

## EXPLORING THE RELATIONSHIP BETWEEN EMOTIONAL INTELLIGENCE AND ALTRUISTIC BEHAVIOR IN ADOLESCENTS IN SMA XY HIGH SCHOOL BATAM

Clement Hussy<sup>1</sup>, Jap Tji Beng<sup>2</sup>, Rahmiyana Nurkholiza<sup>3</sup> & Sri Tiatri<sup>4</sup>

<sup>1</sup>Faculty of Psychology, Universitas Tarumanagara, Jakarta

Email: [clement.705200147@stu.untar.ac.id](mailto:clement.705200147@stu.untar.ac.id)

<sup>2</sup>Faculty of Information Technology, Universitas Tarumanagara, Jakarta

Email: [t.jap@untar.ac.id](mailto:t.jap@untar.ac.id)

<sup>3</sup>Faculty of Information Technology, Universitas Tarumanagara, Jakarta

Email: [rahmiyana.825210110@stu.untar.ac.id](mailto:rahmiyana.825210110@stu.untar.ac.id)

<sup>4</sup>Faculty of Psychology, Universitas Tarumanagara, Jakarta

Email: [sri.tiatri@untar.ac.id](mailto:sri.tiatri@untar.ac.id)

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### ABSTRACT

*During adolescence, individuals who experience this period are expected to experience good physical, cognitive, and socio-emotional maturity. One of the abilities that individuals have when experiencing the transition to adolescence is the ability to empathize. Empathy is a feeling that individuals have in understanding and feeling the feelings of other people. Previous research shows that individuals who have high feelings of empathy enable them to behave altruistically. Altruistic behavior is behavior carried out to improve the welfare of others without expecting anything in return from others. However, not all teenagers can experience cognitive and socioemotional maturity well. This research aims to find out whether there is a relationship between emotional intelligence and altruistic behavior in adolescents in Batam City. Observations and interviews were carried out by the author at one of the schools located in Batam City. The participants in this study were 207 high school students in SMA XY High School Batam. Batam is a city that is rapidly developing industrial city, which individuals of productive age fill as workers. Data collection for this study was conducted by spreading questionnaires. Data were processed using the SPSS software. The results show that there is a correlation between emotional intelligence and altruistic behavior in students in SMA XY High School Batam. Apart from that, more than 72% of students gain an average level score of altruistic behavior. This research can be used as a reference for future research. Moreover, this research can also give knowledge and insights to the readers regarding altruistic behavior.*

**Keywords:** Altruistic behavior; highschool, adolescence

### 1. PREFACE

Adolescence is a great period of change, both emotionally and cognitively (Liu, 2023). Adolescents begin to develop their own identities and also form new relationships with peers as well as adults. These changes may present more chances for adolescents to engage in altruistic behavior. Adolescents can create healthy connections with peers and establish meaningful relationships (Greener, 2000). Adolescents are expected to experience emotional and social maturity. However, not every teenager has the ability to experience both emotional and social maturity. According to Liang et al (2021), some adolescents are still immature psychologically, and behaviorally and lack self-control. Adolescents who lack emotional and social maturity typically prioritize their interests over their surroundings and behave indifferently. Research has shown that young people in today's society are less likely to engage in altruistic behavior than in the past (Li et al., 2023).

Humans are creatures of society who encourage one another by utilizing both their cognitive abilities and emotions while interacting. This rests on empathy, a concept that describes a feeling raised by individuals in understanding and caring about other people's feelings (Kimmes et al.,

2014). One of the characteristics that indicates a teenager who has emotional maturity is the ability to empathize. Highly empathic people are potentially more qualified to comprehend and share sentiments with others. This makes the other person feel heard and accepted as it stands, leading to giving rise to gratitude (Lu et al., 2021). Furthermore, Huang's (2018) research indicates that those with high emotional intelligence and a propensity for altruism are also likely to have higher subjective well-being.

Batson (1998) defines altruistic behavior as an act that purposely helps others, where the main goal is to reduce the suffering of others, even sacrificing himself if necessary. Their emotional abilities and cognitive skills influence altruistic behavior in adolescents (Wang et al., 2023). Pfattheicher (2022) argues that 3 dimensions conceptualize prosocial/altruistic behavior: (a) intent and motivation; (b) costs and benefits; and (c) social context. A genuine need to help others without expecting anything in return drives altruistic behavior. Research has shown that engaging in acts of kindness can increase one's sense of self-efficacy (Patrick et al., 2018). Moreover, having altruistic behavior can also enhance an individual's positive self-evaluation (Fei et al., 2016). An individual needs to have the ability to empathize with others to encourage them to promote their altruistic behavior. It is difficult for an individual to have altruistic behavior if they are unable to empathize (Feng et al., 2021). Every teenager has the intentions and motives for carrying out altruistic behavior. The stronger the emotion and motivation of an individual, the more likely the individual to engage in altruistic behavior. The ability to recognize as well as understand others' emotions indicates the teenager's emotional intelligence is high and allows them to behave altruistically.

Prior studies have found that emotional intelligence is positively correlated with altruistic behavior. For example, Lee's (2013) study found that South Korean public officials with high emotional intelligence were more likely to engage in altruistic behavior. They treat everyone with respect and compassion, regardless of their position or level of familiarity.

Batam is a city that is located in the Riau Islands province. Batam City is a rapidly developing industrial city, which individuals of productive age fill as workers. The COVID-19 pandemic is a disease that has spread to almost all parts of the world, causing small cities like Batam to suffer its negative effects. Instead of imposing a strict lockdown, Batam's local government strongly encouraged the residents to stay home and work remotely. During this difficult time, people have been donating to each other, both on their own and through organizations. Their donations are based on the idea of everyone helping each other (Aprilia, 2020). The act of donating is becoming one of the indicators of an individual having a high level of altruistic behavior. In light of this phenomenon, researchers are interested in finding out the altruistic behavior of individuals, especially adolescents who live in the city of Batam. Moreover, based on a review of the literature there is no study on altruistic behavior in adolescents in the city of Batam. This study investigates the relationship between emotional intelligence and altruistic behavior in adolescents in Batam City. In addition, it is also hoped that this study can give knowledge and insights to readers, especially adolescents, about altruistic behavior.

## **2. RESEARCH METHOD**

The participants for this research were grade 10 and grade 11 students from high school in SMA XY Batam. There were a total of 11 classes of which 5 of the classes were grade 10 students and 6 of the classes were grade 11 students. There were a total of 207 students participated in this research. The characteristics of participants for this research are individuals who are in their teenage years, either male or female. The age range for the individuals is 11-20 years old but we

are focusing on students who are at Senior High School educational level. There are 112 male students (54%) and 95 female students (45.9%).

**Table 1**  
*Gender Data Percentage*

		<b>Frequency</b>	<b>Percent</b>	<b>Valid Percent</b>	<b>Cumulative Percent</b>
Valid	Male	112	54.1	54.1	54.1
	Female	95	45.9	45.9	100.0
	Total	207	100.0	100.0	

This research integrates 2 different methods for obtaining the data which are qualitative and quantitative research methods. For the qualitative research method, we use an unstructured interview technique for interviewing some of the teachers who teach at SMA XY Batam school. 3 teachers were being interviewed for this research. The duration of time that is needed for the interview is 15-30 minutes. The question that the researcher is asking is about the current condition of high school students. Questions like “How would they behave in class?”, “The difference between students nowadays and students who graduated based on their academic performance and social ability”, and “How frequently do they interact with their friends and teachers.” The purpose of these questions is to have a description of the students in SMA XY Batam School about their behavior, cognitive as well and socio-emotional abilities.

This research uses quantitative correlational and convenience sampling techniques for the quantitative research method. This technique is carried out by distributing questionnaires to students in SMA XY Batam school. This research uses two measuring instruments which are The Wong and Law Emotional Intelligence Scale (WLEIS) constructed by Wong et al (2002) for measuring emotional intelligence and The Self-Report Altruism (SRA) Scale by Rushton (1981) for measuring the altruistic behavior of adolescents.

The Wong and Law Emotional Intelligence Scale (WLEIS) consists of 16 questions that are divided into 4 according to the dimensions of emotional intelligence: (a) self-emotional appraisal, (b) others emotional appraisal, (c) regulation of emotion, and (d) use of emotion. The Wong and Law Emotional Intelligence Scale (WLEIS) uses a 7-point Likert-type scale ranging from 1 to 7, and that is: strongly disagree, disagree, slightly disagree, neither agree nor disagree, slightly agree, agree, and strongly agree. The reliability for each dimension was: .89, .88, .76, and .85 in order. The Self-Report Altruism (SRA) Scale by Rushton consists of 20 questions where participants are asked to rate how often they engage in altruistic behavior. This measurement tool uses a 5-point Likert scale ranging from 1 to 5, and that is: never, once, more than once, often, and very often. Both instruments were adapted to the Bahasa Indonesia language to suit the research condition. The data collection took place in SMA XY Batam School classes. Before distributing the questionnaire, the researcher will give instructions on how to answer the questionnaires. Aside from that, the researcher also briefly explains emotional intelligence and altruistic behavior to students. After that, students will answer the questionnaire based on their condition and experience. The duration that is given for the students to answer the questionnaire is about 20 minutes.

**Table 2**

*Translation of The Wong and Law Emotional Intelligence Scale (WLEIS)*

No.	English Language
1.	I have a good sense of why I have certain feelings most of the time.
2.	I have a good understanding of my own emotions.
No.	Bahasa Indonesia Language
1.	Saya dapat memahami dengan baik mengapa saya sering kali mempunyai perasaan tertentu.
2.	Saya dapat memahami perasaan saya dengan baik.

**Table 3**

*Translation of The Self-Report Altruism (SRA) Scale by Rushton*

No.	English Language
1.	I have given directions to a stranger.
2.	I have given money to a charity.
No.	Bahasa Indonesia Language
1.	Saya pernah menunjukkan arah jalan kepada orang yang tidak saya kenal.
2.	Saya pernah menyumbangkan uang untuk amal.

### 3. RESULT AND DISCUSSION

Based on the interviews done by researchers, they found that students in Batam tend to be indifferent to their surroundings. This statement was supported by one of the teachers who teaches at SMA XY Batam School said that students become more indifferent to their environment as a result of growth in technology. The development of technology makes students fixated on the impact given by it. The most common example is the excessive use of mobile phones. Students use their mobile phones whenever they have free time, such as during recess time, lunchtime, and dismissal time. Students become dependent on mobile phones which increases their sense of indifference to their environment. The teacher also added that students become lazy in carrying out their activities that are related to altruistic behavior. For example, when the school holds a fundraiser, students find it difficult to give or donate. Unlike the previous students, they have a higher level of empathy where they can sense and feel the emotions of others, enabling them to donate.

This research uses the Wong and Law Emotional Intelligence Scale (WLEIS) and The Self-Report Altruism (SRA) Scale by Rushton to measure the participant's emotional intelligence and altruistic behavior ability. The validity test for WLEIS shows that 9 items, which are EI5, EI6, EI7, EI8, EI9, EI10, EI11, EI12, and EI15 were uncorrelated because the level of sig <0.5. The validity test for SRA shows that there are 6 items, which are AB1, AB2, AB8, AB12,

AB16, and AB19 were uncorrelated because the level of sig <0.5. The WLEIS scale has the remaining 7 items, where the reliability value using the Cronbach Alpha is 0.849. The SRA scale has the remaining 14 items, where the reliability value using the Cronbach Alpha is 0.878.

Table 3 shows the test for the data normality. The normality test shows that both scales, which are the Emotional Intelligence scale and the Altruistic Behavior scale are not distributed normally. The Emotional Intelligence value is 0.001, and the Altruistic Behavior value is .000. This means there is no significance value on both scales where p values must be greater than 0.05 ( $p > 0.05$ ).

**Table 4**

*Normality Test between Emotional Intelligence scale and Altruistic Behavior scale*

One-Sample Kolmogorov-Smirnov Test			
		EITotal	ABTotal
N		207	207
Normal Parameters <sup>a,b</sup>	Mean	4.7440	2.5373
	Std. Deviation	1.14701	.72536
Most Extreme Differences	Absolute	.088	.099
	Positive	.032	.099
	Negative	-.088	-.046
Test Statistic		.088	.099
Asymp. Sig. (2-tailed)		.001 <sup>c</sup>	.000 <sup>c</sup>
a. Test distribution is Normal.			
b. Calculated from data.			
c. Lilliefors Significance Correction.			

Table 5 shows the correlation between the Emotional Intelligence Scale and the Altruistic Behavior Scale. As shown in Table 5, there are correlation between students' Emotional Intelligence and Altruistic Behavior, where [ $r = .188^{**}$   $p = 0.07$  ( $p > 0.01$ )]. Based on the table shown below, it can be concluded that both variable correlates.

**Table 5**

*Correlation between students Emotional Intelligence Scale and Altruistic Behavior Scale*

Correlations				
			EITotal	ABTotal
Spearman's rho	EITotal	Correlation Coefficient	1.000	.188 <sup>**</sup>
		Sig. (2-tailed)	.	.007
		N	207	207
	ABTotal	Correlation Coefficient	.188 <sup>**</sup>	1.000
		Sig. (2-tailed)	.007	.
		N	207	207

Table 6 shows the Mann-Whitney U Test using gender difference as a grouping variable. There are 112 male and 95 female students in total. Results show that the Emotional Intelligence Scale has no significance, where  $U = 3705.500$ ,  $p = .000$ . There is a difference between the distribution score of male and female students. Results show that the Altruistic Behavior Scale has a significance, where  $U = 5045.000$ ,  $p > 0.05$ . There is no difference between the distribution scores of male and female students.

**Table 6**

*Mann-Whitney U Test*

Test Statistics		
	EITotal	ABTotal
Mann-Whitney U	3705.500	5045.000
Wilcoxon W	8265.500	11373.000
Z	-3.763	-.641
Asymp. Sig. (2-tailed)	.000	.522
a. Grouping Variable: Gender Difference		

Table 7 shows the norms categorization on the Altruistic Behavior Scale. We made 3 categories to determine the level of students' altruistic behavior. Out of 207 students, 56 students belong to the low-level category ( $< 2.08$ ), 99 students belong to the average-level category (between 2.08 and 2.86), and 52 students belong to the high-level category ( $> 2.86$ ). It can be concluded that more than 72% of the students have an average level of altruistic behavior (as seen in Table 7).

**Table 7**

*Altruistic Behavior Scale Norms Categorization*

Categorization					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Low	56	27.1	27.1	27.1
	Average	99	47.8	47.8	74.9
	High	52	25.1	25.1	100.0
	Total	207	100.0	100.0	

#### 4. CONCLUSIONS AND RECOMMENDATIONS

This paper discusses the correlation between emotional intelligence and altruistic behavior in SMA XY High School Batam City. Aside from that, this research was also conducted to provide an overview of the level of altruistic behavior of adolescents in Batam City. By previous research (Lee, 2013), it is revealed that there is a relationship between emotional intelligence and altruistic behavior. Using the Spearman correlation test, we found that there is a correlation between emotional intelligence and altruistic behavior in students in SMA XY High School in Batam City, where [ $r = .188^{**}$   $p = 0.07$  ( $p > 0.01$ )]. Apart from that, using the Mann-Whitney test, found that there are no differences between the distribution score of male and female students in altruistic behavior. This paper also shows that students from the SMA XY Batam High School have an average to a high level of altruistic behavior, whereas more than 72% of students have an average and high level of altruistic behavior. Although some of the teachers who teach in SMA XY Batam High School said that the students show indifference towards their social environment, students still gain average amount of score for their altruistic behavior. Based on this research, the researcher suggests that data collection should not be limited to only one school. The reason for this is to obtain more samples and to better describe the altruistic behavior of adolescents in Batam City. This research hopefully can be a reference for the next research that is related to emotional intelligence and altruistic behavior. In addition, researchers also hoped that these findings could be a consideration for the development of education in Indonesia in terms of emotional intelligence as well as altruistic behavior.

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