



## The Influence of Emotional Intelligence on Learning Discipline of Class V SD Students State 066049 Medan Helvetia

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### ABSTRACT

The aim of this research is to determine the influence of emotional intelligence on the discipline of class V students at SD Negeri 066049 Medan Helvetia. This type of research is quantitative research. The method used in this research uses survey research methods. The population in this study was class V students at SD NEGERI 066049 Medan Helvetia, totaling 24 students. and all students were sampled using a saturated sampling technique. The analytical method used in this research is the prerequisite analysis test, namely the normality test, linearity test and hypothesis test using a simple linear regression test. The researcher carried out a hypothesis test using a simple linear regression analysis technique using SPSS 25, so the calculated t value was 32.381 and the t table value was obtained. which has been determined in the statistical table with a significance of 0.05 with  $df = 24 - 2 = 22$  of 2.073. So it means that the calculated t value is  $32.381 t > \text{table } 2.073$  then  $H_0$  rejected and  $H_a$  accepted, which means that emotional intelligence can influence the learning discipline of class V students at SD Negeri 066049. Based on the results of research and discussion, it shows that emotional intelligence has a positive and significant effect on the learning discipline of class V students at SD Negeri 066049 Medan Helvetia. This means that the higher the emotional intelligence, the higher the student's learning discipline.

### Kata Kunci

*Emotional Intelligence, Student Learning Discipline*

## INTRODUCTION

Education according to Republic of Indonesia Law no. 20 of 2013 is a conscious and planned effort to create a learning atmosphere and learning process so that students actively develop their potential to have religious spiritual strength, self-control, personality, intelligence, noble morals, and the skills needed by themselves, society, nation and state.

Education is something that is very important and cannot be separated from a person's life, whether in the family, community or nation. Through education humans will learn to become better. The world of education is also expected to be able to build awareness for humans to build their own nation. Indonesia as a developing country really needs quality human resources. One way to create quality human resources is through education.

Schools are one of the formal educational institutions that have a very important role in realizing national education goals, namely through the teaching and learning process, the application of knowledge and the process of forming students' personalities. In reality, to support the achievement of the expected goals, it is necessary to create an optimal teaching and learning process so that students can achieve maximum learning results.

Educational success will be achieved by a nation if the efforts that have been made have achieved optimal results. The learning objectives to be achieved can be categorized into three parts, namely, the cognitive field (intellectual mastery), the affective field (related to attitudes and values), and the psychomotor field.

(ability/skill, act/behavior). Third These aspects are an inseparable unit, and are related to each other.

In the world of education, we realize that to achieve achievements inside or outside school, there are several aspects that students must have. It is not only mandatory to have a good disciplinary attitude because discipline is a very important thing in human life as a tool to achieve goals. Discipline is often related to a person's obedience and obedience to the rules, regulations and rules that apply.

Discipline can be defined as a condition that is formed and created through a process and a series of attitudes that display the values of obedience, submission, loyalty, order and discipline. The picture of discipline is easily visible in public places, especially in schools, where many violations of school rules are committed by students who lack discipline. Student order is seen as a way to achieve good attitudes. A disciplined attitude is really needed to foster children's development towards a better future. Educating students' discipline is a process carried out by parents and teachers. Prolonged discipline will form habits.

Hurlock (1978) argues that the purpose of discipline itself is to shape behavior in such a way that it will conform to the roles assigned by the cultural group with which the individual is identified. So discipline is society's way of teaching children moral behavior that is approved by the group. The process of forming discipline will be formed if it is supported by the ability to understand and apply strength with emotions as a source which is the center of action for a person.

If emotional intelligence is used to support the process of creating discipline, it will be successful. Emotional intelligence is a person's ability to manage their emotions. Increasing students' emotional intelligence can help reduce the risk of violent behavior and help prevent brutality in schools.

The development of emotional intelligence from an early age provides a strong foundation for a person to become an adult. A person with a high level of emotional intelligence will be able to maintain self-control easily.

Emotional intelligence is defined as knowing yourself, controlling your emotions, motivating yourself, recognizing the emotions of others, and developing relationships. Emotional intelligence, when developed at an early age is a good foundation for maturity. EQ is social intelligence related to a person's ability to monitor the increase in their own emotions and the emotions of others.

In Stevan J. Stein's book, entitled *The EQ Explosion; 15 Basic Principles of Emotional Intelligence for Achieving Success* explains that EQ is a judgment that can prevent bad behavior from occurring. Increasing EQ in teenagers can help reduce the risk of excessively violent behavior and help prevent violence that occurs at school. Developing emotional intelligence at an early age provides a person with good provisions for adulthood.

Thus, it needs to be emphasized that in life a teaching and learning process occurs, whether intentionally or unintentionally, whether this is realized or not. Educating individuals for discipline is an action that is taught and modeled by education to produce values that are beneficial to individual success. Discipline is a modification of behavior, either to strengthen, improve or improve a person. Apart from that, discipline is also able to control behavior that has been created based on certain regulations and standards.

According to Widodo (2010), forms of undisciplined behavior include truant behavior, being late for school, making noise in class, chatting while the teacher is explaining lessons, not wearing full school attributes, and cheating. Problems in learning discipline are a symptom experienced by almost all students. One of the main contributing factors is the lack of awareness of their responsibilities as students and students often breaking the rules set by the school. In connection with this, there are still students who are not disciplined in studying.

Researchers conducted this research at SD Negeri 066049 Medan Helvetia in class V. At SD Negeri 066049 Medan Helvetia in class V it was divided into 2 classes, namely class Va with 24 students and class Vb with 20 students. The researcher saw and observed from these 2 classes that there were problems with emotional intelligence and also learning discipline in class Va students, therefore the researcher chose to research further.

Based on observations and interviews with Mrs. Utami Ningsih S.Pd on March 1 2022 at SD NEGERI 066049 MEDAN HELVETIA, it was revealed that the lack of student discipline was still visible from 24 students, there were 20 students who still lacked discipline, it was seen that students were still late coming to school where Class times start at 07.30, students arrive at 08.00. Besides that, students also do not wear complete attributes, do not do assignments so that students do not submit assignments on time. This is because students cannot take advantage of their free time, it can be seen from students' lack of discipline in studying at home, when students are at home,

students play more and watch TV, so they don't repeat learning at home and don't do assignments.

## RESEARCH METHOD

This type of research is quantitative research. According to Sugiyono (2014: 8) quantitative research can be interpreted as a research method based on the philosophy of positivism, used to research certain populations or samples, data collection is quantitative statistics, with the aim of testing predetermined hypotheses.

According to Sugiyono (2015:3) in general research methods are defined as scientific ways to obtain data with specific purposes and uses. So, more specifically, the method used in this research uses survey research methods. That the survey method is used to obtain data from certain natural (not artificial) places, but researchers carry out treatments in collecting data, for example by distributing questionnaires, tests, structured interviews and so on (Sugiyono, 2009:13)

## RESULT & DISCUSSION

In this study, the aim was to examine the influence of emotional intelligence on the learning discipline of fifth grade students at SD Negeri 066049 Medan Helvetia. In this chapter the researcher will present and explain the results of research conducted in June at SD Negeri 066049 Medan Helvetia.

### Data Presentation

The data given to students is in the form of questionnaire about influence of intelligence emotional on the learning discipline of fifth grade students at State Elementary School 0666049.

The researcher gave a questionnaire totaling 14 items about the first and second variables to students. 14 question items contain questions about emotional intelligence, and 14 question items contain questions about learning discipline for fifth grade students at SD Negeri 066049 Medan Helvetia.

#### 1. Data Results Questionnaire Intelligence Emotional (X)

Based on the description of the use of learning media, it is classified as low, namely 46% with 11 students, a percentage of 38% is in the medium category with 9 students, and 17% is in the high category with 4 students.

#### 2. Data Results Questionnaire Discipline Student Learning (Y)

Based on the description of student learning discipline, it is classified as low, namely 50% with a total of 12 students, as many as 17% are in the high category with a total of 4 students, and 33% are in the medium category with a total of 8 students.

## Data analysis

The results of research that has been carried out using the technique of giving questionnaires to class V students of SD Negeri 066049, the next stage is that the researcher will describe the data analysis consisting of normality tests, linearity tests, and data that has met the requirements then analyzed further by carrying out hypothesis tests to prove  $H_a$  and  $H_0$ . The hypothesis test used in this research is simple linear regression analysis.

1. Normality Test Test normality used to know is dependent variable, independent, or both have a normal distribution, almost close to normal or not. The normality test results in this study used the normality test *Kolmogoro-Smirnov test* which compares normal distributions. shows value *Asymp. Sig. (2tailed)* amounting to 0.091 because the significant value is greater than 0.05, the data on emotional intelligence and student learning discipline in this study are normally distributed.
2. Linearity Test The linearity test is carried out with the aim of finding out whether the independent variable and dependent variable have a linear relationship or not. The linearity test in this research was carried out with the help of the SPSS V25 program. By utilizing the ANOVA table, namely by looking at the significance level of linearity with the test criteria, if the value is  $<0.05$ , it is said to be non-linear and if the significance is  $>0.05$ , it is said to be linear (Garson, 2012: 42). using the ANOVA method shows the value *Deviation from Linearity* of 0.029. Because the significance level is greater than 0.05, the data in this study has a significant linear relationship between the independent variable and the dependent variable.
3. Hypothesis testing Hypothesis testing contains the research variables that will be tested. There are two hypotheses that will be tested, namely the influence of emotional intelligence (X) on student learning discipline (Y). So to find out the relationship between the independent and dependent variables, researchers used a simple linear regression analysis technique. is worth 2.404 and the coefficient is 0.874. The simple linear regression equation used in this research is:

$$Y = a + Bx$$

$$Y = 2,404 + 0,874X$$

## Discussion

The purpose of this research is to determine whether or not emotional intelligence influences the learning discipline of class V students at SD Negeri 066049 Medan Helvetia. Researchers collected data using a questionnaire distributed to fifth grade students at SD Negeri 066049 Medan Helvetia. Researchers carried out analysis using normality test techniques, linearity tests and simple linear regression hypothesis tests.

From the results of calculations carried out by researchers using SPSS 25, it can be seen that the significance value of data on emotional intelligence and student learning

discipline is 0.091. Because the significance value is more than 0.05, the data on emotional intelligence and student learning discipline are normally distributed and the researcher carried out a linearity test with SPSS 25 which was found to be a significant value. *Deviation From Linearity* of 0.290. Because the significance value is more than 0.05, the influence of emotional intelligence on student learning discipline is stated to be linear.

Next, the researcher carried out a hypothesis test using a simple linear regression analysis technique using SPSS 25, resulting in a calculated t value of 32.381 and a t table value that had been determined in the statistical table with a significance of 0.05 with  $df=24-2=22$  of 2.073. So it means that the calculated t value is  $32.381 > t$  table 2.073 then  $H_0$  rejected and  $H_a$  accepted, which means that emotional intelligence can influence the learning discipline of class V students at SD Negeri 066049.

This also strengthens the statement of Ngainun Naim (2012) which states that: disciplining students must start from a good emotional approach so that students improve their behavior based on the awareness that grows from within them. This statement clearly states that an emotional approach can be used to shape student behavior. In this case, students are disciplined to always obey existing rules so that these disciplinary values can be applied in everyday life.

The above interpretation of student discipline also strengthens Mursidin's (2011) statement which states that: emotions have the power to quickly influence a person's condition. The process of moral awareness can be done through emotional conditioning. Such as regret, feelings of guilt, emotion and sadness can be effective in fostering awareness, love and moral feelings.

This statement clearly shows that the process of moral awareness can be carried out through emotional conditioning. Thus, it can be said that there is a significant influence between emotional intelligence on the learning discipline of class V students at SD Negeri 066049 Medan Helvetia.

## **KESIMPULAN**

Based on the results of research and discussion, it shows that emotional intelligence has a positive and significant effect on the learning discipline of class V students at SD Negeri 066049 Medan Helvetia. This is proven by data analysis showing t count  $32.381 > t$  table 2.073 with a sig level of 0.05 and a total of  $n=24$  so  $H_0$  rejected and  $H_a$  accepted, which means that there is an influence of emotional intelligence on the learning discipline of class V students at SD Negeri 066049 Medan Helvetia. This means that the higher the emotional intelligence, the higher the student's learning discipline.

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