

The Relationship Between Emotional Intelligence and *Alexithymia* in Broken Home Adolescents

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ABSTRACT

Study This aim for know the relationship between emotional intelligence and *alexithymia* in broken home teenagers. Hypothesis in study This is There is connection significant negative between Intelligence emotion with *alexithymia* in broken home adolescents. Subject in study This is teenager with divorced parents, with range aged 12 – 18 years, and not yet Marry. Amount subject in study This that is as many as 113 broken home teenagers. Collection method subject with use technique *purposive sampling*, data collection using scale intelligence emotion and scale *Toronto Alexithymia Scale (TAS-20)*. Data analysis techniques using correlation *product moment (pearson correlation)* with use *Jamovi version 2.3.26.0*. Based on results analysis of the data obtained The R coefficient is – 0.634 with ($p < 0.05$). These results show that there is connection significant negative between intelligence emotions and *alexithymia* in broken home adolescents. Accepted hypothesis in study This show coefficient determination (R^2) is 0.402. It means variable intelligence emotion can influence of 40.2% against behavior *alexithymia* and the remaining 59.8% is influenced by factors psychological other.

Keywords: Teenagers, broken home, intelligence emotions, *Alexithymia*

Introduction

Human development is A processes in life begin from physical, behavioral, cognitive and emotional growth and changes (Huberman, 2002). One of the phases in stages human development is adolescent phase. The word adolescence comes from the word *adolescere* (Latin) which means growing towards maturity (Muss in Sarwono, 2011). Adolescence is also known as a transitional age, during this period adolescents have grown from a weak and dependent childhood, but adolescents are not yet able to take full responsibility for themselves and their surrounding environment, according to (Willis, in Detta & Abdullah, 2017).

Erikson (1968) expert psychology development, explained range aged 12-18 years. *The American Psychological Association (APA)* defines teenager as someone aged in range from 12 to 18 years. Stage relevant developments with age teenager called " Identity versus Doubt " (*Identity versus Role Confusion*), at stage Nowadays, teenagers really struggle in find identity self and decisive role as well as objective clear life (Erikson, 1968). During this time, teenagers face task For develop identity yourself and clarify goals and roles in life. ideally by age

teenager, someone often start submit more questions deep about self yourself, life, and everything anxiety as well as felt anxiety. However moment This No A little from a teenager in fact experience difficulty in disclose what you feel. Adolescence is h a time when there is emotional tension, due to being under social pressure and facing stages life new. According to Hurlock (2003), the emotional upheaval that occurs in adolescents cannot be separated from various influences, such as the environment where they live, family, school, peers, and activities carried out in daily life. The results of research conducted by Kelly & Emery (2003) show that parents ' divorce trusted can give rise to various problem behavior and emotions in children and adolescents. Broken home is described as an incomplete family condition, this is caused by divorce, death or leaving the family (Chaplin, 2005). Abib (in Ardini et al., 2019) stated that, divorce impact on behavior teenagers who are continuously sad and embarrassed by their broken and no longer harmonious family situation. Therefore That teenager need equipped with intelligence emotion For pass phase development in life.

When I was a teenager have intelligence good emotions, then teenager can reduce aggression, eliminating anxiety, as well fast For rise from problems faced (Goleman, 2007). Intelligence emotion teenager will visible at the moment teenager capable disclose emotion in self, show impression positive, trying for do adaptation with environment, yes control emotions, as well capable express reaction emotion in accordance with time and conditions at the time that, so can intertwined good relationship with other people. However matter the No owned by teenagers with *alexithymia*.

Mei et al., (2018) stated that someone has a tendency to *Alexithymia* will difficulty identifying one's feelings own as well as other people's emotions, difficulties in managing emotions wisely in an interpersonal context. Difficulty in identifying emotions and expressing them felt feelings, p the can impact on the psychological development of adolescents and adolescents may experience confusion in expressing Emotional reactions to events experienced are referred to as *alexithymia* (Pu scasu et al., 2016). Broken home teenager with *alexithymia* possible just own experience strong emotions, will but teenager the No can explain reason behind emergence emotion the.

Alexithymia is a condition of the inability to recognize, identify, and express feelings and emotions verbally or non-verbally (Bagby, Parker, & Taylor, 1997). Based on the theory presented by Bagby, Parker, and Taylor, (1997) there are 4 constructs of *alexithymia*, namely: aspects of difficulty in recognize feelings (*Difficulty Identifying Feelings*); deep difficulties explain moderate feeling felt (*Difficulty Describing Feelings*); limitations in the imagination process (*Limited Fantasy*); and type externally oriented cognitive (*Externally Oriented Thinking*).

In research this, researcher only use three construct main in accordance with construct on the tool measuring *Toronto Alexithymia Scale* (TAS-20) created by Bagby, Parker, and Taylor, (1994); In research by Bagby, Parker, and Taylor, (1994) it was found that tool measuring the uses 3 constructs, including difficulty in recognize feelings, difficulties in explain perceived feelings, and types externally oriented cognitive. Third construct the Already Enough represent construct other For measure level *alexithymia* in research This.

Another reason researchers is because third construct the is the main domain *alexithymia*, which with reduce amount the construct used, can guard consistency theoretical in study This. Researcher can focuses on deeper concepts linked and integrated with existing theory, so produce more research cohesive and purposeful.

In Indonesia there are several studies that discuss this about *alexithymia*, as Harjanah's research obtained the results were 32.2% *alexithymia* from a total sample of 215 people aged 18-22 years (Harjanah in Pangestuti, 2021). So it can be concluded that the level of *alexithymia* in teenagers aged (18-22 years) in Indonesia is in the moderate category. In Lestari's research, 70 people (47%) experienced this *alexithymia* from 150 people aged 18-23 years (Lyvers et al., 2020). So it can be concluded that the prevalence rate *alexithymia* in teenagers aged (18-23 years) is in the high category.

Study This important done Because found the impacts of alexithymia *on* individuals, including internal dissatisfaction relationships (Holder et al., 2013); difficulty sleeping (Insomnia) (Bauermann et al., 2008), boredom (Eastwood et al., 2007), behavior aggression and violence (Laulik et al., 2013), *sustained attention* (Malkovsky et al., 2012), antisocial behavior (Morgan & Williams, 2011).

Beside There are also factors that influence *alexithymia*, namely emotional intelligence (Parker, et al., 2001), *Attachment Style* (Usaci & Puscasu, 2015), and *Post Traumatic Stress Disorder* (Thompson, 2009). Based on several influencing factors *alexithymia*, then The researcher chose emotional intelligence to be used as the X variable in this research. Austin's research shows that, emotional intelligence has a negative relationship with *alexitymia* (Austin et al., 2005).

Emotional intelligence is an individual's skill in understanding and managing their emotions, when an individual difficult to overcome problems, then individuals are able to motivate themselves, have a caring attitude in knowing and understanding the emotions of other individuals, and are able to maintain relationships with other individuals (Goleman, 2015).

Goleman (2015) stated There are five aspects of emotional intelligence, including : recognizing one's emotions, managing emotions, motivating oneself, recognizing the emotions of others, and building relationships.

According to results research Parker et al., (2001), Several study say that *alexithymia* has connection with a number of variable study psychological, incl intelligence emotion. Found a number of factors that influence *alexithymia*, one of them which is related to the *alexithymia variable*, namely emotional intelligence. The emotional state of a broken home teenager often appear like angry, out of control, and disappointed with the problems that have occurred, feeling lonely because when the family members gather they are not complete. Teenagers tend to show indifferent behavior or attitudes because of the limited skills of teenagers in empathy so that the tendency to *alexithymia* is high. Teenagers who experience *alexithymia* does not capable processing emotion with Good. Inability This influenced by ability regulate

emotional, motivating yourself, understand feeling self and others, as well build connection with other people who are aspects intelligence emotions (Beadle, 2013; Posse & Hallstorn, 2001; Thompson, 2009; Mcdoughal, 1989; in Herlim., 2019)

Based on the explanation above, it can be concluded that each dimension of emotional intelligence is related to a person's *alexithymia behavior*. It means intelligence emotion can predict or measure How change to *alexithymia* in oneself broken home teenager.

Based on the description above, then researchers want to know whether there is a relationship between emotional intelligence and *alexithymia* in broken home teenagers ?

Method

Study This use approach quantitative.amount subject in study This were 113 subjects. Characteristics subject in study This that is teenager with divorced parents, with range aged 12-18 years, and not yet Marry.

Data collection methods used in study This that is scale. In research This researcher use scale likert. Likert scale divided into two types of items, namely *favorite* items and *unfavorable items* that should answered by the respondent. *Favorite* item is supporting statement object attitude, while *unfavorable* items is an item that is not support on objects attitude (Azwar, 2012).

Alternative answer from second tool measure who uses Likert scale consists from 4 options, namely Very Suitable (SS), Suitable (S), Not Suitable (TS), Very Unsuitable (STS). *Favorite* item own starting score from SS = 4, S = 3, TS = 2, and STS = 1. While *unfavorable* items the score started of STS = 4, TS = 3, S = 2, SS = 1. In research This researcher use scale adoption good at variables free (intelligence emotions) or variable bound (*alexithymia*).

For variable *alexithymia* researcher use scale *Toronto Alexithymia Scale (TAS-20)* created by Bagby, Taylor, and Parker (1994) which was translated to in Indonesian by Yusainy (2017), and adapted by Ismayanti (2022). *The alexithymia* scale consists of of 20 items, consisting from three aspects, *Difficulties Identifying Feelings (DIF)*, *Difficulties Describing Feelings (DDF)*, *Externally Oriented Thinking (EOT)*.

Cronbach alpha (a) value on the results its reliability reach figure 0.825. The score value shows numbers ≥ 0.70 have indication that tool measure used own level good reliability and can used as one of the instrument in research (Sugiyono, 2018). With so can concluded that scale *The Toronto Alexithymia Scale (TAS-20)* is tool reliable measure.

For variable intelligence emotion researcher use scale k intelligence emotion compiled by Azzahra (2022). This scale consists of 29 items, of which 15 items *are favourable* and 14 *unfavorable items*. This scale arranged based on five aspects stated by Goleman (2015), including recognize emotion self, manage emotional, motivating self, recognize other people's emotions, and fostering connection. Validity value on the scale this is in range numbers 0.260

to with 0.611 and no there are items that are dropped. For mark *Cronbach alpha (a)* on results its reliability reach figure 0.892. The score value shows numbers ≥ 0.70 have indication that tool measure used own level good reliability and can used as one of the instrument in research (Sugiyono, 2018). With so can concluded that scale intelligence emotion is tool reliable measure.

Research data analysis methods This done with method study Product moment correlation (*Pearson correlation*) for test hypothesis connection between two variables that is variable free (X) intelligence emotion with variable dependent (Y) *alexithymia*, researcher use formula correlation *product moment* supported by the *jamovi* program 2.3.26.0 for windows.

Results and Discussion

Based on the research data obtained from scale Emotional Intelligence and scales *Alexithymia* which becomes base testing hypothesis with calculation score hypothetical and empirical. From the results analysis scale intelligence emotion hypothetical data is obtained with subject minimum score i.e. $1 \times 29 = 29$ and score maximum $4 \times 29 = 116$, average hypothetical $(29 + 116) : 2 = 72.5$, distance spread hypothetical $116 - 29 = 87$ and standard deviation $(116 - 29) : 6 = 14.5$. Beside That results analysis empirical origin from empirical data that is score lowest 41 and score highest 102, distance distribution empirical 89.3; average empirical 67.1 and standard deviation 9.45.

From the results analysis scale *alexithymia* with 20 items, minimum score 1 and score maximum 4. Hypothetical data is obtained with subject minimum score $1 \times 20 = 20$ and score maximum $4 \times 20 = 80$, average hypothetical $(20 + 80) : 2 = 50$, distance spread hypothetical $80 - 20 = 60$ and standard deviation $(80 - 20) : 6 = 10$. Besides That results analysis empirical that is score minimum 37 and score maximum 67, distance distribution empirical 33.1; average empirical 56.2 and standard deviation 5.75. Description of research data used as base testing hypothesis.

Based on results categorization scale intelligence emotion with amount subject 113 broken home teenagers. Obtained 4% (N = 5) subjects own intelligence high emotion, 86 % (N = 97) subjects own intelligence moderate emotions, 10 % (N = 11) subjects own intelligence low emotions. Can be concluded that majority subject in study This own intelligence emotion with category currently.

Based on results categorization scale *alexithymia* with amount subject 113 broken home teenagers. Obtained 64% (N = 72) subjects had high *alexithymia*, 35 % (N = 40) of subjects own moderate *alexithymia*, 1 % (N = 1) subjects own low *alexithymia*. Can be concluded that majority subject in study This own *alexithymia* with category tall.

In research This for normality test that is use technique analysis *Kolmogorov-Smirnov* (KS-Z). According to Hadi (2017), normality test own rule that If mark KS-Z significance > 0.05 means the data is normally distributed, however If mark KS-Z significance ≤ 0.05 then the data is not distribute normally.

Based on Kolmogorov - Smirnov test results using *Jamovi version 2.3.26.0* for variable intelligence emotions and *alexithymia* obtained KS Z = 0.114 with p = 0.103 (p > 0.05); which shows that the data is distributed normally.

Based on linearity test results between variable intelligence emotion with *alexithymia*, acquired mark the statistics of 74.6 and p < 0.01 (p < 0.05); so can assumed that connection between variable intelligence emotion with variable linear *alexithymia*. Beside it is also supported with analysis on *scatter plots* using *Jamovi 2.3.26.0* software.

After assumptions fulfilled, researcher test hypothesis use *Pearson correlation* for know correlation between two variables, viz variable intelligence emotion with variable *alexithymia*. Guidelines for correlation test is if p < 0.05 indicates that there is correlation between second variable, however if p ≥ 0.05 then stated that second variable the No correlated.

Based on results analysis obtained correlation from *Pearson correlation* is (r_{xy}) = - 0.634 with (p < 0.01). From the results analysis the show that there is correlation significant negative between variable intelligence emotion with variable *alexithymia*, so hypothesis in study proven.

The more tall intelligence emotion a broken home teenager, then behavior *alexithymia* that appears in broken home teenagers the will tend the more low. On the contrary, increasingly low intelligence emotion a broken home teenager, then behavior *alexithymia* which appears in broken home teenagers tends to be will the more tall. Next, assess coefficient determinant (R²) is found in study This own mark of 0.402. This matter show that variable intelligence emotion influence variable *alexithymia* amounting to 40.2% and the remaining 59.8% is influenced by factors others who don't researched by researchers.

Table 1. Description of Research Data

Variable	N	Hypothetical Score					Empirical Score				
		Min	Max	Mean	elementary school	Variance	Min	Max	Mean	elementary school	Variance
<i>Alexithymia</i>	113	20	80	50	10	60	38	71	59.4	6.13	37.5
Emotional Intelligence	113	29	116	72.5	14.5	87	41	102	67.1	9.45	89.3

Table 2. Emotional Intelligence Scale Categorization

Category	Formula	Score	N	Percentage
Tall	$X \geq (\mu + 1\sigma)$	$X \geq 87$	5	4%
Currently	$(\mu - 1\sigma) \leq$	$58 \leq X < 87$	97	86%
Low	$X < (\mu - 1\sigma)$	$X < 58$	11	10%
TOTAL			113	100%

Table 3. Alexithymia Scale Categorization

Category	Formula	Score	N	Percentage
Tall	$X \geq (\mu + 1\sigma)$	$X \geq 60$	72	64%
Currently	$(\mu - 1\sigma) \leq$	$40 \leq X$	40	35%
Low	$X < (\mu - 1\sigma)$	$X < 40$	1	1%
TOTAL			113	100%

Table 4. Normality Test

Normality Tests

	Statistics	p
Shapiro-Wilk	0.963	0.003
Kolmogorov-Smirnov	0.114	0.103
Anderson-Darling	1.73	<.001

Note. Additional results provided by *moretests*

Figure 1. *Scatters plots* Linearity variable intelligence emotion with *alexithymia*

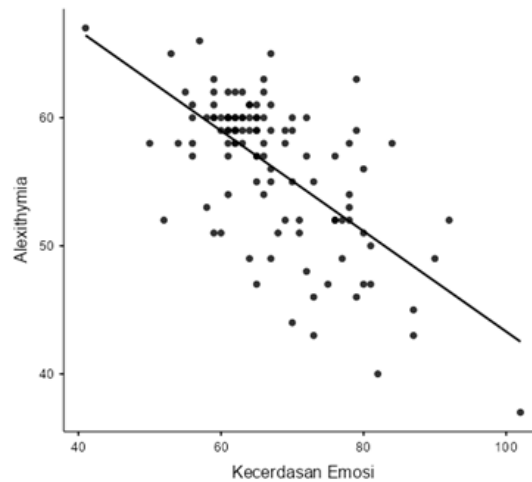


Table 5. Hypothesis Testing

Correlation Matrix

		<i>Alexithymia</i>		<i>Emotional Intelligence</i>
<i>Alexithymia</i>	Pearson's r	—		
	df	—		
	p-value	—		
Kecerdasan Emosi	Pearson's r	-0.634	***	—
	df	111		—
	p-value	< .001		—

Correlation Matrix

	<i>Alexithymia</i>	Emotional Intelligence
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Note. H_a is negative correlation

Note. * p <.05, ** p <.01, *** p <.001, one-tailed

Conclusion

Based on results research and discussion, can concluded that there is connection significant negative between intelligence emotions and *alexithymia* in broken home adolescents, Increasingly its height intelligence emotion a broken home teenager, then behavior *alexithymia* that appears in broken home teenagers will tend low. Vice versa, increasingly low intelligence emotion a broken home teenager, then behavior *alexithymia* which appears in broken home teenagers tends to be tall.

Based on results study obtained coefficient determination (R^2) of 0.402. This matter show that variable intelligence emotion influential of 40.2% against *alexithymia* in broken home adolescents. The rest 59.8 % affected other factors such as *Attachment Style* (Usaci & Puscasu, 2015), *Post Traumatic Stress Disorder* (Thompson, 2009), which is not researched in study This. From the results categorization show that owned *alexithymia* subject 64% in High *alexithymia* categorization, 35 % (N = 40) in moderate *alexithymia* categorization. This matter show majority broken home teenager own trend high *alexithymia*.

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