

**PERSPEKTIF KUALITAS HIDUP MAHASISWA BERDASARKAN
KECERDASAN EMOSIONAL DAN REGULASI DIRI**

TESIS

diajukan untuk memenuhi sebagian syarat memperoleh gelar Magister Pendidikan
pada Program Studi Pendidikan Olahraga



oleh :

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DIRI*

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PERSPEKTIF KUALITAS HIDUP MAHASISWA BERDASARKAN
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Sebuah Tesis yang diajukan untuk memenuhi salah satu syarat memperoleh gelar
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DINI TRESNADIANI

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KECERDASAN EMOSIONAL DAN REGULASI DIRI**

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ABSTRAK

Dini Tresnadiani. Tesis, 2020. *Perspektif Kualitas Hidup Mahasiswa Berdasarkan Kecerdasan Emosional dan Regulasi Diri.*

Kualitas hidup memiliki peran penting pada semua bidang kehidupan meliputi kehidupan psikologis, spiritual, mental, lingkungan dan sosial. Kehidupan yang lebih memuaskan dalam mencapai kesuksesan yang lebih besar dibutuhkan kemampuan khusus terkait memahami dan mengelola emosional diri sendiri dan orang lain, melalui pengaturan diri yang baik berdampak positif untuk bertanggung jawab kepada tindakan agar selalu berada pada jalur yang sesuai dengan tujuan hidupnya. Hal tersebut dapat dikembangkan melalui kontribusi pengalaman, pendidikan dan aktivitas fisik yang positif salah satunya di tingkat perguruan tinggi. Penelitian ini bertujuan untuk menguji perspektif kualitas hidup berdasarkan kecerdasan emosional dan apakah regulasi diri dapat memoderasi perspektif kualitas hidup berdasarkan kecerdasan emosional baik secara umum maupun berdasarkan masing-masing kategori mahasiswa. Selain itu, menguji perbedaan perspektif kualitas hidup berdasarkan kategori mahasiswa olahraga dan non-olahraga. Metode penelitian yang digunakan adalah metode survey dengan teknik analisis *Structural Equation Model (SEM)*. Responden yang terlibat sebanyak 380 mahasiswa dengan menggunakan teknik pengambilan sampel *purposive sampling*. Instrumen yang digunakan adalah skala kecerdasan emosional, regulasi diri dan kualitas hidup (*WHOQOL-BREF*). Berdasarkan hasil analisis data dan kajian dari pembahasan permasalahan penelitian, menunjukkan bahwa perspektif kualitas hidup dipengaruhi secara langsung oleh kecerdasan emosional pada mahasiswa secara keseluruhan, tetapi tidak berlaku untuk kategori mahasiswa olahraga dan non-olahraga. Regulasi diri pun tidak memoderasi perspektif kualitas hidup berdasarkan kecerdasan emosional. Ditemukan perbedaan perspektif kualitas hidup pada mahasiswa olahraga dan non-olahraga.

Kata Kunci: kecerdasan emosional, regulasi diri, kualitas hidup, olahraga, mahasiswa

ABSTRAC

Dini Tresnadiani. *Thesis, 2020. Perspective of Student's Quality of Life Based on the Emotional Intelligence and Self-Regulation.*

Quality of life has an important role in psychological, spiritual, mental, environmental and social lives. A more fulfilling life in achieving success requires abilities such as self-awareness, self-adaptation, problem solving and good feelings, through good self-regulation that ensure responsibility for actions taken in accordance with desired goals. This can be developed through the contribution of experience, education and potential physical activities, one of which is happened in the college. The aim of the study is to examine the perspective of the quality of life based on emotional intelligence and whether self-regulation can moderate the perspectives of the quality of life based on emotional intelligence, either in general or according to each category. In addition, this study also examines the differences of perspective of the quality of life based on categories of sports and non-sport students. The research used a survey method with the Structural Equation Model (SEM) analysis technique. Respondents involved are 380 college students by using purposive sampling technique. The instrument used emotional intelligence scale, self-regulation scale and quality of life scale (WHOQOL-BREF). Based on the results of data analysis and the research discussion, the perspectives of the quality of life are directly affected by the emotional intelligence in overall of students, but does not apply to the category of sports and non-sports students. Self-regulation does not moderate perspective of the quality of life based on emotional intelligence. The differences of perspectives quality of life were found in sports and non-sport students.

Keywords: *emotional intelligence, self-regulation, quality of life, sports, students*

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