

ABSTRAK

SITIAWATI MULYANAH 2024. **KORELASI *EMOTIONAL INTELLIGENCE* DAN TINGKAT STRES AKADEMIK TERHADAP *COGNITIVE LOAD* PADA MATA PELAJARAN BIOLOGI (Studi Korelasional di Kelas XI MIPA SMA Negeri 4 Tasikmalaya Tahun Ajaran 2023/2024).**

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Pendidikan abad-21 menyoroti pentingnya pemahaman tentang *cognitive load* dan *emotional intelligence* dalam proses belajar mengajar pemahaman tentang *cognitive load* dan *emotional intelligence* dalam proses belajar mengajar menjadi penting karena keduanya saling terkait dalam membentuk pengalaman belajar yang efektif dan berdaya guna bagi peserta didik. Penelitian ini bertujuan untuk mengetahui korelasi *emotional intelligence* dan tingkat stres akademik terhadap *cognitive load* peserta didik pada mata pelajaran biologi di kelas XI MIPA SMA Negeri 4 Tasikmalaya. Metode penelitian yang digunakan adalah korelasional. Populasi dalam penelitian ini adalah seluruh kelas XI MIPA SMA Negeri 4 Tasikmalaya yang terdiri dari 5 kelas dengan jumlah 190 peserta didik. Sampel penelitian diambil dengan menggunakan *total sampling*. Instrumen yang digunakan terdiri dari kuesioner *emotional intelligence* sebanyak 44 pernyataan, tingkat stres akademik sebanyak 16 pernyataan, 20 *cognitive load* pernyataan. Teknik analisis data yang digunakan yaitu uji korelasi *bivariat* dan *multivariat*. Hasil penelitian yang diperoleh ada korelasi *emotional intelligence* dan tingkat stres akademik terhadap *cognitive load* peserta didik dengan koefisien korelasi (R) 0,957 artinya memiliki tingkat hubungan yang sangat kuat. Koefisien determinasi variabel *emotional intelligence* dan tingkat stres akademik terhadap *cognitive load* diperoleh R^2 0,916 artinya variabel *emotional intelligence* dan tingkat stres akademik memberikan kontribusi terhadap *cognitive load* sebesar 91.6% sedangkan sisanya sebesar 8,4% merupakan variabel yang tidak diteliti dalam penelitian ini. Kesimpulannya penelitian ini yaitu ada korelasi antara *emotional intelligence* dan tingkat stres akademik terhadap *cognitive load* peserta didik pada mata pelajaran biologi di kelas XI SMA Negeri 4 Tasikmalaya.

Kata Kunci: biologi; *cognitive load*; *emotional intelligence*; tingkat stres akademik;

ABSTRACT

SITIAWATI MULYANAH 2024. **Correlation Between Emotional Intelligence and Academic Stress on Cognitive Load In Biology Subject (Correlational Study in Class XI MIPA SMA NEGERI 4 Tasikmalaya Academic Year 2023/2024).**

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21st-century education highlights the importance of understanding cognitive load and emotional intelligence in the teaching and learning process understanding cognitive load and emotional intelligence in the teaching and learning process is crucial because they are interconnected in shaping an effective and meaningful learning experience for student. The goal in this study to determine the correlation between emotional intelligence, academic stress levels, and students' cognitive load in biology subjects in class XI MIPA SMA Negeri 4 Tasikmalaya. The research method used is correlational. The population in this study is all classes XI MIPA SMA Negeri 4 Tasikmalaya, totaling 5 classes with 190 students. The research sample was obtained using total sampling. The instruments used include a 44-item emotional intelligence questionnaire, a 16-item academic stress level questionnaire, and a 20-item cognitive load questionnaire. Data analysis techniques employed include bivariate and multivariate correlation tests. The research findings indicate a correlation between emotional intelligence and academic stress levels with students' cognitive load, with a correlation coefficient (R) of 0.957, indicating a very strong relationship. The coefficient of determination for emotional intelligence and academic stress level variables on cognitive load was obtained as R^2 0.916, suggesting that emotional intelligence and academic stress level contribute to cognitive load by 91.6%, while the remaining 8.4% constitutes variables not investigated in this study. In conclusion, this research demonstrates a correlation between emotional intelligence and academic stress levels with students' cognitive load in biology subjects in the 11th grade at SMA Negeri 4 Tasikmalaya.

Keywords: *academic stress; biology; cognitive load; emotional intelligence*