

ABSTRAK

ANALISIS PENERAPAN PSE (PEMBELAJARAN SOSIAL EMOSIONAL) DENGAN METODE *ROLE-PLAYING* TERHADAP KECERDASAN EMOSIONAL PESERTA DIDIK KELAS IV SEKOLAH DASAR

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Penelitian ini menganalisis penerapan Pembelajaran Sosial Emosional (PSE) dengan metode *role-playing* terhadap kecerdasan emosional peserta didik kelas IV sekolah dasar. Penelitian ini menggunakan metode kualitatif fenomenologi dengan subjek penelitian 19 peserta didik dan 1 pendidik. Teknik pengumpulan data berupa observasi, wawancara, angket terbuka, dan dokumentasi. Hasil penelitian menunjukkan bahwa penerapan metode *role-playing* dalam pembelajaran sosial emosional memberikan dampak positif terhadap kecerdasan emosional peserta didik. Peserta didik menunjukkan perkembangan pada lima aspek kecerdasan emosional menurut Goleman yaitu kesadaran diri, pengendalian diri, motivasi, empati, dan keterampilan sosial. Meskipun terdapat hambatan seperti keterbatasan waktu dan ketidakpercayaan diri beberapa peserta didik, pembelajaran dengan metode *role-playing* tetap menunjukkan dampak yang positif terhadap kecerdasan emosional dan hubungan sosial peserta didik terlebih jika diterapkan secara konsisten dalam kegiatan pembelajaran.

Kata kunci: pembelajaran sosial emosional, *role-playing*, kecerdasan emosional, sekolah dasar.

ABSTRACT

ANALYZES THE IMPLEMENTATION OF SOCIAL EMOTIONAL LEARNING (SEL) USING THE ROLE-PLAYING METHOD AND ITS IMPACT ON THE EMOTIONAL INTELLIGENCE OF FOURTH-GRADE ELEMENTARY SCHOOL STUDENTS

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This research analyzes the implementation of Social Emotional Learning (SEL) using the role-playing method and its impact on the emotional intelligence of fourth-grade elementary school students. The study used a qualitative phenomenological method with 19 students and 1 teacher as research subjects. The data were collected through observation, interviews, open-ended questionnaires, and documentation. The results show that the role-playing method in SEL has a positive impact on students' emotional intelligence. Students showed development in five aspects of emotional intelligence based on Goleman's theory: self-awareness, self-regulation, motivation, empathy, and social skills. Although there were some challenges, such as limited time and a lack of self-confidence among some students, the role-playing method still gave a positive effect on students' emotional intelligence and social relationships, especially when applied consistently in the learning process.

Keywords: social emotional learning, role-playing, emotional intelligence, elementary school.