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"THE EFFECTS MONDAY'S FAST ON THE LEVEL OF MOTIONAL INTELEGENCE ON THE SANTRI MONATERY QUR'AN BABUSSALAM"

ABSTRACT

Background: Emotional intelligence is the ability that a person has to respond to a problem or things that exist in the surrounding environment. Ordinary emotions require individuals to behave well or badly, but most people use emotions to harm themselves. The work between the amygdala and neocortex is the center of emotional intelligence in case of emotional instability the brain must be maintained and controlled by being trained continuously.

Objective: To know the habit of fasting Monday Thursday and the level of emotional intelligence in the santri who run the fasting program Monday Thursday at the boarding school al-quran babussalam.

Methods: This study uses Observational Analytics as well as the Cross Sectional Study approach. The population of this study is santri pondok pondok pesantren Qur'an Babussalam with a total of 88 samples.

Results: Santri who had a low level of emotional intelligence as many as 7 people (8%). While respondents who have a high level of emotional intelligence as many as 81 respondents (92%). 24 people (27.3%) did not regularly observe fasting on Mondays. While respondents who routinely observe fasting Monday-Thursday as many as 64 respondents (72%).

Conclutions: With the signification rate of α : 5% obtained a P-Value value of 0.015 which means H0 rejected and HA accepted which shows that there is an influence between the frequency of fasting on Monday Thursday on the level of emotional intelligence in the santri pondok pondok Qur'an Babussalam.

Keywords: fasting Monday Thursday, emotional intelligence.