

Abstrak

Kekerasan emosional dalam hubungan pacaran merupakan permasalahan serius yang dapat berdampak negatif terhadap kesehatan mental, khususnya pada mahasiswa. Tujuan studi ini, mengkaji pengaruh kecerdasan emosional terhadap *psychological distress* mahasiswa yang mengalami kekerasan emosional dalam hubungan pacaran. Metode yang digunakan adalah pendekatan kuantitatif dengan rancangan korelasional. Responden penelitian didapat sebanyak 252 mahasiswa berusia 18-25 tahun di Bandung Raya yang pernah mengalami kekerasan emosional dalam hubungan pacaran. Pemilihan sampel dengan *non probability sampling* metode *purposive sampling*. Data dikumpulkan melalui kuesioner skala *Emotional Intelligence Questionnaire* dan *Kessler Psychological Distress Scale* (K10), kemudian dianalisis dengan statistik regresi linier sederhana. Hasil analisis menunjukkan kecerdasan emosional berdampak negatif signifikan terhadap *psychological distress* mahasiswa dengan koefisien regresi sebesar -0,123, menunjukkan bahwa semakin tinggi kecerdasan emosional, semakin rendah tingkat *psychological distress*.

Kata Kunci : *Kecerdasan Emosional, Kekerasan Emosional, Mahasiswa yang Berpacaran, Psychological Distress.*



Abstract

Emotional abuse in romantic relationships is a serious issue that can have negative effects on mental health, particularly among college students. The purpose of this study is to examine the influence of emotional intelligence on psychological distress among college students who have experienced emotional abuse in romantic relationships. The method used is a quantitative approach with a correlational design. The research respondents consisted of 252 students aged 18-25 years in Greater Bandung who experienced emotional abuse in a relationship. The sample selection was done using non-probability sampling with purposive sampling. Data were collected using the Emotional Intelligence Questionnaire and the Kessler Psychological Distress Scale (K10), then analyzed using simple linear regression statistics. The results of the analysis showed that emotional intelligence had a significant negative impact on psychological distress among students, with a regression coefficient of -0.123, indicating that the higher the emotional intelligence, the lower the level of psychological distress.

Keywords: *College Students in Dating, Emotional Intelligence, Emotional Violence, Psychological Distress.*

