

**DEVELOPMENT OF EMOTIONAL INTELLIGENCE  
FOR PHYSICAL EDUCATION TEACHER  
ELEMENTARY SCHOOL**

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# DEVELOPMENT OF EMOTIONAL INTELLEGEENCE FOR PHYSICAL EDUCATION TEACHER ELEMENTARY SCHOOL

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## **Abstract:**

This research aim to yield standard graduated apparatus pengungkap emotional intelligence for learning physical education of Elementary school. This graduated apparatus express 13 a real characters determines successfulness in relating to others and in work. Purpose of the is reachable passed expansion research step network, that is: ( a) reformulation of concept emotional intelligence along with its(the measurement through study theory-conseptual; ( b) does testing to responder limitedly to know keterbacaan and judgement to know validity konstruk, then is done empiric testing to responder which representatif to standardize graduated apparatus.

In line with which will be reached, this study included into expansion research, that is developing graduated apparatus emotional intelligence to learn physical education. This research entangles 500 physical education teacher in Kota Cimahi.

**Keyword:** Emotional intellegence, graduated apparatus expansion, teacher, physical education

## **Introduction**

Physical education is integral part of education process in general. Rusli Lutan ( 1991:6) Understanding of Physical education is " An educative activity by exploiting bodily activity, including athletics". Like other education activity, physical education is planned in such a manner so that to reach total development from personality of educative participant including not only development of physical, intellegence, emotion and social, however also development of morale aspect and spiritual.

Starts the year 2003, direction of exploitation policy of human resource (SDM) in Indonesia in education world especially physical education one of them is expansion of emotional social aspect learned physical education ( LPMP, 2003). This policy places emotional aspect development program learned physical education on course strategic in the effort constructing and draws up and increases SDM with quality in front.

Physical education teacher is a unique profession, the nickel earns from situation and condition of the study like condition of unattached class in a space or equally situation of the class in field. In saming interaction between teachers and student, student and student has high intensity and volume causing physical education teacher as fasilitator in process of learning in class must be able to master and comprehends student characteristic individually. At process interaction in this class, teacher must be able to and exemplifies good to student in physical aspect, intellectual, social, and emotion. Research indicates that ability of teacher in managing the emotion during study process of hardly development influence of emotion of his educative student. ( Yngvar Ommundsen, 1999) Further it is laid open that development of healthy emotion at a teacher stands as source of for reaching of ability of exploration protege to, self-supporting, and braids social relationship with others. Ability learns to express emotion of self esteems emotion of others frequently is conceived of intellegence of emotion or emotional intelligence.

Definition of emotion intelligence as ability to control feeling to of oneself with others, and applies the feelings to guide mind and action (Salovey and Mayer,1997). Meanwhile according to Goleman (1995) intelligence of emotion is ability to recognize, manages, and express emotion of x'self correctly, and how recognizing emotion of others and constructs relationship with others. While Sommons & Simmons (1977) means intelligence of emotion as requirement, motive, and character related to successfulness in life someone.

That way the importance of the role of intelligence of emotion in human life, Goleman (2003) mentions that intelligence of emotion far playing more than intellectual intelligences or IQ. Goleman shows that intellectual intelligence only gives contribution 20% to successfulness of someone life. So successfulness of life actually more determined by intelligence of emotion of someone. Due to that, to can draw up the rising generation that is with quality, understanding to intelligence of emotion need to be done early possibly. Simmons & Simmons ( 1997) lays open that for most people, intelligence of emotion of base they will seen at the time of stepping on age six years and would continuously change during the adolescent. Once intelligence of emotion they are formed [by] during adolescent, usually there will be no again change in signifikan, though businesss done to change intelligence of emotion would seen in intelligence change of emotion.

With reference to emotion intelligence dimension, Goleman ( 1995) lays open five dimensions, that is: ( 1) recognizes emotion of x'self, ( 2) arranges emotion of x'self, ( 3) self-motivation, ( 4) recognizes emotion of others, and ( 5) braids a relationship. Meanwhile according to Bar On ( 1997), intelligence dimension of the emotion covers: ( 1) efficiency intrapersonal, ( 2) efficiency interpersonal, ( 3) ability adapts, ( 4) ability controls pressure, and ( 5) feeling as a whole.

In more complete, Simmons & Simmons ( 1977) lays open 13 emotion intelligence dimensions, that is:

- 1) Emotion energy is energy which someone has to overcome stress, frustration, conflict and or pressure. So, emotion energy is part of physical energy applied to fulfill person motives;
- 2) Stres emotion is storey where someone feels annoyed by feelings making it is not balmy. Feelings bothering the, quit of do we realize existence they or no, gives pressure at our body and in number a real big, bothers appearance of physical of us;
- 3) Optimism refers to how far someone to see its(the world, either positively or negativity;
- 4) Self-esteem is tendency esteems and receives situation of ownself. Self-esteem measures how far and how positive someone likes and sees their/his self;
- 5) Commitment to work is tendency to strive, finalizes its(the work and justifies it;

- 6) Attention to small things referred to how height level of someone in giving careful attention to does they do;
- 7) Desire to change referring to until how far people can change their area, in the case of their trust or in their behaviours;
- 8) Bravery is desire to experience hurt risk, loss, difficulty of life or un-comfort of physical of in reaching a purpose of hungered for;
- 9) Self guidance is tendency in forming opinion, arranges purpose and makes decision;
- 10) Assertive is measure until storey such someone tries to motivate others to believe or does something. That thing also measures until how far someone to stay to according to others;
- 11) Tolerance is measure where someone is patient or have the kindness to receive un-comfort from others;
- 12) Level of consideration to others is how far someone will understand, considers, helps, honestly and responsible; and
- 13) Ability of socialization is tendency to meet with people, pass the time having a chat, and staying in a group.

Intellegence of emotion related to biological process taking place at an individual. Theoretical of Brain (Sternberg, 2001) through a genetic process, amygdala and system limbik is residing in brain to arrange way of thingking someone. When an individual deals with situation which is dangerous, amygdala will depress part of brain having the character of rational and redundantly interprets a case as dangerous for example. As

as a result, individual feels is threatened and will do actions assumed require to protect their/his self even if must conduct action strike to aggressive even irrational even a (Davidson, Jackson & Kallin, 2000). At this phase, emotion of individual will tube up and body also releases physiological reactions like blood pressure increases, rising body temperature, heart tick increases and other physiological change. Someone who is having intellegence of high emotion, can recognize change happened which caused by mechanism of this amygdala so that will be able to maintain part of brain to have the character of rational even if deals with situation that to menace its(the emotion.

### **Methodology**

In line with which will be reached, this study included into expansion research, that is developing graduated apparatus emotional intelligence to learn physical education SD. This research entangles 500 physical education teacher in Kota Cimahi selected at random. Research procedure in halving phase that is ( 1) This phase is identification phase, formulation, and concept development and konstruk as compilation base of draft of graduated apparatus. Stages;steps gone through at this phase is: ( a) formulates correct conceptual formula about emotional intelligence and its(the measurement technique through study teoretik and expert judgement; ( b) develops blue print formula konstruk emotional intelligence defined operationally; ( c) compiles grille developed from konstruk

emotional intelligence as guidance in penulisan of item graduated apparatus item; and ( d) develops draft of graduated apparatus peripheral for diujicobakan. Draft of graduated apparatus which will be developed is in the form of double helix with four alternative of choice. Every pilhan depicts preferensi to every indicator emotional intelligence and between the choices has the character of ordinal from starting a real depicts up to doesn't depict character measured. Determination of score wight for every choice will be determined by using successive international method.

Wight result of successive international method for every alternative of answer in each item item will be made guidance of skoring in process of standardization of graduated apparatus. ( 2) At this phase graduated apparatus, starts from level of readingness, expert judgment and empiric analysis. Step which will be gone through at this phase is ( a) testing to responder limitedly to know level of readingness every item item and revises item which according to responder need to be improve;repaired, because the meaning unable to be comprehended or had a meaning (of) multiple; ( b) discussion focused to analyse validity konstruk based on expert judgement and reliability between judgement as representation of accuracy every item item with psychology konstruk measured and various inputs towards completion of editor and kontent every item; ( c) empiric testing to a number of teachers to standardize graduated apparatus covering validity item item, difference power item, level of difficulty of item,



and graduated apparatus peripheral reliability; and ( d) compiles manual book as guidance in preparation, execution, administration, processing, and interpretation result of measurement of emotional intelligence.

### **Result Of Data Processing and Data analysis**

In general this research tries develops standard graduated apparatus model pengungkap emotional intelligence which suited for physical education teacher Elementary school. Following is breakdown of result of research:

1) How formulation of concept emotional intelligence along with the measurement yielded through study theoretik-conseptual and expert judgement.

a. Based on result of study theoretik-konseptual and expert judgement, emotional intelligence conceptually is individual character relating to requirement, motive, at the same time ability to recognize, manages, and express emotion of self correctly, and how recognizing emotion of others and constructs relationship with others.

Measurement to intellegence of emotion of teacher is done through a standard graduated apparatus. Graduated apparatus intended is instrument which can give picture about individual character ( physical education teacher) relates to requirement, motive, at the same time ability to recognize, manages, and express emotion of self correctly, and how recognizing emotion of others and constructs relationship with others.

Operationally intelligence of emotion at the graduated apparatus is score each dimension as result from answer given teacher based on preferensi which implied in every alternative of answer.

The graduated apparatus is developed in the form of double helix with four alternative of choice. Every choice depicts preferensi to every dimension emotional intelligence and between the choices has the character of ordinal from starting a real depicts up to doesn't depict character measured. Determination of score weight for every choice is determined by using successive international method. To depict intelligence profile of emotion of physical education teacher, developed category with four levels, that is low, middle, height, and height once.

3) How level of reading of draft of graduated apparatus by responder and validity konstruk based on expert judgement.

After expert judgement process and test level of reading, obtained 100 chosen items as seen at tables of hereunder.

## **Conclusion**

As has been elaborated above, this research has purpose of main develops intelligence standard graduated apparatus of emotion which suited for physical education teacher. To reach that thing is made some problem formulas as guidance of research network. Following some research nodes based on formula which has been specified.

1) Emotional intelligence conceptually is individual character relating to requirement, motive, at the same time ability to recognize, manages, and express emotion of self correctly, and how recognizing emotion of others and constructs relationship with others. Intelligence of emotion of itself divided by 13 dimensions.

2) The graduated apparatus is developed in the form of double helix with four alternative of choice. Every choice depicts preference to every dimension emotional intelligence and between the choices has the character of ordinal from starting a real depicts up to doesn't depict character measured. Determination of score weight for every choice is determined by using successive international method.

3) Most of item developed has level of adequate and high keterbacaan as a means of intelligence measure of emotion of physical education teacher especially based on expert judgement which has been done.

4) Chosen item become 69 item, the rest 31 item expressed not to be adequate ( not valid). Items that is is chosen not is number 1, 3, 4, 11, 15, 16, 18, 19, 22, 26, 33, 35, 36, 41, 43, 44, 45, 46, 47, 48, 49, 50, 51, 53, 55, 56, 64, 71, 90, 95, and 99. item reliability index which has expressed is valid 0,950 with SEM 6,870. The thing indicates that the items has valid which reliable.

## **Suggestion**

Research pickings obtained at this research carries some recommendations especially further research to make perfect this graduated apparatus becomes more representatif, either validity, reliability and also usability.

The research is required it is of course by paying attention to some things following, that is: 1) determination of scoring which specific and is clearer at each alternative of choice; 2) reliability between judger need to, in meaning of need to be selected is expert of course relates to measurement and masters intellegence concept of emotion in intact; 3) problem book appearance giving psychological atmosphere to testee; and 4) the importance of further manual book to be obtained usage uniformity of graduated apparatus so that accuration from reachable measurement - at this research manual is not able yet to made, because there are some dimension that need to be improve;repaired and requires further research.

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