

ABSTRAK

Penelitian ini bertujuan untuk mengetahui hubungan kecerdasan emosi dan *work life balance* pada guru wanita sekolah dasar di kecamatan x di kota Yogyakarta. Hipotesis penelitian ini adalah terdapat hubungan yang positif antara kecerdasan emosi dan *work life balance* pada guru wanita sekolah dasar kecamatan x di kota Yogyakarta. Jumlah subjek dalam penelitian ini adalah 35 orang guru wanita sekolah dasar kecamatan x yang mengajar di kota Yogyakarta. Alat pengumpul data menggunakan *Skala Likert*, berupa skala kecerdasan emosi dan skala *work life balance*. Koefisien reliabilitas skala kecerdasan emosi sebesar 0,885, sedangkan koefisien reliabilitas skala *work life balance* 0,861. Dari hasil analisis data penelitian diperoleh nilai korelasi antara kecerdasan emosi dan *work life balance* pada guru wanita sekolah dasar kecamatan x di kota Yogyakarta 0,395 dengan taraf signifikansi sebesar 0,009 ($p < 0,050$). Hasil ini menunjukkan bahwa ada korelasi positif antara variabel kecerdasan emosi dan *work life balance* pada guru wanita sekolah dasar kecamatan x di kota Yogyakarta, dan hipotesis diterima. Variabel kecerdasan emosi pada penelitian ini memberikan sumbangan yang efektif terhadap *work life balance* 15,6% sedangkan sumbangan efektif sebesar 84,4% dipengaruhi oleh faktor lain.

Kata kunci: kecerdasan emosi, *work life balance*.

ABSTRACT

This study aims to determine the relationship of emotional intelligence and work life balance in female teachers at sub-district primary school X in the city of Yogyakarta. The hypothesis of this study is that there is a positive relationship between emotional intelligence and work-life balance with female teachers at the sub-district x in Yogyakarta. The number of subjects in this study were 35 female teachers of sub-district primary school who teach in the city of Yogyakarta. Data collection tools use a Likert scale, emotional intelligence scale and work life balance scale. The reliability coefficient of the emotional intelligence scale is 0.885, while the reliability coefficient for the work life balance scale is 0.861. From the results of the analysis of the research data, it was found that the correlation between emotional intelligence and work life balance among female teachers at the district x primary school in Yogyakarta was 0.395 with a significance level of 0.009 ($P < 0.050$). These results indicate that there is a positive correlation between the variables of emotional intelligence and work life balance among female teachers in the district x elementary school in Yogyakarta, and the hypothesis is accepted. The variable of emotional intelligence in this study contributed effectively to the balance of work life 15.6% while the effective contribution of 84.4% was influenced by other factors.

Keywords: *Emotional intelligence, work life balance.*