



# Emotional Maturity Determinants of Vocational Education Students

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# Emotional Maturity Determinants of Vocational Education Students

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**Abstract**— This study aims to determine the effect of reconciliation emotion, authenticity emotional, spiritual emotion towards emotional maturity. The research method employed survey by respondents as many as 100 students of vocational education Faculty of Engineering consisted of 50 men and 50 women determined by proportional random sampling. The research instrument was a questionnaire and hypotheses were tested using path analysis techniques. The results showed that the reconciliation emotion and authenticity emotions directly and indirectly affected the emotional maturity, while the spiritual emotion only had direct effects on emotional maturity. The magnitude of changes in emotional maturity can be determined directly by reconciliation emotion, authenticity emotional and spiritual emotion in a row is 3.17%, 3.46% and 14.51%. Another finding from this study was there was no significant difference between emotional maturity of students of vocational education of men and women.

**Keywords:** emotional maturity, students, vocation education

## I. INTRODUCTION

Educational institutions in Vocational High School in charge of preparing the students as skilled, educated and professional middle-level manpower, and to be able to develop themselves in line with developments in science and technology. Therefore, the competence of vocational graduates is reflected in the form of performance as real activity and hidden activities, such as: having a good character and noble character, master knowledge, tool skill development, and thinking process / cognitive skills. Along with the development of vocational school in the last three years, the number of students, teachers and vocational school also increased. Based on the data from the Directorate of Vocational 2016, the number of vocational students continues to grow from 2014, 2015 and 2016 respectively 4.211.245; 4.334.987; and 4.419.717 people. The number of vocational teachers also continues to grow from 2014, 2015 and 2016 respectively 216.655; 273.353; and 287.717 people. Likewise, the number of vocational school continues to grow from 2014, 2015 and 2016 respectively 12.421; 12.696; and 13.150.

Based on the above it can be seen that vocational teachers will be growing in number with the development of vocational and competence of technology and vocational education graduates should have the character values and have a good

emotional maturity. Therefore, the increase of vocational teachers is the responsibility of Work for Education Teacher Training Institute (LPTK). Faculty of Engineering, University of Medan is one of the Faculty LPTK environment that prepares candidates for vocational teachers to the various areas of expertise. Along with the development of UNIMED as "The character building university" by developing a learning revolution that sought to integrate soft skills in learning, which since the year 2011 has established a Strategic Plan towards the year 2025 by launching a development role in generating qualified teachers. Faculty of Engineering UNIMED strategic personal development of students as future teachers of technology and vocational, which focuses on the emotional development of students as a basic personality trait. Character values are integrated by lecturers in teaching practice and if the student has graduated and became a teacher in the future, it will be able to also integrate the values of the characters in vocational learning.

Personality is the hallmark of someone who can be observed in behavior in everyday life. Hoy and Miske [7] explains there are five personality trait principal, namely self-confidence, stress tolerance, emotional maturity, integrity and extra version. Meanwhile, Slocum and Hellriegel [2] explain there are four key properties, namely intelligence, maturity and breadth, achievement drive, and integrity. Based on the above description clearly known that the emotional maturity is part of a very important personality trait developed. In connection with the above description, Sudewo [3] explains that in the formation of human qualities, character roles can not be set aside. The position of the character is not so co-competence, but so basic, spirit, or soul. Without character, the self-improvement of the competence can run wild, run without signs and rules. Therefore, the character is defined as a collection of good qualities into daily behavior, as the embodiment of consciousness perform the role, functions, and duties in carrying out the mandate and responsibilities. However, the development of individual character can not be separated from the emotional development.

Martin [4] explains that the emotional development, there could be a productive process in which a person becomes more mature and adult. In the area of productive human emotions, there are several factors, among others: the emotional maturity, the emotional reconciliation, the emotional authenticity, and the emotional spirituality. However, according to Martin [4] that these factors are not is

something the order and also not a priority, but equally important for the growth of the elements in emotional maturity. According to the results of thinking, that the factors that affect a very emotional maturity allows sequential when analyzed further through scientific research. In

this study, these factors are developed in a model show on figure 1.

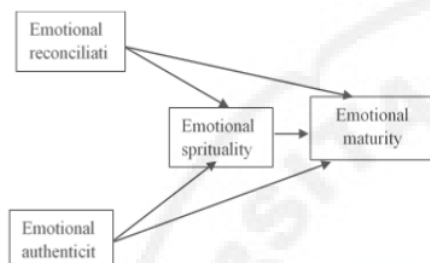


Fig. 1. Development of Emotional Maturity Model Vocational Education Students

Based on Figure 1 above is clearly seen that the factors that affect the emotional maturity is sequential or through certain channels. Therefore, this study is intended to find a model of the development of emotional maturity empirically.

## LITERATUR REVIEW

### A. Emotional Maturity

Emotional maturity is the maturity of one's feelings so quickly not to panic, confusion or stress of dealing with an event. Hoy and Miskel [1] explain that there are five main personality traits of man, namely self-confidence, stress tolerance, emotional maturity, integrity and extroversion. It is apparent that emotional maturity is one of the personality traits of major human. In terms of relating, Martin [4] explains that the emotional maturity of a person has four stairs, namely: (1) Emotional awareness are: ability to show sensitivity to the feelings of others, the ability to control themselves when emotions are, able to express feelings honestly and clearly, do not feel too sensitive; (2) emotional acceptance is: show the attitude of their self-esteem is good, not experience much difficulty in expressing thoughts, appreciate and be open to input and views of others, believe in the ability of yourself, being open to the criticism of others which is not in line with the opinion and can receive advantages and disadvantages of self and others; (3) emotional affection is: can reward the success of others, have high integrity in communication, no negative thoughts hidden in addition to what is said, can be a good listener, objective, able to distinguish between personal opinion with reality real and trustworthy and trusting others, (4) emotional Affirmation are: to provide reinforcement to others who face adversity, not easy to feel frustrated by failure, able to accept personal responsibility for any errors or negligence that is done without blaming others or situations, not controlled by feelings of fear, worry and anxiety disorder that made him not dare to take risks in life.

### B. Emotional Reconciliations

As a human, to forgive or apologize to others not everyone can do it. In the case, forgiveness is the treatment that is very noble, even teaching religion is always advised. As for Christianity, in Romans 12:17 mandated "If someone has done you wrong, do not repay him with wrong. Try to do what everyone considers to be good. "And for moeslem, in ash-Shura 42:40 mandated "And the reply of a crime is a crime worth, but whoever forgives and do good then the reward from God. Indeed, He does not like the wrongdoers. "Relating to forgive, Fitriana [5] suggested that a person is said to forgive others when he canceled the mistakes of others, then do not punish him even if he is able to do so.

In the terminology of Emotional Quality Management, the word "forgive" by Martin called Emotional Reconciliation. According to Martin [4], emotional reconciliation is the ability to give forgiveness to others to make peace with each other. In forgiveness, there are two sides that need to be reconciled, namely the unconsciousness and consciousness of man.

According to psychology that what happened in that part of consciousness, often not understood by the human unconsciousness. According to emotional reconciliation, Parent [6] argues that the post-conflict reconciliation process is undermined by the importance given to the retributive form of justice Dominating peace building and transitional justice measures. Further Parent argued that reconciliation is always difficult, to Achieve in post-conflict societies, and even more so in the context of deeply divided societies fractured by cycles of extreme violence or genocide. Based on the theories being explored, someone capable of forgiveness is an individual who may feel that forgiveness as a choice of life, reconciliation and the ability to free yourself emotions locked inside.

### C. Emotional Authenticity

The authenticity of emotion can be interpreted as the personal nature of someone who really showed his feelings by feeling authentic, does not appear in the pretense. Martin [4] suggests that the authentic self is the individual who understands the structure of existence itself and strongly based on true self. Slocum and Hellriegel [2] suggests four key properties, namely intelligence, maturity and breadth, achievement drive and integrity. Wood [7] describes the study of authenticity has largely been neglected in empirical psychology, and there have been no direct and psychometrically valid measures of trait authenticity yet developed. Based on the theories being explored can be concluded that the authenticity of a person's emotions can be seen from the ability to recognize emotions, to understand the causes of emotions, understanding emotions as a result, the ability to control emotions, reveal the truth according to conscience, not cover up feelings and have a sense of caring.

### D. Emotional Sprituality

Martin [4] explains that spiritual emotion is a basic human emotions as the image of God which consists of the three states, namely: (1) love, (2) generosity / concern and (3)

gratitude. Based on the above can be interpreted that spiritual emotion is the feeling someone related to beliefs about the creator, as the God who created the heavens and the earth and everything in it. Therefore, as a man is obliged to maintain himself as God's image and environment and give thanks for all the blessings received.

Emotions spiritual individuals can be seen from love, generosity, caring, gratitude, not selfishness, not greedy, not overshadowed by a sense of fear. In terms of relating, Chalil [8] explains that the spirit interpreted as motivational / spirit that drives the man, that never goes out of energy that comes from faith in God, sourced from the vertical relationship between the slave and his Lord, move men to work in the world, beneficial to himself and his environment. Further Chalil [8] outlines that the human characters in the dimension of spirituality is: unanimous belief in God, sincere, honest, humble, submissive to God, pious to God, piety, and obey God's commands. Based on the above it can be concluded that the individual spiritual emotions can be interpreted as acts of worship to God almighty one, love, generosity, humility, compassion, gratitude, not selfishness, not greedy, not overshadowed by a sense of fear.

#### THEORETICAL FRAMEWORK

##### *E. The was a significantly direct positive effect of emotional reconciliation on emotional spirituality*

Spiritual emotion is the basis of human emotions as the image of God. Man as the image of God consists of the three states, namely love, generosity / awareness and gratitude. While the emotional reconciliation is the ability to give forgiveness to others for the wrongs ever done to him and to make peace with each other. A person who has been capable of opening the door of his heart to forgive the person who hurt her will be more willing to be generous, caring more for others and give thanks for the blessings received. Based on the description above can be presumed that the reconciliation emotions direct positive effect on the spiritual emotion.

##### *F. The was a significantly direct positive effect of emotional authenticity on emotional spirituality*

. Spiritual emotion is the basis of human emotions as the image of God. Man as the image of God can be realized with love, generosity / awareness and gratitude. While being personally authentic means someone who does not always use the life mask in their everyday lives. The authenticity of emotion can be seen from the indicators to identify the emotions themselves, understand the cause of the emotions themselves, understand the effects emotions themselves, controlling the emotions themselves, listen by heart, do not use the mask of life, care for themselves and care for others. Someone who is a good emotional authenticity will be able to love others, more generous, more caring and always giving thanks.

Spiritual emotion is the basis of human emotions as the image of God. Man as the image of God can be realized with love, generosity / awareness and gratitude. While being

personally authentic means someone who does not always use the life mask in their everyday lives. The authenticity of emotion can be seen from the indicators to identify the emotions themselves, understand the cause of the emotions themselves, understand the effects emotions themselves, controlling the emotions themselves, listen by heart, do not use the mask of life, care for themselves and care for others. Someone who is a good emotional authenticity will be able to love others, more generous, more caring and always giving thanks. Based on the description above can be presumed that the authenticity of emotions direct positive effect on the spiritual emotion.

##### *G. The was a significantly direct positive effect of emotional reconciliation on emotional maturity*

Emotional maturity is a person's emotional maturity and ability to maintain the sustainability and continuity of emotional development in itself. Emotional maturity can be seen from the indicators of emotional awareness, self-acceptance, emotional interaction and emotional reinforcement. While the emotional reconciliation is the ability to give forgiveness to others for the wrongs ever done to him and to make peace with each other. A person who has been enabled to provide forgiveness to others means it has to have emotional awareness is high, better self-acceptance and emotional interactions are good also. Based on the description above can be presumed that the reconciliation emotions direct positive effect on emotional maturity.

##### *H. The was a significantly direct positive effect of emotional spirituality on emotional maturity*

Emotional maturity is a person's emotional maturity and ability. To maintain the sustainability and continuity of emotional development in itself. Emotional maturity can be seen from the indicators of emotional awareness, self-acceptance, emotional interaction and emotional reinforcement. While the spiritual emotion is the basis of human emotions as the image of God. Man as the image of God can be realized with love, generosity / awareness and gratitude. Someone who has a sense of love, generosity, caring for others and always giving thanks means that the individual has had depict aspects of emotional maturity. Based on the description above can be presumed that the spiritual emotions direct positive effect on emotional maturity.

#### HYPOTHESES

According to theoretical framework which had been explained above, so it would be proposed some hypotheses, such as: *First*, there was a significantly direct positive effect of emotional reconciliation on emotional spirituality. *Second*, there was a significantly direct positive effect of emotional authenticity on emotional spirituality. *Third*, there was a significantly direct positive effect of emotional reconciliation on emotional maturity. *Fourth*, there was a significantly direct positive effect of emotional authenticity on emotional maturity. *Fifth*, there was a significantly direct positive effect of emotional spirituality on emotional maturity

II. METHOD

Research method used was ex post facto method. This research analyzed the direct effect between one variable to another one. The variables discussed in this research were: emotional reconciliation, emotional authenticity, emotional spirituality, and emotional maturity. Determining the sample on this research used proportional random sample technique. After the calculation was done, 100 sample individuals consisted of 50 men and 50 women. Therefore, from the technique used to take the sample, the total sample decided has been only the representative. Analysis unit in this research was vocational educational students at Faculty of Engineering.

Collecting data technique conducted by using assessment scale. Emotional reconciliation, emotional authenticity, emotional spirituality, and emotional maturity filled by vocational educational student.

Instrument used was questionnaire. To determine variable measurement scale in every question in questionnaire consists of 5 criteria of answers scores started from 1, 2, 3, 4, and 5. To reveal vocational students' opinion, choice was used. Strongly agree, Agree, Less Agree, Disagree, Strongly Disagree. Meanwhile, to reveal vocational students' opinion choice was used as well. Always, Often, Sometimes, Rare, and Never. After instrument experiment conducted obtained some results, that are: valid emotional reconciliation were 31 of 36 with reliability coefficient of 0.92, emotional authenticity valid instrument were 35 of 40 with reliability coefficient of 0.94, emotional spirituality valid instrument were 24 of 34 with reliability coefficient of 0.92 and valid emotional maturity were 38 of 40 with reliability coefficient of 0.94.

Data analysis technique used in this research consists of two things, there were analysis qualification test and hypotheses test. To fulfill the analysis qualification test, it was conducted by testing appraisal error normality testing by Lilliefors method and linearity tested by regression linearity also the qualification about residue assumption, clausal plot, interval scale and measurement without mistaken, show on table 1. Meanwhile for hypotheses test used path analysis technique.

TABLE I. THE SUMMARY OF DESCRIPTIVE STATISTIC ANALYSIS RESULT

Analysis	Variable			
	X <sub>1</sub>	X <sub>2</sub>	X <sub>3</sub>	X <sub>4</sub>
Data count	100	100	100	100
Minimum score	76	74	78	77
Maximum score	100	100	100	100
Average score	122.89	109.27	86.17	102.84
Standard deviation	16.79	17.58	14.61	20.29
Minimum ideal score	76	74	78	77
Maximum ideal score	100	100	100	100
Average ideal score	86	100	72	100
Standard deviation ideal	20.68	23.32	18	25.37
Range	24	26	22	23
Interval	1	1	1	1
Class count	4	4	4	4
Median	107.50	102.50	102.50	102.50
Mode	107.50	102.50	102.50	102.50
Median	107.50	102.50	102.50	102.50

Explanation:

- X1 = emotional reconciliation,
- X2 = emotional authenticity,
- X3 = emotional spirituality,
- X4 = emotional maturity.

Before model testing was conducted, first thing that should counted is the correlation between variables. The correlation between variables shown on Table 2.

TABLE II. CORRELATION BETWEEN VARIABLES

Variable	X <sub>1</sub>	X <sub>2</sub>	X <sub>3</sub>	X <sub>4</sub>
X <sub>1</sub>	1.000	0.160	0.382	0.402
X <sub>2</sub>		1.000	0.310	0.364
X <sub>3</sub>			1.000	0.578
X <sub>4</sub>				1.000

Explanation:

- X1 = emotional reconciliation,
- X2 = emotional authenticity,
- X3 = emotional spirituality,
- X4 = emotional maturity

The summary of estimated result path goal theory on research variables shown on Table 3.

TABLE III. THE SUMMARY OF PATH GOAL ESTIMATION

	Coefficient	t test	t table 5 %	Explanation
ρ <sub>31</sub>	0.290	3.000	1.645	Significant
ρ <sub>32</sub>	0.214	2.166	1.645	Significant
ρ <sub>41</sub>	0.178	1.794	1.645	Significant
ρ <sub>42</sub>	0.186	1.872	1.645	Significant
ρ <sub>43</sub>	0.381	4.082	1.645	Significant

Based on the hypotheses which had been conducted, from 5 (fifth) hypotheses that tested, that all hypotheses which was success to reject (H0 rejected).

The summary of direct effect and indirect effect on X4 shown on Table 4.

TABLE IV. DIRECT EFFECT AND INDIRECT EFFECT BETWEEN VARIABLES

Variables	Direct Effect	Indirect Effect Through	Total Effect

		X <sub>3</sub>	
X <sub>1</sub> on X <sub>3</sub>	0.290		0.290
X <sub>2</sub> on X <sub>3</sub>	0.214		0.214
X <sub>1</sub> on X <sub>4</sub>	0.178	0.146	0.402
X <sub>2</sub> on X <sub>4</sub>	0.186	0.118	0.363
X <sub>3</sub> on X <sub>4</sub>	0.381		0.578

### III. RESULTS AND DISCUSSION

#### A. There was a significantly direct positive effect of emotional reconciliation (X1) on emotional spirituality (X3)

First hypotheses stated that the emotional reconciliation (X1) was significantly direct positive effect on emotional spirituality (X3). Based on the calculation obtained that  $t \text{ test} = 3.000 > t \text{ table} = 1.645$ , it means H1 accepted. Testing result of research hypotheses showed that  $\rho_{31} > 0$  and path coefficient from X1 to X3 of 0.290 was significant with value ( $\alpha < 0.05$ ). It was concluded that emotional reconciliation was significantly direct positive effect to emotional spirituality of vocational student.

#### B. There was a significantly direct positive effect of emotional authenticity (X2) on emotional spirituality (X3)

Second hypotheses stated that the emotional authenticity (X2) was significantly direct positive effect on emotional spirituality (X3). Based on the calculation obtained that  $t \text{ test} = 2.166 > t \text{ table} = 1.645$ , it means H1 accepted. Testing result of research hypotheses showed that  $\rho_{32} > 0$  and path coefficient from X2 to X3 as much 0.214 was significant with value ( $\alpha < 0.05$ ). Concluded that emotional authenticity was significantly direct positive effect to emotional spirituality of vocational student.

#### C. There was a significantly direct positive effect of emotional reconciliation (X1) on emotional maturity (X4)

Third hypotheses stated that the emotional reconciliation (X1) was significantly direct positive effect on emotional maturity (X4). Based on the calculation obtained that  $t \text{ test} = 1.794 > t \text{ table} = 1.645$ , it means H1 accepted. Testing result of research hypotheses showed that  $\rho_{41} > 0$  and path coefficient from X1 to X4 as much 0.178 was significant with value ( $\alpha < 0.05$ ). Concluded that emotional reconciliation was significantly direct positive effect to emotional maturity of vocational student.

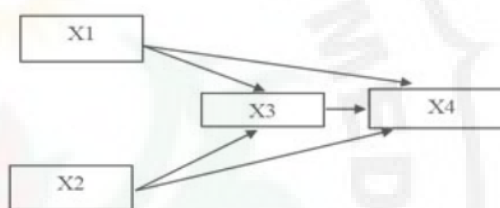
#### D. There was a significantly direct positive effect of emotional authenticity (X2) on emotional maturity (X4)

Fourth hypotheses stated that the emotional authenticity (X2) was significantly direct positive effect on emotional maturity (X4). Based on the calculation obtained that  $t \text{ test} = 1.872 > t \text{ table} = 1.645$ , it means H1 accepted. Testing result of research hypotheses showed that  $\rho_{42} > 0$  and path coefficient from X2 to X4 as much 0.186 was significant with value ( $\alpha <$

0.05). It was concluded that emotional authenticity was significantly.

#### E. There was a significantly direct positive effect of emotional spirituality (X3) on emotional maturity (X4)

Fifth hypotheses stated that the emotional spirituality (X3) was significantly direct positive effect on emotional maturity (X4). Based on the calculation obtained that  $t \text{ test} = 4.082 > t \text{ table} = 1.645$ , it means H1 accepted. Testing result of research hypotheses showed that  $\rho_{43} > 0$  and path coefficient from X3 to X4 as much 0.381 was significant with value ( $\alpha < 0.05$ ). It was concluded that emotional spirituality was significantly direct positive effect to emotional maturity of vocational student. Emotional maturity model at vocational education that could found in figure 2.



Explanation:  
 X1 =emotional reconciliation;  
 X2 =emotional authenticity  
 X3 =emotional spirituality  
 X4 =emotional maturity

Fig. 2. Development of Emotional Maturity Model in Vocational Education

### DISCUSSION

Based on the research result found, it can be concluded that the fourth variable which are emotional reconciliation, emotional authenticity, emotional spirituality, and emotional maturity that used to build emotional maturity development model in vocational education can accepted.

The results also showed that emotional reconciliation variable direct positive effect amounting to 0.290 against the spiritual emotion. This meant that a person's ability to forgive others who have hurt his heart may improve the quality of his spiritual emotion. Furthermore, the results of this study also showed that emotional reconciliation variable direct positive effect on the emotional maturity of 0.178. It also meant that a person's ability to forgive others can improve emotional maturity. According to emotional reconciliation Parent [6] argues that the post-conflict reconciliation process is undermined by the importance given to the retributive form of justice dominating peace building and transitional justice measures. Further Parent argued that reconciliation is always difficult, to Achieve in post-conflict societies, and even more so in the context of deeply divided societies fractured by

cycles of extreme violence or genocide. If you notice that someone is able to forgive others who have hurt her is a social process because the individual relates to others who've made her offended because maligned for example. Therefore, researchers agree with Parent [6] who argued that reconciliation is better understood as a societal process where each party is supposed to acknowledge the other and the other's sufferings, where antagonistic parties are to move onto constructive attitudes and behaviors, and where individual and collective relationships of trust are rebuilt. The results also showed that emotional authenticity variable direct positive effect amounting to 0.214 against the spiritual emotion. This meant that someone who has personally authentic can improve the quality of his spiritual emotion. The results also showed that emotional authenticity variable direct positive effect on the emotional maturity of 0.186.

This meant that someone who has personally authentic can improve emotional maturity. Therefore the authenticity of the emotion is very important for individuals because it involves the integrity of the person. According to emotional authenticity, Wood [7] argues that most (people) agree that the integrity, authenticity, and honesty are basic human strengths. More Wood [7] suggests the first aspect of authenticity involves the inevitable mismatch between the conscious awareness and actual experience.

The results also showed that the variables of spiritual emotion immediate positive effect on the emotional maturity of 0.381. This meant that someone who has a sense of compassion, generosity, concern and would be grateful can improve emotional maturity. Apart from the hypotheses tested, the study found that the results of another study there was no significant difference in emotional maturity in terms of gender. The results showed that there was no significant difference between emotional maturity male and female ( $t = 0.388 < t_{table} = 1.66$ ). This result meant that the vocational education, emotional maturity women ( $n = 132.46$ ) did not differ significantly from the emotional maturity male ( $n = 132.82$ ). However, contrary to the findings of this study and the research Wani and Masih [9] which found that there are significant differences between the emotional maturity of students male and female.

Emotional maturity of women is better than the emotional maturity of a man. Men are more easy to panic and frustration as well as easily distracted by things around and people compared with women. The study's findings also support research Dangwal and Srivastava [10] who found that female Internet users have the emotional maturity that is better than the men. Based on the findings described above, it is clear that the emotional maturity variables directly influenced by emotional reconciliation variable .178; variable emotional authenticity of 0.186; spiritual and emotional variables at 0.381. These results can be interpreted that the contribution of reconciliation emotions directly affect the emotional maturity of students of vocational education is 3.17%; the contribution of emotional authenticity that directly affects the emotional maturity of students of vocational education is 3.46% and the contribution of spiritual emotion that directly affects the

emotional maturity of vocational education students is 14.51%.

#### IV. CONCLUSION

The research result can be concluded as: First, emotional reconciliation of vocational education student significantly had direct positive effect on emotional spirituality. Second, emotional authenticity of vocational education student significantly had direct positive effect on emotional spirituality. Third, emotional reconciliation of vocational education student significantly had direct positive effect on emotional maturity. Fourth, emotional authenticity of vocational education student significantly had direct positive effect on emotional maturity. Fifth, emotional spirituality of vocational education student significantly had direct positive effect on emotional maturity. Sixth, there were significant differences between the emotional maturity of students male and female; emotional maturity of women are better than men vocational education students.

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