

The Relationship Between Self-Concept and Emotional Intelligence

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Abstract

Self-concept is always crucial for everyone in making various decisions in their lives. Individuals having positive self-concept will be more optimistic, confident and positive about everything, which in turn can lead to better emotional intelligence. This research aims to provide an overview related to the relationship between self-concept and emotional intelligence. Individual who is able identify himself through experiences from interaction with others tends to exercise him to have a better emotional intelligence. In this case, many factors affect the establishment of self-concept. Basically, how to apply emotional intelligence has begun with self-concept in the midst of their environment.

Keywords: *self-concept, emotional intelligence*

Introduction

Self-concept is always crucial for everyone in making decisions in their lives. Someone will act in accordance with his personal self-concepts, including in overcoming various problems, both personal problem and in groups.

In making decision, people tend to make an evaluation of themselves first. The ability to know themselves is part of self-concept. The self-concept is a reflection or a view of himself in having an interaction with other people.

Self-concept can be positive or negative. People having positive self-concept are able to understand themselves, both strengths and weaknesses. Therefore, they will make a wise decision, either for themselves or for others. Furthermore, they are more confident in making decisions, both for themselves and for others (group).

People should have positive self-concept so that it can result better emotional intelligence in interaction, he also has better self-control, he becomes more empathy and is he able to think rationally in decision-making.

In this era of competition and globalization, individuals are expected to have the positive self-concept so they might have better emotional intelligence. Emotional intelligence must be established through the positive self-concept.

Many individuals who are not able to have positive self-concept, which means their emotional intelligence are immature. The complexity of this situation exposes people to situations which cannot be controlled by them, simply because they rely on their ego. Mostly it happens when we work in groups involving members from various backgrounds.

Based on the thoughts as mentioned above, the researcher intends to write “The Relationship between Self-Concept and Individual Emotional Intelligence”.

The purpose of this research is to “Know the Relationship between Self-Concept and Emotional Intelligence”. Principally, this research is taken in the form of library research. This research is carried out intensively/in detail on the Relationship between Self-Concept and Emotional Intelligence or matters relating to the method carried out to describe everything related to the topic, so that it can ultimately be achieved. Therefore, we can understand the Relationship between Self-Concept and Emotional Intelligence.

The Discussion

Self-Concept

Self-concept is result of human learning process through relationship with others. The self-concept has an important role in determining individuals to value themselves. The establishment of self-concept facilitates individual to interact with others and anticipate other people's reactions.

According to Cagawas (Pudjijogyanti, 1993) self-concept includes all individuals views of the dimension of physical, personal characteristics, motivation, weakness, intelligence, failure and so forth. Meanwhile, according to Burns (pudjijogyanti,1993) self-concept is attitudes and beliefs about ourselves.

Wiliam D Brooks (Rahmat, 2003) self-concept is those phsyical, sosial, and psychological perceptions of ourselves that have derived from experiences and our interactions with others. Accordingly, the self-concept is the views and feelings about ourselves. The perception of ourselves may be psychological, social and physical.

Pietrosefa gives an illustration of self-concept adapted by Mappiare (2002), the first dimension of self-image, is ourselves seen by ourselves; the second self-image, is ourselves seen by others, other people's perceptions of ourselves ("this is how I think others see me"); the third self-image, refers to the types of people that I want to be (ideal self).

Self-concept according to Hurlock (1999) is related to physical and physiological. Physical aspects related to face or appearance of body, which involves the attractiveness and sex appropriateness of his body, the importance of the difference part of his body and the prestige that exists in him, while the psychological self-concept based on thoughts, feelings and emotional. This is related to the quality and ability to run an important role in life, such as courage, honesty, independence of learning, self-confidence, aspiration and abilities of different types.

Based on opinions as mentioned above, it can be concluded that the self-concept is awareness of the views, opinions, judgement and attitudes of a person towards himself which includes physical, personal self, family, social and also ethics.

Factors Affecting Self-Concept

Self-concept is developed through interactions with other people. Mead (Pudjigjoyanti, 1988) argued that the self-concept is social product, which is formed through the process of internalization and organization of psychological experiences. These psychological experiences are the result of an individual's exploration of the environment and the reflection of himself which is accepted by important people around him. Therefore, many factors affect self-concept.

1. Family relationship

Family attitudes affect individual self-concepts. According to Sullivan (Pudjigjoyanti, 1988), if someone is accepted by others, respected and liked because of himself, then he will respect and accept himself. Conversely, if others always underestimate, blame and reject him, then he will not like himself. High self-concept in children can be created if the condition of the family in high integrity and tolerance among family members. The child will see the parents as a successful figure or as trustworthy parents. Such family conditions can make child more confident in shaping all aspects of themselves, because he has a trustworthy model. The child also feels that he has the support of both parents in dealing with problems, so he becomes assertive and effective in solving problems, his anxiety level is reduced and elicit positive emotional intelligence and realistic in looking at the environment and himself.

2. Role of Social Factors

Self-concept is established by interaction of a person with those around him. What is perceived by someone about himself, cannot be separated from the social structure, role and status of that person.

3. Learning Process

Self-concept is a learning product. This leaning process happens in daily basis and people are generally not aware of it. Learning can be interpreted as psychological change which is relatively permanent, that occurs as a consequence of experiences so that person may know what is the best for him.

4. Self-Appearance

Self-concept formed by the prime self-appearance factors will lead to better self-confidence.

5. Environment
This environment refers to reactions of others against someone, reactions of other people which are waiting for individual to take a good and rational decision by using his emotional intelligence.
6. The reactions of others against him
In social life, many self-concepts are formed by reactions of others. People will view at individuals according to the pattern of behavior showed by himself. If someone thinks he is accepted, respected, liked and also needed, then he must make other people also feel accepted, respected by others and able to be empathetic toward others, which requires an emotional intelligence.
7. Creativity
Self-concept can also be formed by interaction, where there is an individual's ability to complete tasks, which can increase self-confidence so that someone will continue to try to give the best of himself, the group and the environment in which the individual lives.

Types of Self-Concepts

According to William D. Brooks (Rahmat, 2005:105) that in assessing themselves, there are those whose judge positively and those who judge negatively. This means that there are people who have positive self-concepts and some who have negative self-concepts.

1. Positive Self-Concept
The basis for positive self-concept is self-acceptance. This quality leads more to humility and generosity than arrogance and selfishness. People who know themselves well are people who have positive self-concepts.
The characteristics of individuals who have positive self-concepts are as follows:
 - a. Confident in his ability to overcome problems;
 - b. Feeling equal to others. He is always humble, not arrogant, not criticizing and or looking down on anyone, respecting others.
 - c. Receive compliments without feeling shame. He receives praise without feeling shame and without losing humility, so even though receives compliments, he does not boast of himself or underestimate others.
 - d. Recognize that every human being has desires, feelings and behaviors that are not necessarily fully approved by society. He is sensitive to others' feeling so that he will respect the others' feeling even though sometimes it is not approved by the society.
 - e. Able to improve themselves, so he can be accepted in his environment.
2. Negative self-concept
Individual who has negative self-concepts, believe and view that they are weak, helpless, unable to do anything, incompetent, fail, unfortunate, unattractive, disliked and lose his attraction to life. Individual who has negative self-concept will easily give up before fighting and if he experiences failure, he will blame himself or blame others.
The characteristics of individuals who have negative self-concepts are as follows:
 - a. Be sensitive to criticism;
 - b. Very responsive to criticism;
 - c. Tends to be hyper critical;
 - d. Tend to feel disliked by others; and
 - e. Be pessimistic about competition. This was revealed in his reluctance to compete with others in making achievements.

Emotional Intelligence

a. Definition of Emotional Intelligence

Emotional Intelligence refers to ability to recognize the meanings of emotions and use them in problem solving. Furthermore Goleman (2005) states that "emotion intelligence" or "emotional intelligence" refers to

the ability to control our one's own emotions, the emotions of others, the ability to manage emotions well, both our own emotions and in relationship with others.

According to Cooper c.s (2002) that, "the ability to sense, understand and effectively apply the power and acumen of emotions as a source of human energy, information, connection and influence"

Salovey and Mayer (Shapiro, 2003) define "emotional intelligence as, a subset of social intelligence that involves the ability to monitor one's own and others' feelings and emotions, to discriminate among them and to use this information to guide one's thinking and actions.

By considering the definition of emotional intelligence from experts above, it can be concluded that emotional intelligence is the ability to control emotion, to motivate ourselves, feel and understand the feelings of others and be able to think rationally in making decisions.

b. The Characteristics of Emotional Intelligence

Those who have the characteristics of emotional intelligence are those who are able to control their impulses and egos, so they show signs or characteristics of morals or have good character and exercise their emotions to be intelligent, as well as all their behaviors are indicated as characteristics of emotional intelligence. According Djamarah (2004), nature and behavior are indicative of the characteristics of emotional intelligence, namely: (1) able to control impulse; (2) able to motivate ourselves (intention, truly, sincerely); (3) able to survive under dealt with temptation (patient); (4) do not overdo pleasure (gratitude); (5) able to regulate mood (calm, forgiving, shy, honest); (6) keeping the burden of stress does not paralyze the ability to think; (7) empathy and pray (love, like to help others, be generous and ask for help from God).

As mentioned by Howard Gardner that, "emotional intelligence consists of skills, including intrapersonal intelligence and interpersonal intelligence". It can be concluded that, intrapersonal intelligence is a skill about one's own feeling such as self-awareness, self-regulation and motivation. While interpersonal intelligence is an ability to deal with other people which consists of empathy and social skills.

Goleman (2005) stated that "the characteristic of emotional intelligences include the ability to motivate oneself and persist in the face of frustration; to control impulse and delay gratification; to regulate one's moods and keep distress from swamping the ability to think; to empathize and to pray".

Based on the opinions of the experts above, it can be concluded that, the characteristics of emotional skills are the skills possessed to control one's own feelings and in dealing with others such as being able to think rationally in making a decision, accepting the reality of life with a stoic heart, being able to maintain mood so as not to be burdened with stress, able to feel the sadness experienced by others and easy to socialize with the surrounding environment. Those who have the characteristics of good emotional intelligence are those who are not rushed into making decisions, do not act according to feelings, are able to distinguish between reality and fantasy and are able to place themselves in reality.

c. Factors Affecting Emotional Intelligence

Many factors affect emotional intelligence. Ali c.s (2005) states that, the factors that affect emotional intelligence are as follows: (1) physical changes, (2) changes in patters of interactions with parents, (3) changes in interaction with peers, (4) changes in outside views, and (5) changes in interactions.

Differences in self-concept can affect differences in emotional intelligence. Individuals often build interactions of all their peers typically by gathering to do joint activities by forming a kind of gang. The interactions that occur between members in a gang group are usually very deep and have very high cohesiveness and solidarity.

Individuals today often collide with values that they cannot accept or are totally at odd with values that are of interest to them. At that time, there arose an idealism to change the environment in accordance with their identity.

d. Aspects of Emotional Intelligence

In socializing, the ability to build relationship with other people is needed and can be interpreted as a high social ability and make relationship broader. Goleman (2005) stated that there are 5 (five) areas of

emotional intelligence that can serve as guideline for individuals for success in daily life, namely: (1) self-awareness; (2) self-regulation; (3) motivation; (4) empathy; and (5) social skills.

Those who have positive self-concept are those who are able to use the deepest desires to move and guide toward the goals, help to take initiative and act effectively, persist in the face of failure and frustration. Those also have empathy, which means they can feel what others feel and be able to understand others' perspectives, foster trusting relationships and align themselves with various people. This can be seen if they are able to handle emotions well when dealing with others and carefully reading situations and social networks. People who have positive self-concept are people who are able to interact well in their environment, resolve disputes well, and be able to work together in teams.

Controlling emotions is confidence in ourselves in giving a deep impression on the ability to act and how the actions taken are influence by a calm mood so that hope and optimism become a treasure that is very useful. Being able to tolerate other people, it requires the ability to master a situation and be able to act wisely, therefore that person needs to pay attention to the feelings of others and see from other's point of view.

The Relationship Between Self-Concept and Emotional Intelligence

People who have positive self-concepts will be optimistic, self-confident and always be positive about everything, including the failures experienced. Failure is not considered as the end of everything, but is used as a discovery and valuable lessons for moving forward. People who have positive self-concepts will be able to appreciate themselves and see positive things that can be done for success in the future.

People who have positive self-concept will automatically have emotional intelligence. By knowing himself positively, a person will be able to overcome problems, be able to deal with stress, will practice to deal with pressure, be able to reduce negative emotions, always have a better life expectancy. Someone who has a positive self-concept is also able to express himself and be trained to hold emotions if necessary. Someone who has good emotional intelligence will be able to motivate himself, be responsive and optimistic in living his life. Someone who has a positive self-concept understand the strengths and weaknesses of himself so that he is more optimistic about achieving something and also able to overcome criticism from others. Positive self-concept facilitates social interactions so that people can control their emotions well. Someone who responds to himself and is able to develop emotional intelligence consistently will be more easily accepted in the society. Thus, that person understands himself that he has qualities and values that need to be harmonized through emotional intelligence with others who have relationships with him.

Conclusion

The conclusion is that self-concept is a view by someone about himself, including physical characteristic, social, psychological, emotional, aspirations and achievements. Some people have positive self-concepts and some people have negative self-concepts.

Emotional intelligence is the ability to control emotion, to motivate oneself, to feel and understand the others' feeling and be able to think rationally in making decisions. Emotional intelligence provides a deeper understanding of oneself and others, so that he is able to respond appropriately in thoughts and actions in daily life.

By having a positive self-concept, it is expected that someone will have good emotional intelligence in his personal life and in groups.

Suggestion

To have good emotional intelligence, there must be a positive self-concept. People having positive self-concept will know themselves, including their strengths, abilities and weakness. Therefore, we need to avoid the negative self-concept so that the positive things will arise in us.

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