELAS XI BAHASA MAN PURWOREJO
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ABSTRAK

Penelitian ini bertujuan untuk mengetahui pengaruh pelatihan kecerdasan emosi terhadap penurunan kecemasan berbicara di depan umum pada siswa. Hipotesis yang diajukan yaitu pelatihan kecerdasan emosi dapat menurunkan kecemasan berbicara di depan umum pada siswa. Subjek penelitian sebanyak 20 orang dengan tingkat kecerdasan emosi rendah sampai dengan sedang dan tingkat kecemasan berbicara di depan umum sedang sampai dengan tinggi. Subjek ditempatkan secara random: 10 orang kelompok eksperimen (KE) dan 10 orang kelompok kontrol (KK). Kelompok eksperimen (KE) memperoleh perlakuan berupa pelatihan kecerdasan emosi. Kelompok kontrol (KK) tidak mendapatkan perlakuan selama eksperimen berlangsung, tetapi akan mendapatkan pelatihan tersebut setelah eksperimen selesai (*waiting list*). Teknik analisis data yang digunakan adalah *independent sample t-test* dan *paired sample t-test*. Hasil analisis *independent sample t-test* memperlihatkan koefisien $t = -2,781$ ($p = 0,012$). Hal ini menunjukkan ada perbedaan kecemasan berbicara di depan umum antara kelompok eksperimen dan kelompok kontrol. Hasil analisis *paired sample t-test* diperoleh $t = 6,198$ ($p < 0,01$). Hal ini menunjukkan ada perbedaan yang signifikan antara kecemasan berbicara di depan umum pada siswa sebelum dan setelah diberi pelatihan kecerdasan emosi. Dari data yang didapat maka dapat disimpulkan bahwa pelatihan kecerdasan emosi cukup efektif untuk menurunkan kecemasan berbicara di depan umum.

Kata kunci: Pelatihan Kecerdasan Emosi, Kecemasan Berbicara di Depan Umum

**THE EMOTIONAL INTELLIGENCE TRAINING FOR REDUCING
THE STUDENTS' PUBLIC SPEAKING ANXIETY
FOR THE STUDENTS OF XI GRADE OF THE LANGUAGE PROGRAM
OF THE STATE ISLAMIC SENIOR HIGH SCHOOL OF PURWOREJO
IN THE ACADEMIC YEAR OF 2016/2017**

DYAH IKA PRATIWI

ABSTRACT

This study is aimed to determine the effect of Emotional Intelligence Training to the students' Public Speaking Anxiety. The hypothesis stated that Emotional Intelligence Training could reduce the level of students' Public Speaking Anxiety after it was given to the students. The subjects of the study were 20 students who had low to medium scores on the Emotional Intelligence scale and the medium to high scores on the Public Speaking Anxiety scale category. The next 20 students were random: 10 students were grouped into the experimental group, while the other 10 students were in the control group. Experimental group got a treatment in the form of Emotional Intelligence Training, while the control group did not get a treatment during the experiment. They would get the treatment after after the experiment ended (waiting list). The analysis used in the independent sample t-test and paired sample t-test. From the independent sample t-test, the researcher obtained the value of $t = - 2,781$ ($p = 0,012$). It indicated the difference level of the students' Public Speaking Anxiety between the experimental group and the control group. The further analysis of the paired sample t-test resulted the value of $t = 6,198$ ($p < 0,01$). This result showed the differences in the level of the students' Public Speaking Anxiety after the treatment. From the analysis, the researcher concluded that Emotional Intelligence Training was effective to reduce the Public Speaking Anxiety of the students.

Keywords: *Emotional Intelligence Training, Public Speaking Anxiety*