

ABSTRACT

MUHAMMAD ROFIAL AZIZ, 2025. *Differences in Emotional Intelligence Between Active Students Participating in Sports and Non-Sports Student Activity Units at Siliwangi University*. Physical Education Departement, Faculty of Teacher Training and Education, Universitas Siliwangi.

This study aims to determine the differences in emotional intelligence between active students who participate in sports-based student activity units (UKM) and those involved in non-sports UKMs at Siliwangi University. The research used a quantitative approach with a descriptive comparative method. A total of 90 students were selected as the sample, consisting of 45 from sports UKMs and 45 from non-sports UKMs. The instrument used was an emotional intelligence questionnaire based on Goleman's five dimensions: self-awareness, emotional regulation, self-motivation, empathy, and social skills. Data were analyzed using the independent t-test. The study results showed no significant difference in emotional intelligence between students actively participating in sports student clubs (UKM) and those actively participating in non-sports student clubs (UKM) at Siliwangi University.

Keywords : *Emotional Intelligence, Student Organizations, University Students, Sports Activities, Non-Sports UK*

