

Discuss the Importance of Emotional Intelligence, with Dr. dr. Nova Riyanti Yusuf, SpKJ

Saturday, 28 November 2020 10:17 WIB

PROSPEKTIV 2020
Universitas Pembangunan Nasional Veteran Jakarta Kampus Bela Negara

PROGRAM STIMULASI PEMBELAJARAN, ETIKA, KOLABORASI, KREATIVITAS BAGI MAHASISWA ANGKATAN 2020

EMOTIONAL INTELLIGENT

08.00 - 10.00 WIB
DISKUSI VIA ZOOM
Sabtu, 28 November 2020

Dr.dr. Nova Riyanti Yusuf, SpKJ
Psikiater

Informasi meeting ID dan Passcode silahkan login melalui regmaba.upnvj.ac.id pada menu Informasi Prospektif

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ROLE of EMOTIONAL INTELLIGENCE in STUDENTS

Dr. dr. Nova Riyanti Yusuf, SpKJ
Narasumber

UPNVJ PROSPEKTIV 2020 08:18:01

KAMPUS BELA NEGARA

Sikan! Sabtu, 28 November 2020 pelaksanaan Program Stimulasi Pembelajaran, Etika, Kolaborasi, Kreatif

Unmute Start Video Participants 432 Chat Share Screen Record Reactions Talking: zoom3 upnvj Leave

HumasUPNVJ - In the midst of a world that is always competitive and full of polemics, emotional resilience is very much needed. Many people focus too much on developing their intelligence abilities, but forget about emotional intelligence or *emotional equation* (EQ). Even though emotional intelligence is very important to develop, especially in a career.

Therefore, to study and develop the characteristics of emotionally resilient students with Dr. dr. Nova Riyanti Yusuf, SpKJ, a psychiatrist who is also a writer and politician, will discuss " *Emotional Intelligence* " in the PROSPEKTIV 2020 program, on Saturday (28/11/20).

This online debriefing was attended by 2,500 participants including all new UPN Veteran Jakarta students, and UPN Veteran East Java students, UPN Veteran Yogyakarta, Palangkaraya University and Nusa Cendana University students.

In his discussion dr. Nova explained about the basis of *Emotional Intelligence* , namely to understand and regulate emotions.

"Because everyone has emotions, but not everyone can control them and know how to understand them," said dr. Nova.

To be able to understand more about this should be introduced as early as possible. There are some characteristics of a low *Emotional Intelligence* , namely someone who is argumentative, likes to blame others, and likes to express emotions. Some of these behaviors can be strongly related to emotions and thoughts from oneself that are not good.

Some of the signs that we are low on *Emotional Intelligence* are difficulty focusing, difficulty expressing ourselves, difficulty making friends, difficulty building relationships with adults. Someone who has low *Emotional Intelligence* is not something that is brought from birth but is influenced by the environment that is obtained from an early age.

How do we function *Emotional Intelligent* , namely by accepting emotions. Accepting emotions is an effective way to control emotions, empathize with other people, just as if students can empathize with lecturers this will increase empathy in other habits.

â€œIdentification of emotions, namely knowing in advance the name of what emotion you are feeling, if you already know what the name of the emotion you are feeling, then find out the cause. If it has been felt, then eliminate self *-judgment* , eliminate emotions by controlling your breath properly. By always asking yourself, knowing the emotions you are feeling and being able to relax in the most comfortable way for yourself, this will develop your inner *Emotional Intelligence* .



Another way can be by having good communication with other people, the importance of understanding what is behind our emotions, learning to calm down when disappointed (*emotional storms*).

Emotional Intelligent is the ability to identify emotions in what psychological conditions, with *Emotional Intelligence* a person has the ability to distinguish between accurate and inaccurate feelings, the ability to facilitate emotions and thoughts, to provide comfort to focus on doing something, and the ability to make choices.

"Falling and failing doesn't mean you are bad," said dr. Nova because having bad thoughts will change behavior to be bad too.

Why the student failed to undergo lectures, namely there were several kinds of factors, especially students who could not manage their emotions, especially in the current distance lecture system.

"Emotions affect your thoughts and emotions affect your behavior, so it is very important to be able to control your anger," explained Dr. Nova.

In the emotions that we feel there are behaviors that trigger emotions, usually humans have active thoughts, especially like now with the news about Covid - 19 if it is irrational then fear will affect thoughts and behavior.

The importance of *emotional intelligence* is that we can know more about what is around us, can be more focused, as self-development because this is important for us in competing, especially students when entering the industrial world, have good output, can work in groups, and the time will come improve student achievement and form students who do not give up easily and are more confident.

Everyone has a spirit of leadership but with *Emotional Intelligence* this soul can be managed so that there is no excess.

"Be a leader who understands his surroundings, be a leader with motivation, this will lead to being an optimistic leader and will be able to deal with failure, be a leader who understands and knows the needs of what other people need and a leader must directly fight with his subordinates, be a leader who have social skills".

"In conclusion, *Emotional Intelligent* can recognize, understand and choose what we feel. So how can you guys choose what we choose . *Emotional Intelligent* will be able to determine priorities and will help you determine the majority of the behavior that you do and *Emotional Intelligent* will help understand between leaders and their subordinates. This is beneficial for individuals and others, so this is not only about ourselves but about other people, but how can we control ourselves for acceptable output with other people.

In this two-way discussion, one of the students asked a question about how to control emotions when lectures were getting harder.

In this case dr. Nova said for students to continue doing whatever assignments with existing supervisors or directions that make us comfortable, and get rid of negative thoughts.

â€œSet your breath, do therapy with your breath. If you think far about the future, don't do it for now, but do what you can do now, so focus on what you can do and your health, especially at a time like this," explained dr. Nova.





Export tanggal : Thursday, 18 December 2025 Pukul 13:55:06 WIB.

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