

ABSTRACT

Silva Lestari (705150111)

Relationship of Emotional Intelligence with Self Esteem to Dancing Students; Niken Widiastuti, M.Si., Psi & Dra. Ninawati, M.M .; Bachelor of Psychology Study Program, Tarumanagara University, (i-xii, 50 pages, R1-R4, Appdx 1- 24).

Dance has a positive effect on physical fitness and psychological well-being. The dance program also has a strong focus on creativity, so it can educate and inspire individuals to enjoy dance as a form of creative art and also physical activity. Therefore, this study aims to determine the relationship of emotional intelligence with self esteem in dancing students. Emotional intelligence is the ability to motivate yourself and survive in the face of frustration, controlling impulses and also not exaggerating pleasure, regulating moods and keeping the stress burden from paralyzing the ability to think, empathize, and pray. Self esteem is an attitude about oneself that is related to personal beliefs about skills, abilities, social relationships and future results. One type of activity that can be done to manage emotions and form self esteem is to dance. This study included 392 students from universities in Jabodetabek. The results showed that there was a positive and significant relationship between emotional intelligence and self esteem in dancing students.

Keywords: emotional intelligence, self esteem.