



Research Paper

The Role of Emotional Intelligence in Problem Focused Coping In Early Adult Nuns

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ABSTRACT: The aim of this research is to provide information about the importance of the role of Emotional Intelligence in Problem Focused Coping in Nuns, especially early adult nuns. The research methodology employed is quantitative. This research uses a Likert scale as a data collection method. The scales used are the problem focused coping scale and the emotional intelligence scale. The population for this research is nuns who are in the early adulthood category and with a sample size of 200 people. After the data was collected it was analyzed through simple linear regression using SPSS software. The research results indicate that the early adult nuns' emotional intelligence have an impact on problem focused coping.

KEYWORDS: Problem Focused Coping, Emotional Intelligence, Early Adult, Nuns

Received 26 Feb., 2024; Revised 05 Mar., 2024; Accepted 07 Mar., 2024 © The author(s) 2024.

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I. INTRODUCTION

Humans are dynamic creatures who continue to experience development and change. In life, humans are not free from problems, in general problems can arise due to educational, financial, family, work and various other problems. The more complex human desires and goals are, the more problems arise. In the developmental stages of human life, problems become more diverse or complex as they get older. In every span of human life, there are developmental tasks that must be passed at each stage. Every individual is expected to be able to pass through each stage well in order to be happy. Erikson is one of the figures who argued that human development is a synthesis of developmental tasks and social tasks and explained that there is a crisis at every stage of age development. One of the stages is Trust vs Mistrust, this stage is the most basic level in life. Failure to build trust at this stage leads to underlying fears and beliefs of the world around him and the people around him. This feeling continues at the next stage of development. Crises make a significant contribution to personality, can strengthen or weaken (Santrock, 2012).

Likewise, Hurlock (2009), this figure divides the stages of human development, one of which is early adulthood. The characteristic of development in early adulthood is problem age, this period is a period full of problems. The problems faced, such as work or position, life partner or finances, all require adjustments. If someone is not ready to enter this stage, he will have difficulty completing this stage of development. Early adulthood is said to be the peak of development for every person, because the problems faced by early adulthood are more complex than previous stages and are a period of adjustment to new life patterns and new social expectations.

Early adults are expected to play new roles, such as husband or wife, parent, and breadwinner (Hurlock, 2012). In general, early adult women postpone marriage because they have not found the right partner, but there are also those who live single because it is a choice. Some people want to continue enjoying freedom, experimenting, traveling the world, pursuing a career and continuing their education (Papalia & Feldman, 2009).

The Catholic Church offers life choices, namely the choice not to marry in order to completely consecrate oneself to God. The life choice is to become a monk or nun. Early adult women who choose religious

life are called nuns. The consequence of this choice is celibacy or not marrying (Jacobs, 1987). Religious life is an important part of church life. Pope Francis, the highest leader of the Catholic church, said that a Church without monks would be less enthusiastic (Suparno, 2019).

Just like young adults in general, early adult nuns also experience problems. Adaptation is very much needed by a nun in living in a convent, especially for early adult nuns. This is in accordance with Hurlock's (2012) opinion that early adulthood is a time when a person adjusts to a new pattern of life and accepts their new role. According to Prasetyo (1992) a nun must be able to let go of all attachments to family and property. This would be a challenge for a young adult nun just entering religious life. Based on research by Mutuku et al., (2021), one of the factors that causes a nun to leave monastery life in the early stages of religious life is failure to adapt and anxiety about challenges.

Riyanto & Handoko (2008) also said that in the reality of religious life (nuns), the challenges that are often experienced are social skills, building relationships and communication. This is in line with research by Tima & Muti'ah (2014), namely that the problems of early adult nuns arise as a result of accepting a new role as a nun, adapting to other people and new environments and situations. The Book of Canon Law explains that fraternal life is a characteristic of religious life, therefore nuns live in a community. Living together with other nuns in a community is something that is both happy and challenging, because of differences in age, character, culture and different duties which can sometimes cause conflict.

Suparno (2019) describes a reality in the Catholic Church regarding the decline in the fighting power of religious people (monks) against challenges and difficulties. Instant culture also influences the lives of religious people, they want everything to be fast, easy and without obstacles so they are less able to deal with difficulties and become easily frustrated if problems cannot be resolved quickly. Many religious people have low fighting power, are easily offended, compulsive, and carry out unreasonable self-defense which can harm themselves and others. If the problems above are not resolved, the nun may decide to leave the monastery or continue living in the convent but become less happy, unable to process emotions and become frustrated. Kobasa et al., (1982) argue that resilience is a pattern of attitudes that is useful for changing the face of problems and turning stressful situations into opportunities for growth.

Nuns who are committed will persist in their choice despite challenges and difficulties (Tere & Ledot, 2021). According to Folkman (1984), if a problem is viewed negatively, the behavioral response that emerges will also be negative and if a problem can be interpreted positively, the individual will be able to adapt well. Someone who overcomes and responds to negative situations is called stress coping. Problem focused coping is a form of coping strategy.

Lazarus & Folkman, (1984) define problem focused coping as a strategy for solving problems, namely by defining a problem, then producing alternative solutions, then considering alternatives efficiently, choosing alternatives and acting, then orienting towards solving the problem. There are three aspects of problem focused coping, namely seeking informational support (seeking informational support), confrontive coping (confrontation) and planful problem solving (planning problem solving).

Several factors influence problem focused coping, namely health and energy, positive beliefs, problem solving abilities, social skills, social support and material resources. Social skills are an important factor in coping strategies because humans as social creatures need to socialize, as do nuns who live in a religious brotherhood and community. Social skills are a way to solve problems with other people, build good relationships, receive support and control social interactions (Lazarus & Folkman, 1984). Apart from that, positive confidence is really needed by a nun to overcome problems that arise when accepting responsibility and trust in carrying out new tasks because they feel unable to complete the tasks given so that conflicts arise and become stressed (Suparno, 2019). Likewise with health, health influences many forms of coping strategies in individuals. Health is one of the factors that influences a nun's happiness, if they are healthy it will make it easier for them to overcome problems. If someone is sick, tired, or weak, then their coping skills are not as good. Therefore, health factors can help someone overcome problems (Lazarus & Folkman, 1984).

Social skills, positive beliefs and health are factors that influence problem focused coping and are also part of the aspects and factors of emotional intelligence. Emotional intelligence as the ability to motivate oneself and survive frustration, recognize feelings, process emotions and build relationships with other people (Goleman, 2006). Aspects of emotional intelligence according to Goleman (2018), namely: self-awareness, self-regulation, motivation, empathy and social skills. The influencing factors are internal in the form of health and external namely family, school and community.

Someone with good social skills finds positive ways to solve problems because they are able and ready to face all kinds of events that occur in their life (Goleman, 2006). This is in accordance with research by Han (2015) that someone with high emotional intelligence uses coping that focuses more on problems and seeks social support due to having social skills. Likewise, research conducted by Tima & Muti'ah (2014) shows that if nuns ignore emotional intelligence in living together in community, feelings of anger, irritability, jealousy and vulnerability will arise in relationships with other people. , withdrawn and not creative. Several previous studies,

one of which is research conducted by Felix et al. (2019) shows that there is a positive and significant relationship between emotional intelligence and problem focused coping. The higher a person's emotional intelligence, the higher their problem focused coping and vice versa. Emotional intelligence makes an effective contribution to problem focused coping, individuals with a high level of emotional intelligence generally make real efforts to solve their problems.

Based on this explanation, it can be seen that emotional intelligence influences problem focused coping and researchers are interested in conducting research on the role of emotional intelligence on problem focused coping in early adult nuns. The aim of this research is that the results of this research are expected to provide information for nuns about the importance of the role of Emotional Intelligence in Problem Focused Coping in Nuns, especially early adult nuns so that it can help the nuns to live their lives in the Convent happily and be able to overcome the challenges and difficulties they experience by improving their Emotional Intelligence.

II. LITERATURE REVIEW

Problem Focused Coping

Problem focused coping is a strategy used to solve a problem, namely by defining the problem, then generating alternative solutions, then considering it efficiently, choosing then acting, then orienting towards solving the problem. Problem focused coping involves taking direct action to solve a problem or seek information relevant to a solution. Problem focused coping is often used by someone who is confident in their ability to change and control circumstances (Lazarus & Folkman, 1984).

Emotional Intelligence

According to Goleman (2006) emotional intelligence is the ability to motivate oneself. People with high emotional intelligence will be able to survive frustration, recognize one's own and other people's feelings, manage emotions and build relationships with other people. Aspects of emotional intelligence, namely self-awareness, self-control, motivation, empathy and social skills.

III. METHODOLOGY

The statistical analysis used is simple regression. Simple regression analysis involves one independent variable and one dependent variable. The results of simple regression analysis can assess the effect or influence of the independent variable on the dependent variable (Jackson, 2009). This research uses a Likert scale as a data collection method. The scales used are the problem focused coping scale and the emotional intelligence scale. The population for this research is nuns who are in the early adulthood category and with a sample size of 200 people.

IV. RESULT

This study uses a quantitative methodology with simple linear regression analysis to determine the effect of emotional intelligence on problem focused coping in early adult nuns. SPSS software is used to perform this analysis. The results of data analysis can be seen as follows.

Table 1. The Effect of Emotional Intelligence on Problem Focused Coping

Model	Unstandarized Coefficients		Standarized Coefficients	T	Sig.
	B	Std. Error	Beta		
(Constant)	17,735	2,816		6,298	0,000
Emotional Intelligence	0,608	0,060	0,585	10,150	0,000

In the Table 1, it can be seen that the direction of influence exerted by Emotional Intelligence on Problem Focused Coping is positive. The results of this regression equation model can be used as a guide to predict the influence of Emotional Intelligence on Problem Focused Coping because the model is declared significant. The constant value means that if Emotional Intelligence is 0 then the Problem Focused Coping value is 17.735, and if there is a one-time increase in the Emotional Intelligence variable then Problem Focused Coping will increase by 0.608. Based on the explanation, it can be concluded that Emotional Intelligence has a significant effect on Problem Focused Coping and the research hypothesis is accepted.

Table 2. R Square

Variable	R	R Square
Emotional Intelligence and Problem Focused Coping	0,585	0,342

Based on Table 2 above, the value of R Square is 0.585. The R value means that there is a moderate correlation between emotional intelligence and problem focused coping. The correlation is considered moderate because based on Sugiyono (2019), if the R value is in the range 0.4 – 0.599 then the correlation is in the medium category. In R Square, the value is 0.342. This shows that there is a contribution of Emotional Intelligence to problem focused coping of 34.2%. The rest is influenced by other factors not studied.

V. DISCUSSION

The hypothesis in this research is that emotional intelligence has a significant effect on problem focused coping. This hypothesis is accepted because the results of data analysis show that emotional intelligence significantly influences problem focused coping. This can be seen from the significance value, namely $0.000 < 0.05$, with a contribution of the influence of emotional intelligence to problem focused coping of 34.2%.

The results of this research are in line with research conducted by Sulistyowati et al., (2015), which shows that there is a positive and significant influence of emotional intelligence on problem focused coping, with a significance value of <0.01 . Similar results were shown by research by Harsiwi & Kristiana (2017), which also showed that there was a positive and significant influence of emotional intelligence on problem focused coping, with a significance value of <0.002 , with a contribution of the influence of emotional intelligence on problem focused coping, namely 14.6%.

Based on this explanation, it can be stated that emotional intelligence has a positive effect on problem focused coping. This is because emotional intelligence makes an effective contribution to problem focused coping. Individuals with a high level of emotional intelligence generally make real efforts to solve their problems (Subramanyam & Rao, 2016; Felix et al., 2019).

VI. CONCLUSION

The research results indicate that the early adult nuns' emotional intelligence have an impact on problem focused coping. Therefore, the nuns are expected to have high emotional intelligence so they can solve problems better and more efficiently. The effort to make nuns have high emotional intelligence is by carrying out training to increase emotional intelligence.

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