

ABSTRAK

**Hubungan Kestabilan Emosi Dengan Spiritual Well-Being Pada Remaja
Awal Di SMP Negeri 1 Kedungwuni**

Hifni Irsendi, Hana Nafiah

Latar belakang : Masa remaja pelajar SMP-SMA mengalami gejala gangguan mental emosional, merasa kesepian, dan pernah ingin bunuh diri. *Spiritualitas* dan agama dapat membantu seseorang menjadi lebih tangguh dan melawan emosi negatif. Maka dapat di artikan bahwa kaum remaja yang memiliki *spiritual well-being* akan mampu mengendalikan emosinya dalam menjalin relasi dengan sesama. Penelitian ini bertujuan untuk mengetahui hubungan kestabilan emosi dengan *spiritual well-being* pada remaja awal.

Metode : Metode dalam penelitian ini adalah deskriptif korelatif dengan pendekatan *cross sectional* sampel dalam penelitian ini adalah 149 responden di SMP Negeri 1 Kedungwuni dengan teknik *proportional random sampling*. Kuesioner yang digunakan adalah kestabilan emosi di ukur menggunakan kuesioner Zahara & Wisnusakti (2022) dengan hasil uji validitas dan reliabilitas 0,926%, *spiritual well-being* di ukur menggunakan kuesioner Tumanggor & Mularsih (2020) dengan hasil uji validitas dan reliabilitas $r = 0,513$ sampai $r = 0,849$ dan reliabilitasnya 0,961. Analisa data yang digunakan menggunakan uji *spearman correlation*.

Hasil : Kestabilan emosi tinggi 143 (96,0%) dan *spiritual well-being* tinggi 143 (96,0%). Hasil analisa menunjukkan ada hubungan yang signifikan (berarti) antara kestabilan emosi dengan *spiritual well-being* dengan *p value* 0,000 dan r^2 0,305.

Simpulan : Ada hubungan kestabilan emosi dengan *spiritual well-being* pada remaja awal, dari hasil tersebut di harapkan bagi sekolah-sekolah mengadakan kegiatan untuk meningkatkan *spiritual well-being* agar kestabilan emosi remaja dapat ditingkatkan.

Kata Kunci : Kestabilan Emosi, *Spiritual Well-Being*, Remaja Awal

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ABSTRACT

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**The Relationship Between Emotional Stability and Spiritual Well-Being
Among Early Adolescents at SMP Negeri 1 Kedungwuni**

Background: Adolescent students in junior high school to senior high school often experience symptoms of emotional and mental disorders, feelings of loneliness, and suicidal ideation. Spirituality and religion could help individuals become more resilient and combat negative emotions. This implies that adolescents with spiritual well-being are capable of controlling their emotions in interpersonal relationships. This study aims to determine the relationship between emotional stability and spiritual well-being among early adolescents.

Method: The study used descriptive correlational with a cross-sectional approach. The sample consists of 149 respondents from SMP Negeri 1 Kedungwuni, selected using proportional random sampling technique. The Emotional Stability was measured using Zahara & Wisnusakti (2022) questionnaire with validity and reliability test results of 0.926%, while Spiritual Well-Being was measured using Tumanggor & Mularsih (2020) questionnaire with validity and reliability test results ranging from $r = 0.513$ to $r = 0.849$ and a reliability of 0.961. The data analysis used the Spearman correlation test.

Results: High emotional stability was observed in 143 respondents (96.0%), as well as high spiritual well-being in 143 respondents (96.0%). The analysis results indicate a significant relationship between emotional stability and spiritual well-being with a p-value of 0.000 and an r^2 of 0.305.

Conclusion: There is a relationship between emotional stability and spiritual well-being among early adolescents. Based on these findings, it is recommended for schools to organize activities to enhance spiritual well-being in order to improve the emotional stability of adolescents.

Keywords: *Early Adolescents, Emotional Stability, Spiritual Well-Being*