

## ABSTRACT

### **DESCRIPTION OF EMOTIONAL INTELLIGENCE IN GENERATION Z IN INDONESIA EMOTIONAL INTELLIGENCE PADA GENERASI Z DI INDONESIA**

Maulina Dwi Prameswari<sup>1)</sup>, Maria Jane Tienoviani Simanjuntak<sup>2)</sup>

<sup>1)</sup> Student of Psychology Department, Pembangunan Jaya University

<sup>2)</sup> Lecturer of Psychology Department, Pembangunan Jaya University

Generation Z are young people who are open to technology, information literate, creative, and full of new ideas. However, when faced with problems, complaining behavior will emerge which can result in mental health problems. Mental health is related to emotional intelligence. Emotional intelligence plays a role in directing generation Z to behave in increasing emotional understanding and expressing emotions well. This research aims to see a picture of emotional intelligence in Generation Z in Indonesia. The emotional intelligence variable is measured using the TEIQue-SF developed by Petrides (2007). The research method used is a descriptive quantitative method. Respondents in this study totaled 477 people. The results of this study show that the empirical mean of the emotional intelligence variable ( $M=113.85$ ,  $SD=22.92$ ) is greater than the theoretical mean ( $M=100$ ). This means that generation Z's emotional intelligence is high.

**keywords:** Emotional Intelligence, Generations Z

Libraries: 44

Publication Years: 1990 - 2024