

ABSTRAK

Latar Belakang: Gangguan Kepribadian Ambang merupakan gangguan kepribadian yang kompleks yang ditandai dengan adanya gangguan relasi interpersonal, suasana perasaan yang labil, impulsivitas serta gambaran diri buruk. Pada pasien gangguan kepribadian sering kali didapatkan disregulasi emosi, dan kesulitan dalam mengelola respon emosional, sehingga berdampak dalam mengatasi stress dan tantangan sehari-hari. Kecerdasan emosional memainkan peran membentuk strategi koping dalam menanggapi stress

Tujuan : Mengetahui hubungan antara kecerdasan emosional dengan mekanisme koping pada gangguan kepribadian ambang

Metode : Penelitian *cross sectional* dengan 40 orang subjek yang terdiagnosis gangguan kepribadian ambang. Penilaian kecerdasan emosional dengan menggunakan *Wong and Law Emotional Intelligence (WLEIS)* dan mekanisme koping menggunakan instrument *BRIEF COPE*. Analisis hubungan menggunakan SPSS dengan uji Spearman rho

Hasil : Didapatkan hubungan kecerdasan emosional dengan mekanisme koping pada *problem focused coping* didapatkan nilai $p = 0,002$, $r = 0,483$, bermakna dengan arah kekuatan positif sedang, pada *emotional focus coping* nilai $p = 0,001$, $r = 0,511$, bermakna dengan arah positif sedang, dan *dysfunctional coping* dengan nilai $p = 0,004$, $r = 0,447$ terdapat hubungan bermakna dengan arah dan kekuatan negatif sedang

Kesimpulan : Didapatkan hubungan yang signifikan antara kecerdasan emosional dengan mekanisme koping pada gangguan kepribadian ambang

Kata Kunci : Gangguan kepribadian ambang, kecerdasan emosional, mekanisme koping

ABSTRACT

Background: Borderline Personality Disorder is a complex personality disorder characterized by disturbances in interpersonal relationships, emotional instability, impulsivity, and a negative self-image. Patients with personality disorders often experience emotional dysregulation and difficulty managing emotional responses, which affects their ability to cope with stress and daily challenges. Emotional intelligence plays a role in shaping coping strategies in response to stress.

Objective: To explore relationship between emotional intelligence and coping mechanisms in borderline personality disorder.

Methods: A cross-sectional study with 40 subjects diagnosed with borderline personality disorder. Emotional intelligence was assessed using the Wong and Law Emotional Intelligence Scale (WLEIS), while coping mechanisms were measured using the BRIEF COPE instrument. The relationship analysis was conducted using SPSS with the Spearman's rho test

Results: The relationship analysis r between emotional intelligence and coping mechanisms was found. For problem-focused coping, the results showed $p=0.002$, $r=0.483$, indicating a significant relationship with a moderate positive direction. For emotion-focused coping, the results showed $p=0.001$, $r=0.511$, also indicating a significant relationship with a moderate positive direction. Meanwhile, for dysfunctional coping, the results showed $p=0.004$, $r=-0.447$, indicating a significant relationship with a moderate negative direction.

Conclusion: A significant relationship exists between emotional intelligence and coping mechanism in individuals with Borderline Personality Disorder.

Keywords: Borderline Personality Disorder, Emotional Intelligence, Coping Mechanism