

**HUBUNGAN ANTARA KECERDASAN EMOSIONAL DENGAN
CYBERBULLYING DI MEDIA SOSIAL TWITTER PADA SISWA
SMAN 26 JAKARTA**

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ABSTRAK

Kecerdasan emosional adalah kemampuan individu dalam mengenali, memahami, dan merasakan emosinya sendiri maupun individu lain, serta menjaga keseimbangan dan pengungkapan emosi melalui empati, kesadaran, motivasi, pengendalian diri, dan keterampilan sosial. *Cyberbullying* merupakan penggunaan teknologi komunikasi oleh individu maupun kelompok untuk merugikan, menyakiti, atau mengancam individu lain serta dilakukan secara sengaja dan berulang. Penelitian ini bertujuan untuk mengetahui hubungan antara kecerdasan emosional dengan *cyberbullying* di media sosial Twitter pada siswa SMAN 26 Jakarta. Populasi penelitian adalah 172 siswa SMAN 26 Jakarta pengguna aktif Twitter. Sampel penelitian terdiri dari 120 siswa yang diperoleh dengan metode *simple random sampling*. Metode pengambilan data dilakukan menggunakan skala kecerdasan emosional (28 aitem, $\alpha = 0,880$) dan skala *cyberbullying* (27 aitem, $\alpha = 0,908$). Hasil pengolahan data dengan uji regresi sederhana diperoleh $r_{xy} = -0,441$ dengan $p = 0,000$ ($p < 0,05$). Hasil penelitian menunjukkan bahwa terdapat hubungan negatif antara kecerdasan emosional dengan *cyberbullying*. Semakin tinggi kecerdasan emosional maka semakin rendah *cyberbullying*, begitupun sebaliknya. Sumbangan efektif yang diberikan kecerdasan emosional terhadap *cyberbullying* sebesar 19,4%. Berdasarkan hasil penelitian, sekolah diharapkan dapat mengadakan pelatihan untuk meningkatkan kecerdasan emosional siswa serta mengadakan sosialisasi mengenai dampak maupun bahaya *cyberbullying* sebagai upaya preventif.

Kata kunci: kecerdasan emosional, cyberbullying, siswa SMA, twitter

RELATIONSHIP BETWEEN EMOTIONAL INTELLIGENCE AND CYBERBULLYING ON SOCIAL MEDIA TWITTER AT STUDENTS OF SMAN 26 JAKARTA

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ABSTRAK

Emotional intelligence is the ability of individuals to recognize, understand, and feel their own and other individuals' emotions, as well as maintain balance and express emotions through empathy, awareness, motivation, self-control, and social skills. Cyberbullying is the use of communication technology by individuals or groups to harm, hurt, or threaten other individuals and is carried out intentionally and repeatedly. This study aims to determine the relationship between emotional intelligence and cyberbullying on social media Twitter in students of SMAN 26 Jakarta. The research population is 172 students of SMAN 26 Jakarta who are active Twitter users. The research sample consisted of 120 students obtained by simple random sampling method. The data collection method was carried out using the emotional intelligence scale (28 items, = 0.880) and the cyberbullying scale (27 items, = 0.908). The results of data analysis using simple regression analysis obtained $r_{xy} = -0.441$ with $p = 0.000$ ($p < 0.05$). The results showed that there is a negative relationship between emotional intelligence and cyberbullying. The higher the emotional intelligence, the lower the cyberbullying, and vice versa. The effective contribution given by emotional intelligence to cyberbullying is 19.4%. Based on the results of the study, the school is expected to be able to hold training to improve students' emotional intelligence and conduct a socialization about the impact and dangers of cyberbullying as a preventive measures.

Keywords: emotional intelligence; cyberbullying; high school student; twitter