

The effect of emotional control in improving communication ethics of SMP Silinda Students

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Abstract

Our country is an eastern country where culture of manners is highly upheld, but in fact now that culture has begun to fade coupled with technological advances that are wrongly utilized by today's teenagers. Where adolescence is a period of transition, so their emotions are not stable. This is what causes teenagers to be easily affected in everything, so that their ethics of communication have faded. This study is to determine the effect of emotional control in improving students' communication ethics, this study is categorized into quantitative research because it is more effectively used with research data in the form of numbers. This study involved two types of variables. The independent variable is Emotion Control, the dependent variable is Communication Ethics. The instrument used in this study was the emotional control questionnaire test and analyzed using descriptive statistics.

Keywords: emotional control, communication ethics, teenagers

1. Introduction

In the current era of globalization, the flow of information is so heavy coming from various kinds of media, both television, media, mass media and the internet. Every human without age are free to access it without a filter. Especially with the internet, the flow of information is more easily obtained, making our youth's perspective gradually change leaving the perspective of our ancestors as easterners. This has a big impact on the development of student behavior.

The current phenomenon of students who should have positive behavior is because they are in the process of forming character education, but along with the influence of television, internet, magazines, pornographic images and many others that are very easily accessible to teenagers, have a negative impact on adolescent behavior. If this is allowed to continue and it can damage the development of the next generation. The negative impact of free information flow can already be felt in changes in student behavior. Often students do sometimes inappropriate actions and words that are not polite to the teacher and friends, through behavior that does not have ethical manners and from speech that is not appropriate to be said by a student.

Manners are good manners, karma, civilization, morality (Big Indonesian Dictionary). Communication ethics is part of one of manners and can also be interpreted as a person's behavior in daily life which must be adjusted to his nature, place, time and environmental conditions.

There are many demands in the school environment and society. Among them are ethics. In the 1st edition of the Large Indonesian Language Dictionary (K. Bertens: 2013 : 4), Ethics is explained by distinguishing three meanings: 1). knowledge of what is good and what is bad and about moral rights and obligations (morals), 2). A collection of principles or values relating to morals, 3). The value of right and wrong that is adopted by a group or society

Communication ethics is a summary of terms that have their own meaning, namely norms, values, or measures of behavior that are good in communication activities in a community. Basically interpersonal communication can take place both

verbally and in writing. Orally can occur directly (face to face) or by using media such as telephone, SMS, facebook, e-mail, and so on, Suranto (2011: 135) [3].

2. Theoretical Review

2.1 Emotional Control

Emotional Control is the condition of a person who is in a pleasant state in order to be resistant and alert in the face of various forms of challenges, Hernowo, (2003: 205). Furthermore, Ary Ginanjar Agustian (2007: 226) says that emotional control is to keep the emotional position in a zero position, or a stable position. Emotional control needs to understand language that may be of higher value than words. Furthermore, emotional control is the ability to adjust, work tenacity, work attitude, as well as accuracy as well as speed in doing a job, Kunto Anggara, (2015: 134).

From the statement above, a student is said to have been able to control emotions when each member can develop himself and overcome his difficulties, especially in terms of emotional control.

In addition, there are also ways that can be done to train someone's emotional control Wahab (2015: 165), including:

1. Learn to recognize emotions and to avoid excessive interpretation of situations that can cause emotion. To be able to interpret the objective, try asking for some opinions from people about a particular thing or situation. For example, we feel that close friends hurt our heart, we can ask other friends whether it's true that our close friends are painful or maybe it's just our feelings that are more chaotic.
2. It is important to learn, to respond to the situation with not excessive thoughts and emotions, proportional to the situation, and in a way that is acceptable to the social environment.
3. Learn to recognize, to accept, and to express positive emotions (happy, pleased, beloved) and negative (worry, resentment, sadness, anger).
4. Learning delays gratification of needs.

2.2 Communication Ethics

Suranto (2011: 135) [3] communication ethics is a summary of terms that have their own meaning, namely norms, values, or measures of behavior that are good in communication activities in a society. Basically interpersonal communication can take place both verbally and in writing. Verbally can occur directly (face to face), or by using media such as telephone, SMS, facebook, e-mail, etc.

To keep the communication process going well, so that the purpose of communication can be achieved without causing estrangement between individuals, it is necessary to communicate ethics. The easiest way to implement the ethics of interpersonal communication is, the parties involved in the communication process, even all of us as members of the community need to pay attention to the following things:

- a) Local socio-cultural values and norms
- b) All rules, regulations, rules that have been agreed upon
- c) Customs, the preservation of habits
- d) Good social relations
- e) Norms of decency and character
- f) Norma is polite in all her actions

2.3 Communication Ethic’s Principle

In communication ethics, six principles are often used by people who are in a communication relationship, namely: 1) the principle of beauty, 2) the principle of equality, 3) the principle of goodness, 4) the principle of justice, 5) the principle of freedom, and 6) the principle truth, Suranto, (2011: 186) [3].

- 1) **The principle of beauty:** The principle of beauty underlies everything that includes the pleasure of pleasure in beauty. Based on this principle, humans pay attention to the values of beauty and want to show something beautiful in their behavior.
- 2) **The principle of equality:** Every human being has the same rights and responsibilities, so that demands arise for equal rights between men and women, racial equality, and similarities in various other fields.
- 3) **The principle of goodness:** This principle of goodness underlies individual behavior to always try to do good in interacting with its environment. This principle usually relates to human values.
- 4) **The principle of justice:** Understanding of justice is a permanent and eternal will give everyone what they should get.
- 5) **The principle of freedom:** Freedom can be interpreted as the freedom of individuals to act or not act according to their own choices. In the principles of life and human rights, every human being has the right to do things according to his own will in so far as they do not harm or interfere with the rights of others.
- 6) **The principle of truth:** Truth is usually used in scientific logic that arises from the results of logical / rational thinking. Truth must be proven and demonstrated, so that the truth can be believed by individuals and society.

3. Result and discussion

3.1 Research Population and Sample

The population in this research were all eighth grade students of Silinda Junior High School consisting of 25 students categorized as emotional control actors. While the subjects in this study were 25 students using total sampling techniques.

3.2 Research Design

The research design used in this research is a quantitative approach with a correlational method. Correlational methods are used to detect the extent of variations in a factor related to variations in one or more other factors based on the correlation coefficient Suryabrata, (2006). In this research, researchers want to explore the effect of emotional control in improving communication ethics.

3.3 Data collection technique

Data collection is done through questionnaires given to students. Arikunto (2006: 151) [1] says that "a scale or questionnaire is a number of written statements that are used to obtain information from respondents, consisting of emotional control questionnaires and communication ethics questionnaires. To assess students' answers, the Likert scale is used as follows:

Table 1: Awarding questionnaire scores based on Likert scale

No	Positive Question		Negative Question	
	Score	Info	Score	Info
1.	4	Very Agree	1	Very Agree
2.	3	Agree	2	Agree
3.	2	Disagree	3	Disagree
4.	1	Very Disagree	4	Very Disagree

- Ket: **Scale 4:** Very Agree (SS)
- Scale 3:** Agree (S)
- Scale 2:** Disagree (TS)
- Scale 1:** Very Disagree (STS)

3.4 Description of research result data

3.4.1 Validity test of emotional control

Based on the calculation of the correlation coefficient, for emotional control questionnaire number 1 obtained $r_{xy} = 0.595$ at a significant level $\alpha = 5\%$ and $N = 25$ obtained r_{table} value = 0.396 then from these results it can be seen that $r_{xy} > r_{table}$ is $0.595 > 0.396$ as well as the number 1 ethics communication questionnaire $r_{xy} > r_{table}$ is $0.562 > 0.396$ so it can be concluded that item number 1 is declared valid. Example: calculation of questionnaire number 1 is as follows:

$$r_{xy} = \frac{n \sum XY - \sum X \sum Y}{\sqrt{\{n \sum X^2 - (\sum X)^2\} \{n \sum Y^2 - (\sum Y)^2\}}}$$

$$r_{xy} = \frac{(25 \times 9264) - (70 \times 3232)}{\sqrt{\{(25 \times 216) - (70)^2\} \{(25 \times 424334) - (3232)^2\}}}$$

$$r_{xy} = \frac{5360}{\sqrt{81263000}}$$

$$r_{xy} = \frac{5360}{9015}$$

$$r_{xy} = 0,595$$

3.4.2 Reliability test of emotion control

Based on the results of the calculation of questionnaire reliability using the Spearman Brown formula split two odd-even numbers, it is known that the value of $r_{11} = 0.988$ and after consultation with the correlation index included in the high category. Then it can be concluded that the student emotional control questionnaire and communication ethics meet the reliability criteria so that it can be used as a data collection tool.

The reliability value of emotional control sought by alpha formula is as follows:

$$r_{11} = \left[\frac{k}{k-1} \right] \left[1 - \frac{\sum \sigma b^2}{\sigma \tau^2} \right]$$

$$r_{11} = \left[\frac{45}{45-1} \right] \left[1 - \frac{22,6}{796,26} \right]$$

$$r_{11} = \left[\frac{45}{44} \right] [1 - 0,033]$$

$$r_{11} = 1,025.0,967$$

$$r_{11} = 0,988$$

3.4.3 Validity test of communication ethics

Based on the calculation of the correlation coefficient, for the communication ethics questionnaire number 1 obtained $r_{xy} = 0.562$ at a significant level $5 = 5\%$ and $N = 25$ obtained r_{table} value = 0.396 then from these results it can be seen that $r_{xy} > r_{table}$ is $0.562 > 0.396$. Example: Calculation of questionnaire number 1 is as follows:

$$r_{xy} = \frac{n \sum XY - \sum X \sum Y}{\sqrt{\{n \sum X^2 - (\sum X)^2\} \{n \sum Y^2 - (\sum Y)^2\}}}$$

$$r_{xy} = \frac{(25 \times 8902) - (77 \times 2849)}{\sqrt{\{(25 \times 247) - (77)^2\} \{(25 \times 329795) - (2849)^2\}}}$$

$$r_{xy} = \frac{3177}{\sqrt{31890426}}$$

$$r_{xy} = \frac{3177}{5647}$$

$$r_{xy} = 0,562$$

3.2.4 Reliability Test of Communication Ethics

The reliability value of communication ethics sought by alpha formula is as follows:

$$r_{11} = \left[\frac{k}{k-1} \right] \left[1 - \frac{\sum \sigma b^2}{\sigma \tau^2} \right]$$

$$r_{11} = \left[\frac{40}{40-1} \right] \left[1 - \frac{23,18}{639,01} \right]$$

$$r_{11} = \left[\frac{40}{39} \right] [1 - 0,036]$$

$$r_{11} = 1,025.0,964$$

$$r_{11} = 0,988$$

3.2.5 Calculation of inter-variable correlation coefficients

To calculate the correlation coefficient between the research variables used product moment formula rough numbers, as follows:

$$r_{xy} = \frac{n \sum XY - (\sum X)(\sum Y)}{\sqrt{\{n \sum X^2 - (\sum X)^2\} \{n \sum Y^2 - (\sum Y)^2\}}}$$

From the calculation, the values are as follows:

$$\begin{aligned} \sum X &= 3232; \sum X^2 = 424334 \\ \sum Y &= 2849; \sum Y^2 = 329795 \\ \sum XY &= 374029 \\ N &= 25 \end{aligned}$$

By entering these values into the formula, they are obtained:

$$r_{xy} = \frac{25(374029) - (3232)(2849)}{\sqrt{\{25(424334) - (3232)^2\} \{25(329795) - (2849)^2\}}}$$

$$r_{xy} = \frac{9350725 - 9207968}{\sqrt{\{(10608350 - 10445824)(8244875 - 8116801)\}}}$$

$$r_{xy} = \frac{142757}{\sqrt{\{(162526)(128074)\}}}$$

$$r_{xy} = \frac{142757}{\sqrt{20815354924}}$$

$$r_{xy} = \frac{142757}{144275,27}$$

$$= 0,989$$

To find out whether the results of $r_{xy} = 0.989$ are significant or not, can consult the table of interpretation of the value of "r" product moment below.

Tabel 2: Value Interpretation "r" Product Moment Arikunto (2010: 276)

Value "r" product moment (r _{xy})	Interpretation
0,00 – 0,20	Between the X and Y variables there is a correlation, but the correlation is very weak and very low so the correlation is ignored (there is no correlation between variables X and Y)
0,20 – 0,40	Between variables X and Y there is a weak or low correlation
0,40 – 0,60	Between variables X and Y there is a moderate or sufficient correlation
0,60 – 0,80	Between variables X and Y there is a strong or high correlation
0,80 – 1,00	Between variables X and Y there is a very strong or very high correlation

Based on the r-theoretical table with $N = 25$, it is known that the value of r_{table} at the level of $5\% = 0.396$ and at the level of $1\% = 0.263$. Thus it is known that the results of $r_{count} > r_{table}$ or $0,989 > 0,396$ and $0,989 > 0,263$ both at the significance level of 5% and 1% and are declared significant. When viewed the size of r_{xy} is 0.989 according to the interpretation of the value of "r" product moment in the table above, it is located between $0.80 - 1.00$, with the category of strong or very high. It can be concluded that there is a correlation or influence between variables x, namely emotional control and y variable, namely the ethics of student communication.

4. Conclusion and suggestions

4.1 Conclusion

Based on the research results, it can be concluded that there is an effect of emotional control in improving communication

ethics. This can be seen from the results of the interpretation of the "r" product moment in the table above, it is located between 0.80 - 1.00, with the category of strong or very high.

4.2 Suggestions

Based on the conclusion above, then as a follow-up this research suggests the following matters:

i) Suggestion for other researchers

It is suggested for other researchers to pay attention in examining students' emotional control, so that they take into account other factors that have a relationship with emotional control and students' communication ethics such as family, peers, self-control, and living environment.

ii) Suggestion for research subject

When there was finding that there was an effect of emotional control in improving communication ethics, it is recommended that students who have low and moderate emotional control to attend group guidance services regularly and seriously, avoid associations with naughty friends, stay away from bad environments.

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