

THE INFLUENCE OF EMOTIONAL INTELLIGENCE ON WORK STRESS AMONG EMPLOYEES WORKING FROM HOME (WFH) IN JABODETABEK

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ABSTRACT

The research aims to find out how emotional intelligence influences the work stress of employees who do work From Home (WFH) in JABODETABEK. This research approach uses a quantitative approach with the psychology measurement scale. The population in this study is an employee who runs Work From Home in the JABODETABEK area with an incidental sampling research technique with a total of 202 subjects. The Measuring instruments in this study use the work stress scale adapted from Igor (1997), and the Emotional Intelligence Questionnaire Trait adapted from Petrides (2001). The statistical analysis method uses one Predictor regression analysis. The results of this study showed $p < 0.05$ which means there is a significant negative influence between emotional intelligence to work stress employees who are running work from home in the JABODETABEK area. The effect of emotional intelligence variables amounted to 16.5% against work stress variables.

Keywords: Emotional Intelligence, Work Stress, Employee Work From Home.