

The Influence of Emotional Intelligence, Adaptation, and Homesickness toward Stress Level

Meickel Peterson; Liswandi

PRESIDENT UNIVERSITY

Email: meickel97@gmail.com; liswandi@president.ac.id

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Abstract

As freshmen, first semester of university life can be really challenging, being away from family and adapt to completely new environment. However if student can prevent stress, transition can be so much easier. The purpose of this study is to examine The Influence of Emotional Intelligence, Adaptation, and Homesickness toward the Stress Level of President University freshmen. This is a descriptive study using a quantitative approach. For the data collection this research used questionnaire. The samples collected in this study consisted of 113 freshmen. The result of this study showed that Emotional Intelligence has a negative significant influence toward Stress Level, Adaptation also has a negative significant influence toward Stress Level, and Homesickness has a positive significant influence toward Stress Level. This study suggested that by improving the Emotional Intelligence of a student, it will help adaptation process of freshmen, and reduce homesickness, President University student stress level can decrease significantly which will lead to boost of performance in academic and social.

Keywords: Adaptation, Emotional Intelligence, Freshmen, Homesickness, Stress Level,

Introduction

First year of higher education is a significant transitional encounter that can prompt achievement or disappointment at university (Thuo, 2017). First year of school life is certain not a simple piece of being undergrad, particularly for understudy from outside area that came to President University to get knowledge trusting that the learning that they get from President University will enable them to land extraordinary position and having effective life.

Stress can be experienced by anybody of different ages, races or sexes. Feelings of stress in the world are very high, for instance feelings of stress in the United States about 75% of grown-ups experience serious feelings of anxiety with an expanding number in the previous year (Association, 2013). In light of pre-examine directed on President University freshmen shows that they experience serious stress. Initially, the outcomes demonstrates that 62% of them having hard time to loose, 42.8% experiencing difficulty nodding off, and just 28.5% of students have explicit eat and dozing plan, which implies rest of them do not have explicit timetable for dozing and eating that shows extreme stress.

Emotional Intelligence idea was presented over 10 years prior by Salovey and Mayer as sort of social intelligence that incorporate the ability to screen one individual possess and other individuals feelings, to separate them and to utilize this data to direct one individual reasoning and activities (Salovey and Mayer, 2013). In light of the pre-think about led to President University students, 17.6% of President University students are not commonplace the expression "Emotional Intelligence" this is truly demonstrate that the knowledge of President University about emotional intelligence is very low considering Emotional Intelligence is actually notable these days.

Living in another culture or condition implies a great deal of changes throughout your life including the nonappearance of family and companions, meeting new companions, growing new system and relationship, encountering an alternate atmosphere and various foods (Sturt, 2018). In view of the pre-study led to President University freshmen, the outcomes demonstrates that 57% of students feel apprehensive at their first semester which is one of the pointer of adjustment issue. Additionally simply 28.5% happy with their scholarly accomplishment which is a piece of scholastic adjustment marker. The other pointer is demonstrates that the vast majority of them (71.4%) feel tired mentally all through the principal semester. This likewise upheld by research demonstrates that 46% of freshmen encounters stress in view of adjustment procedure to university life (Denman, 2015).

Homesickness characterized as the trouble or diminishing dimension of bliss brought about by a real or foreseen detachment from home (Thurber, 2012). Freshmen who announced more elevated amounts of homesickness indicated more awful in general adjustment to school live, even in controlling negative feeling background and earlier modification (English, 2016). On pre-investigation of homesickness level, it is demonstrated that President University students show abnormal state of pining to go home. To begin with, 56.1% of understudy feel pity that can't be lifted, 56.1% of them concur that they regularly experience absentmindedness (blankout/daydreaming), 62% of understudies concur that they frequently feel vulnerable. This additionally bolstered by research demonstrates that up to 70% of students will encounter homesickness in early days at college (Warwick, 2018).

Literature Review

Stress is one of the responses or mental reactions of people when looked with things that are considered to have surpassed restrains or are viewed as hard to manage. Each individual has involvement with stress even before people are conceived (Smeltzer and Bare, 2008). Stress is the procedure by which an individual or an individual shows when opened to outside or inner issues and difficulties (Essel, 2017).

Cooper and Sawaf (2013) Mention that emotional intelligence a beginning stage for the four capstone models, which comprised of passionate mindfulness, passionate wellness, enthusiastic profundity, and enthusiastic speculative chemistry. Capacity to perceive our very own sentiments and those of others for rousing ourselves, and for overseeing feelings in ourselves in our relationship (Goleman, 2012). Goleman (2006) additionally adjusts five things that are incorporated into the emotional intelligence of the Salovey and Mayer models.

Freshmen when entering school will and no doubt need to make acclimations to their new condition, from Junior High School to change to Higher Education. Amid the self-modification process, first-year understudies experience different sorts of changes that can prompt issue in the College both scholastically and socially, with changes that happen issues that are experienced by first-year students of universities (Nurfitriana, 2017).

Separation tension issue is one of the conceivable appearance that become homesickness later to the point of hopelessness when far from home (American Psychiatric

Association, 2013). Being isolated from the youth condition and family and being with new circumstance on the initial couple of long stretches of school truly can cause partition nervousness issue. (Stroebe, Schut, and Hauta, 2016) clarify that homesickness as "minigrief", an adverse enthusiastic state for the most part in light of detachment from home and connected people, described by aching for and distraction with home and regularly make it hard to changing in accordance with new place. From the discussion above, several hypothesis may appear namely:

Hypothesis 1: There is a significant influence of Emotional Intelligence (X1) towards Stress Level(Y).

Hypothesis 2: There is a significant influence of Adaptation (X2) towards Stress Level(Y).

Hypothesis 3: There is a significant influence of Homesickness (X3) towards Stress Level(Y).

Hypothesis 4: There is simultaneous significant influence of Emotional Intelligence (X1), Adaptation (X2), and Homesickness (X3) towards Stress Level (Y).

Methodology

Participants

The participants for the present study were President University students batch 2018 majoring in management.

Instruments

Instrument used in this research is questionnaire adopted from previous research which contributed by Sun (2016), Al-Mahrooqi (2015), and Goleman (2006).

Results

Statistical analysis reported in this study were based on a sample of 113 students who participated in this research. Data obtained from questionnaire analyzed using Multiple regression analysis using SPSS v23.

Table 1 Coefficients

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Collinearity Statistics	
		B	Std. Error	Beta			Tolerance	VIF
1	(Constant)	20.378	3.900		5.224	.000		
	TOTAL_EI	-.440	.136	-.239	-3.223	.002	.780	1.282
	TOTAL_AD	-.239	.117	-.211	-2.045	.043	.626	1.597
	TOTAL_HS	.413	.120	.320	3.442	.001	.775	1.290

a. Dependent Variable: TOTAL_ST

(Constructed using SPSS v.23)

From the test results in table 1 shows that all independent variables have Tolerance values above 0.10 and VIF value is far below number 10. So it can be concluded that in the model that used in this research there is no problem with multicollinearity or there is a strong relationship or correlation between the independent variables.

From the table 1 show that the significant value each variable, here the result for each variable:

1. Emotional Intelligence (X1) Toward Stress Level (Y)

Ho.1: $\beta_1 = 0$: There is no significant influence of Emotional Intelligence toward Stress Level.

Ha.1: $\beta_1 \neq 0$: There is significant influence of Emotional Intelligence toward Stress Level.

It can be seen from the table test result on table 1 The coefficient regression for X1 (Emotional Intelligence) obtained the value of 0.002 which is lower than the significant level of 0.05. This indicates the variable of Emotional Intelligence have significance influence toward the dependent variable (Stress Level) then Ha.1 is accepted and Ho.1 is rejected from hypothesis 1.

2. Adaptation(X2) Toward Stress Level (Y)

Ho.2: $\beta_2 = 0$: There is no significant influence of Adaptation toward Stress Level.

Ha.2: $\beta_2 \neq 0$: There is a significant influence of Adaptation toward Stress Level.

It can be seen from the table 1 The coefficient regression for X2 (Adaptation) obtained the value of 0.043 which is lower than the significant level of 0.05. This prove that the variable of Adaptation has significant influence toward the dependent variable (Stress Level), then Ha.2 is accepted and Ho.2 is rejected from hypothesis 2.

3. Homesickness (X3) Toward Stress Level (Y)

Ho.3: $\beta_3 = 0$: There is no significant influence of Homesickness toward Stress Level.

Ha.3: $\beta_3 \neq 0$: There is a significant influence of Homesickness toward Stress Level.

It can be seen from the table 1, the coefficient regression for X3 (Homesickness) obtained the value of 0.001 which is lower than the significant level of 0.05. This prove that the variable of Homesickness has significant influence toward the dependent variable (Stress Level), then Ha.3 is accepted and Ho.3 is rejected from hypothesis 3.

Table 2 ANOVA/F-Test Analysis

ANOVA^a

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	512.605	3	170.868	13.569	.000 ^b
	Residual	1372.616	109	12.593		
	Total	1885.221	112			

a. Dependent Variable: TOTAL_ST

b. Predictors: (Constant), TOTAL_HS, TOTAL_EI, TOTAL_AD

(Constructed using SPSS v.23)

The requirement value to be achieved in this F test is that the meaning value must be less than 0.005. To have positive correlation, F value has to be greater than F Table (2.70).

Discussions

Emotional Intelligence (X1) towards Stress Level (Y)

Cooper and Sawaf (2002) Mention that emotional intelligence a beginning stage for the four capstone models, which comprised of enthusiastic mindfulness, passionate wellness, enthusiastic profundity, and passionate speculative chemistry. Capacity to perceive our own sentiments and those of others for persuading ourselves, and for overseeing feelings in ourselves in our relationship (Goleman, 2012). Student with higher Emotional Intelligence

can be found on understudy that had higher vanity level. Self-saw worry with lower level can be found on understudy with higher Emotional Intelligence. Improving Emotional Intelligence will help improve scholarly execution of student and furthermore help to decrease the dimension of pressure and better adapting amid expert life in future (Ranashinghe, 2017).

Hypothesis 1 testing result shows that Emotional Intelligence variable gives significance influence towards Stress Level President University freshmen. It can be bold or explained because the T-Test result of -3.223 with significant level of 0.002, which is lower than 0.05. It is means that Emotional Intelligence variable have significant influences toward the Stress Level of President University Freshman.

This result is in line with the previous research of Kartika (2015) that shows the level of student Emotional Intelligence can highly influence the effectiveness of coping stress or problem.

Adaptation (X2) toward Stress Level (Y)

Self-adjustment in school is a psychosocial procedure that is a wellspring of weight on students and requires adapting abilities in different zones. Students are required to have the capacity to conform to the scholarly, social, individual enthusiastic, and intrigue territories of the organization (Hutz & W , 2007). Psychosocial stress is high among freshmen of college, ladies, and universal students in light of the change and adjustment they should make in their scholastic, social, and social lives in another condition, since they left all past help people, for example, kin, parents, and secondary school companions (Seyedfatemi, 2007).

Hypothesis 2 test result shows that Adaptation variable gives has negative significant influence toward Stress Level of President University Freshman. It can be clarified on the grounds that the T-Test after effect of -2.045 along with the significance level of 0.043, which is lower than 0.05. This is make Adaptation variable is essentially influence the Stress Level of President University Freshman.

This result inline the research from Fuad (2013) that shows Adaptation have significant influence toward Stress Level.

Homesickness (X3) toward Stress Level (Y)

Partition uneasiness issue is one of the conceivable sign that become homesickness later to the point of wretchedness when far from home (American Psychiatric Association, 2013). Being isolated from the youth condition and family and being with new circumstance on the initial couple of long stretches of school truly can cause division uneasiness issue. (Stroebe, Schut, & Hauta, 2016) clarify that pining to go home as "smaller than usual anguish", an adverse enthusiastic state for the most part in light of division from home and appended people, portrayed by yearning for and distraction with home and regularly make it hard to changing in accordance with new place.

Hypothesis 3 testing result that Homesickness variable gives positive significant influence towards Stress Level President University freshmen. It can be bold or explained because the T-Test result of -3.442 with significant level of 0.001, which is lower than 0.05. This means that Homesickness variable significantly influences to Stress Level of President University freshmen.

Regarding to Sun (2016) in his study showed a significant influence on Homesickness toward the retention which caused by stress, so the higher level of Homesickness on a student the higher level of stress they will get.

Emotional Intelligence, Adaptation, and Homesickness (X1, X2, X3) toward Stress Level (Y)

Hypothesis 4 testing result shows that three of the independent variables, which is Emotional Intelligence, Adaptation, and Homesickness simultaneously influence stress level President University freshmen. It can be seen from the F-table that shows significant of 0.000 which pass the requirement to be significant. It means differences in Emotional Intelligence, Adaptation, and Homesickness all together in President University freshmen have significant difference toward their stress level.

Conclusion

This section draws the correlation between three independent variables used on this research which is Emotional Intelligence, Adaptation, and Homesickness toward one dependent variable which is Stress Level.

1. There is a significant negative influence of Emotional Intelligence variable toward Stress Level on President University freshmen, this means that when the Emotional Intelligence variable increase will be influencing to the decrease of Stress Level.
2. There is a significant negative influence of Adaptation variable toward Stress Level on President University freshmen, this means that when the Adaptation variable increase will be influencing to the decrease of Stress Level.
3. There is a significant Positive influence of Homesickness variable toward Stress Level on President University freshmen, means when the Homesickness variable increase will be influencing to the increase of Stress Level.
4. There is a simultaneous significant influence of independent variable (Emotional Intelligence, Adaptation, and Homesickness) towards Stress Level of President University freshmen.

Recommendations

Recommendation for freshmen is to keep figure out how to control feeling and get familiar with Emotional Intelligence since it can truly profit student in numerous circumstance, is college life as well as it is aptitude that understudy requirement for lifetime. For adaptation, understudy need to meet individuals, joining occasion, get association however much as could be expected, yet pick which association is the best student to staying in for consistent schedule. This will help a great deal in experiencing college life. The latter is for Homesickness, stay in touch with family or companion from student main residence is significant yet do not make it the reason understudy would prefer not to get new association. Extraordinary adaptation, getting new companions can enable understudy to feel quiet and feel less homesickness.

President University need to give more thoughtfulness regarding freshmen condition particularly their mental perspective. Beginning from expanding the familiarity with student about the significant of having conventional Emotional Intelligence and how Emotional Intelligence can help in numerous part of life. This outcome demonstrates that Emotional Intelligence Emotional Intelligence show extremely noteworthy impact toward the Stress Level of freshmen. President University can help increment the mindfulness and learning of the understudy by directing class, or even incorporate Emotional Intelligence to educational programs thinking about the amount Emotional Intelligence can help understudy later on

particularly if the understudy were to be pioneers later on. The second is about adjustment, campus can improve the best approach to help freshmen settle in on campus particularly since the primary semester is the hardest adjustment process. President University can help freshmen by improve the Student Orientation to be more adjustment situated, help understudy think better about the earth, by incorporating discourse session with seniors on the best way to adjust with college life, particularly in Cikarang, and inviting occasion inside workforce so understudy can have greater scope of association. About achiness to visit the family there is really something President University can do, really the students as of now have clubs where individuals can assemble with individual with same main residence district and ethnic for instance individuals from Manado, or Sumatera Utara. On the off chance that President University can help increment the nature of these club, and help every green bean understudy interface with these clubs it beyond any doubt can help diminishing homesickness level and in the long run lessening the anxiety of freshmen.

For future research who wants to use Stress Level as a research, it is necessary to do further research for Stress Level Freshman on University on other factors besides Emotional Intelligence, Adaptation, Homesickness in this research, such as lecture, academic demand, facilities, food, languages, etc. Subsequent research also suggests examining other variables such as family background, ethnic, language barrier, finance which related to Stress Level by looking on other University and wider population.

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