

ABSTRACT

Labib, Lautry Luthfiya Sari. 2015. *Relationship between Emotional Intelligence and Work Stress on Teachers of MI 02, MTs, and MA Mazra'atul Ulum Paciran, Lamongan.* Thesis. Faculty of Psychology at State Islamic University Maulana Malik Ibrahim, Malang.

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Emotional intelligence is the ability to recognize one's own feeling and the feelings of others, the ability to motivate oneself and managing emotions well in dealing with others, the ability to withstand frustration, set the mood and keep the load stress in order not to cripple the burden of thinking, and empathize and pray. On the other hand, job stress is a condition that affects the emotions, thoughts, and physical condition. Teachers have many tasks in education, as educators, nurturers and developers towards the skills of learners. However, in carrying out their duties, teachers face several obstacles, including the negative behavior of the students, the work environment uncomfortable, excessive workload, conflict with superiors. As a result of some of these constraints, the teachers feel depressed and / or less comfortable in the line of duty, tiredness which resulted in anger, lack of awareness of the burden of his duties as an educator.

The purpose of this study was 1) to know the level of emotional intelligence in MI 02 teachers, MTs and MA Mazra'atul Ulum Paciran, Lamongan, 2) to know the level of work stress on teachers of MI 02, MTs and MA Mazra'atul Ulum Paciran, Lamongan, and 3) to know the relationship between emotional intelligence and job stress on teachers of MI 02, MTs and MA Mazra'atul Ulum Paciran, Lamongan.

The method of the study used is quantitative approach. The instrument used is the scale of emotional intelligence and job stress scale distributed at 66 research subjects. Emotional intelligence scale consisted of 28 items and job stress scale consisted of 22 items. Data analysis used is product moment correlation.

Results of the study showed that emotional intelligence obtained high percentage for 93.9%, medium for 4.5%, and low for 1.5%. As for the high percentage of job stress gained about 18.2%, medium of 75.2%, and low for 6.1%. The result of variable correlation is $r = -,293$ * $p = 0.017$, which means that this hypothesis is accepted. There is a negative relationship between emotional intelligence and job stress. The higher the emotional intelligence, the lower work stress on teachers of MI 02, MTs, and MA Mazraatul Ulum Paciran, Lamongan, and conversely, the lower the emotional intelligence, the higher work stress on teachers of MI 02, MTs, and MA Mazraatul Ulum Paciran, Lamongan.