

# HUBUNGAN KECERDASAN EMOSIONAL DENGAN TINGKAT STRESS PADA MAHASISWA KEPERAWATAN TINGKAT AKHIR DI UNIVERSITAS JENDERAL ACHMAD YANI YOGYAKARTA

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## INTISARI

**LatarBelakang :** Mahasiswa keperawatan tingkat akhir seringkali mengalami stress, bahkan secara keseluruhan mengalami stress yang bervariasi akibat tuntutan tugas akhir. Oleh sebab itu, diperlukan kemampuan mahasiswa dalam mengendalikan perasaan diri sendiri dan orang lain, serta dapat mengelola pikiran dan tindakan yang disebut dengan kecerdasan emosional. Mahasiswa yang memiliki kecerdasan emosional tinggi akan mempunyai sikap yang tenang dalam menghadapi sesuatu, tidak khawatir, tidak mudah takut dan selalu berfikir matang sebelum bertindak.

**Tujuan :** Mengetahui hubungan kecerdasan emosional dengan tingkat stress mahasiswa keperawatan tingkat akhir di Universitas Jenderal Achmad Yani

**Metode:** Jenis penelitian kuantitatif dengan pendekatan *Cross-sectional*, sampel diambil dengan teknik *simple random sampling* dengan responden sebanyak 51 mahasiswa. Alat pengumpulan data menggunakan kuesioner kecerdasan emosional dan *Depression Anxiety Stress Scales (DASS 42)*. Analisis data menggunakan analisis univariat dan bivariat dengan uji *Kendal Tau*.

**Hasil :** Hasil penelitian didapatkan sebagian besar mahasiswa memiliki kecerdasan emosional sedang (66,7%). Tingkat stress mahasiswa sebagian besar stress sedang (39,2%). Hasil perhitungan statistik menggunakan uji *Kendal Tau* diperoleh nilai *p-value* 0,000 ( $p < 0,05$ ) dengan nilai koefisien korelasi sebesar 0,633.

**Kesimpulan:** Terdapat hubungan antara kecerdasan emosional dengan tingkat stress mahasiswa keperawatan tingkat akhir di Universitas Jenderal Achmad Yani

**Kata Kunci:** kecerdasan emosional, tingkat stress, mahasiswa tingkat akhir

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**THE CORRELATION OF EMOTIONAL INTELLIGENCE WITH  
STRESSS LEVEL IN NURSING STUDENTS FINAL LEVEL IN  
UNIVERSITY JENDERAL ACHMAD YANI YOGYAKARTA**

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**ABSTRACT**

**Background :** The final year nursing students often experience stresss, even overall experience varying stresss due to the demands of the final project. Therefore, it requires the ability of students to control their self-feeling and other, as well can manage thoughts and action which are called emotional intelligence. Students who have high emotional intelligence will have a calm attitude in dealing with something, not worried, not easily afraid and always think carefully before acting.

**Objective:** To identify the relation between emotional intelligence and stresss level of final year nursing students in University Jenderal Achmad Yani Yogyakarta

**Methods:** This is a kuantitatif study with Cross-sectional approach as the research design, the sample is taken by simple random sampling technique with 51 students as respondents. The data collection tools use emotional intelligence questionnaires and Depression Anxiety Stresss Scales (DASS 42). The data analysis uses univariate and bivariate analysis with Kendal Tau test.

**Results:** The results showed that most of the students had moderate emotional intelligence (66.7%). Most of the students' stresss levels were moderate (39.2%). The study results of statistical calculations using the Kendal Tau test obtained a p-value of 0.000 ( $p < 0.05$ ) with a correlation coefficient of 0.633.

**Conclusion:** there is a relationship between emotional intelligence and stresss level of final year nursing students in University Jenderal Achmad Yani Yogyakarta

**Keywords:** emotional intelligence, stresss level, final year student

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