

## ABSTRACT

**Elsa Ongyunius (705060102)**

**Correlation Between Emotional Intelligence and Premenopause Anxiety; (Miniwaty Halim, M.Psi., Psi; Dra. Ninawati, MM); Faculty of Psychology, Bachelor's Degree, Tarumanagara University. (59 pages, P1-P4, L1-L43)**

Emotional intelligence is emotional skills include the ability to control yourself, have a resistance when faced with obstacles, was able to control impulses, not quickly satisfied, capable to set the mood, capable of managing anxiety so as not to interfere with the ability to think, and able to empathize and to hope. Dealing with menopause anxiety is a feeling of anxiety and fear of physical, social, and sexual changes. This study uses a quantitative non-experimental methods are conducted on 400 women aged 45-50 years, using Spearman correlation test. The calculations show that  $r_s(400) = -0.586$  and  $p / sig = 0.000$  which means there is a significant and negative relationship between emotional intelligence and anxiety when dealing with menopause. Thus we can conclude that a person with high emotional intelligence will have a low level of anxiety.

Key words: emotional intelligence, premenopause anxiety, women.