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Transformation of Emotional Intelligence Resilience Towards Psychological and Behavioral of Youth

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ABSTRACT

This article is focused on discussing the importance of strengthening emotional intelligence to achieve more integrated human domains. The discussion is in terms of challenges and resilience of emotional intelligence transformation on the psychological and behavioral impact of youth. Human capital resources among youths are the main thrusts of national development, especially from political, economic, social, and educational aspects. However, the role of youth as agents of change in society would be meaningless if it is a transformation from darkness to brightness, from positive to negative, and from peace to chaos. The important elements that need to be as a knowledgeable youth are not merely intellectual intelligence alone, but also need to have a strong emotional and spiritual intelligence to achieve the positive of emotional, thinking and behavior. Emotional intelligence can be a determining factor in behavior and ideology that is more mature and prosperous among the youth of the country. Therefore, the need to have emotional intelligence is as important as intellectual intelligence to achieve a real balance in life. Positive youth can stand up as a citizen who is full of identity and dare to cope with the competitive world, but also wisely handle whatever challenges. A strong emotional intelligence in the youth can also help transform the country's expectations into reality in the quest for the creation of a first-class human capital.

INTRODUCTION

The role of youth is very significant with the progressive development of the state. Included in the history of the reality of youth struggles from the education stream in the quest for national independence even to this age, youth is a front-row group that is indispensable to be a leader who can lead the nation towards a more dignified position as the survival of glorious civilization (Mohd Fuad et al., 2012). Youth voters have their perceptions of national leadership (Junaidi et al., 2012). This can be seen through a variety of youth movements through print media, new media, social media, and open-air through open demos. However, youth are now detected shifted to an aggressive and radical approach, so far as the level of concern in the issue

involves questions of national politics (Siti, 2016). Students as the frontline of knowledgeable youth at public universities as well play an important role in contributing ideas and sweats to national development and determining the political structure of the country (Saha & Print, 2010). Strength in emotional intelligence could be the deciding factor on the style of political leadership and more mature youths (Mohamad, 2012). Similarly, it is imperative that a consistent mechanism be applied through relevant models and approaches among youth in the university to help generate more emotional, political thinking, and behavioral attitudes with the needs of nations that are concerned with harmony and stability in all aspects.

Teh Fui Khim (2001) in his study explained that there was an increase in youth misconduct in statistics that showed them weak in controlling emotions and weak in the desire of the heart to a more positive direction. Even in the press on 9 August 2013 (Siti, 2016) also discusses the way youth express their views on the politics of the country by demonstrating, rioting, or cheating on social sites is not a mature act, instead of making the youth irresponsible when they lose their proficiency and courtesy. The existence of a borderless world through electronic media and today's social media is increasingly fueling the student's political style. Expand the influence of political parties among the youth through the medium of the internet and various media. Behind the pro, there was an element of controversial impact on the use of the internet through the uncontrolled social media freedom that had influenced youth political behavior to be more aggressive in voicing their wishes and expectations, daring to act in violation of the law simply because of anger and protest over the leadership of the country.

The political method of hatred moves among students to spread the negative paradigm and drown the facts and positive reality. The issue of Adam Adli among them has been the creation of present-day history. While still holding as a university student, he has been suspended for arrest under Section 124 of the Sedition Act, while also boldly lowering the image of the leader of the country and is too brave to raise the flag of *Sang Saka Malaya* for replacing Malaysia flag which is *Jalur Gemilang* (Siti, 2016). The Universities and University Colleges Act (AUKU) has existed in Malaysia for decades, but still, many are fuzzy about the filling and the true meaning of this act. The youth students protested the government by way of the street rally a bit of polluting the country's image in the international eye. Blurry causes emotions and minds to be less rationally or positively dealt with when faced with the political turmoil of the country, thus translating into a defensive form of deviant behavior and against most domestic policies (Siti, 2017). Therefore, youths should be more mature in politics as well as in discussing the country's political landscape. One's political maturity can be translated through more rational views or actions on political and

administrative issues, or national issues, in addition to openness in accepting criticism from others in a stable emotional state (Dzuhailmi, 2019).

The aging of the world is in line with the generation of generations that have once been a process of evolution of proactive human life. The process is faced with various elements of special human ability both mentally and physically. In a long of time series, highly capable human brain and admired all his thoughts were made a lifelong idol of diversity strategies and the creation of technology that can shake the world. The ability to diminish in intelligent thinking powers enables other abilities to be marginalized so that empty spaces exist in a more profound nature and character that is the soul and the feeling. The absence of soul and mental imbalances leads to past advances giving a thousand meanings and teachings for them to be restored in new rhythm and breathing so that their understanding can be shared together for future generations. Therefore, today's emotional intelligence has been given special attention to its function and role in human life to improve the fact of misappropriation scenario that allows the nation's end to have first-class-minded and moving people.

In the terminology of psychology, emotion has long been discussed and studied from various research scopes both in terms of function and its importance even its not directly discuss the singular feature of the concept of emotional intelligence. Emotion is also seen as one of the major branches in the human education domain and it is also a complete peg to make every human being more meaningful by the diversity of feelings that embrace the sad, happy, peaceful, and calm breathing heart. When the term emotional intelligence begins to take place in scientific writings and discussions as well as evaluating its needs as important as intellectual intelligence, then the world is increasingly accepting the fact that to become a successful man with a truly successful expression, not only requires intellectual intelligence to be but also the need for elements of emotional intelligence that are organized into various categories. Emotions are exhibited by every individual in the form of action to fulfill the individual's self-esteem and it can be said as a situation in which the feelings are reflected in the individual's physiological and psychological processes (Mahmood, 1992). In short, the emotional response is a set of automatic, visceral, and

emotional communication such as facial expressions, words, gestures, and behaviors exhibited by the individual. Peter Salovey (Harvard University) and John Mayer (New Hampshire University) are among the psychologists who began to introduce emotional intelligence in 1990.

Although all humans are born have a heart and a feeling, but not all can control their heartbeat in accordance with humanitarian references. When emotion is focused as an important element in the education domain, it gives birth to the term of emotional intelligence. Emotional intelligence is more viewed as a set of mental power that helps everyone to recognize and understand the feelings of the person and the feelings of others. Emotional intelligence can help increase the ability of everyone to control feelings. According to Kamus Dewan (2002), emotion in the soul means feeling strong (such as sadness, anger, etc.). Meanwhile, according to the Oxford Advanced Learners' Dictionary of Current English (2000), in states that emotion is a strong feeling, and contains a variety of feelings such as love, joy, hate, fear, envy, excitement, and disturbances in mood. The Oxford Dictionary of Current English (1999) describes emotion as a deep inside feeling, especially from mental and instinctive aspects.

According to Goleman (1995), emotional intelligence is the ability to keep an eye on the emotions of themselves and others, to distinguish good, and to use the information to help one's thoughts and actions. Goleman also said that emotional intelligence is the ability of a person to understand his feelings and use them to make effective decisions in life. Emotional intelligence can also be interpreted as a kind of social intelligence that is responsible for controlling a range of emotions, discriminating against these emotions, and using the information to control thoughts and actions (Mayer & Salovey, 1993). Based on the opinion of Salovey and Mayer (1990), interpersonal and intrapersonal emotional intelligence categorized into five main domains of self-knowledge, self-managing emotions, motivating oneself, empathy, and operating an effective relationship. Empathy and effective relationship control are categorized in interpersonal intelligence while the other three are self-knowledge, managing emotions, and motivating oneself in intrapersonal categories.

METHODS

The method of this study is a library study because the material and content of the discussion are obtained through reading from books and articles. The information and data are based on research on the topic of emotional intelligence which is defined according to the suitability of the construct of emotional intelligence as well as its resilience among youth. The discussion is focused on the function of each construct of youth emotional intelligence competence in addressing the challenges of national transformation impact. In addition, it is also highlighted the extent to which the resilience of each construct helps the youth to face the challenges of the current era of transformation.

RESULTS AND DISCUSSION

Challenges of Individual and Family Transformation Impact

The youths who live less exposure to various sides often see existing examples as the best models. If you are faced with negative examples, then they will easily be tempted to do anything negative, so does the opposite. The lack of efforts to strengthen the internal element they allow their emotions born as individuals who have a mentality stuck, accept changes from the point of sheer pleasure, failure of communication skills, lack of goals themselves, not know the true potential of themselves and less aware of the function and role as citizens who contributed. The value of self-concept that is not emphasized until schemata form of deprivation also causes youth often to feel quite isolated, ashamed to compete, low self-esteem, and negative thinking. This imbalance is not possibly making them divert attention to form and way of life that can make them acceptable in the peer group, although it is a negative climate. Reality is happening now when many youths are trapped in deviant activities such as sniffing gum, illegal racing groups, drug and marijuana addiction, intercourse and free sex, alcoholism, and gambling (Siti, 2016).

This phenomenon has a big impact on the country as we need quality youth and have high emotional intelligence as co-leader of a sovereign state. Sensitivity and negligence will make the youths feeble and lose their self-esteem. The irony of 446 years of our country was colonized by

external forces that resulted in the filling of the hundreds of years that did not cease so far but the effect was that nowadays whenever we see a negative influence, so drown the people's identity in their own country. The more live-action culture of hedonism takes place everywhere, even in the villages of which now has entertainment centers like karaoke, snooker, and video game center. The effect of the mind and the youth continue to be colonized, persisting in the era of globalization and capitalism (Siti, 2016). Preoccupation and focus more on the form of negative life as it is often absorbing the youth so that ignores their actual function and role as inheritors of the earth that should have a good relationship with God, relationship with other human beings and the environment. Filling in emotional instability and soul also allows the rift and love of youth with family (Siti, 2012). Relaxing and less interacting relationships create a rather cool atmosphere not to mention if parents are somewhat autocratic. The respect and honor that less built-in family will also give the impression of an unfriendly fabric that could be a whole even indefinitely. As a result, the family will be left behind, and the existing communication also does not have ethical values and wisdom.

Challenges of Social Community Transformation Impact

Anyone has been or may be suffering from conditions that are somewhat depressing emotionally and emotionally (Ma'rof, 2001). The youths where empty souls allow them to exist in a society as highly venomous poison. Insensitivity to understanding themselves, others, and the environment let alone contemplate the nature of life makes them dare to do something contrary to the demands of social norms. Hence, various cases seem to challenge the community to think again about the importance of applying the element of emotional intelligence that should be from home, school to university centers, or community societies. Case in Kg. Manir, Kuala Terengganu in 2009, can show us that youths have lack of emotional intelligence to control their emotion and others' emotion. The case showing some of the youths involved in the narrowing of the activity had violated two police officers until a severe injury in an operation to combat illegal racing (Siti, 2011). Is this a symbol of youth who has the minds and first-

class souls or are our youth only able to show the value of the moving and third-class souls?

Likewise, youth engagement with trickery and burning of the Malaysian flag, is how serious this is in the eyes and the hearts of our societies or maybe it is just like the wind that goes by without giving any deep impact (Siti, 2011). This has created a rift in the community and a social crisis that undermines society itself. Failure to strengthen the process of emotional intelligence to have a clear soul, positive, empathy and understanding the circumstances surrounding the cause of youth be like the youth who have no consideration even like weeds in the wind, lost rationality and failed to control his emotions as well as easy temper when provoked. Certainly, not youth such as the fight we want to create peace and harmony in the country which covers various aspects will never end and sovereignty must be maintained. That power is necessary from the point of strength, emotional and spiritual strength, economic strength, and unity among the people. Certainly, we do not want our youth to become very selfish people and could not see the need to become useful citizens. As a result, they can be easily exploited by certain parties for their interests beyond the interests of religion, race, and country (Siti, 2012). Due to the delays, various cases show the essence of the loss of integrity some of the people with evidence of cases such as corrupt practices, breach of trust, fraud, money politics, and humiliation among the people in the country.

Transformation in Resilience of Youth Emotional Intelligence

The national education philosophy has outlined the hope of producing human beings capable of functioning as a Malaysian nation that achieves the level of emotional, physical, spiritual, mental, and physical equilibrium, as well as integrated with various elements of soft skills and then strive to be the best human capital for religion, race, and nation. From this philosophy, it has been clearly defined to us that it is a requirement to ensure that our youth in our country not only have to succeed in terms of academic and intellectual domination but also necessarily achieve the level of intelligence in terms of sustainability of life, in addition to the necessities of life-based on religious beliefs. Emotional intelligence in its interpretation has clearly shown that there are positive elements of

moral purity and pure values that need to be applied in life from generation to generation so that it becomes a culture that underlies the pattern of life (Siti, 2011). Along with that, efforts to strengthen the emotional intelligence among youths should not be underestimated as youths are equally involved in serving the nation as a nation.

Their function and role when out of the community are equally important to the general community's role. Intelligent emotions and minds lead to positive behavior while strongly supported by ideologies that are in line with universal norms.

Emotional Intelligence Resilience of Self-Awareness

The challenge of negative influences has always existed and often creates a cultural wholeness of the society that seems to be looming in a more prudent life scenario. To strengthen the application values of emotional intelligence in youths, practically, they must understand the importance of being responsible for maintaining self-respect, noble personalities, and positive behaviors regardless of where they are. Because of the teaching and guidance of mothers, fathers, and teachers, the youth can assess their inner strength to accept universal demands to have a positive value in their self-development. The self-concept should be directed to the norms of acceptable behavior. Hence, among those that can be applied is the need for the youth to have a positive feeling of self, parents, families, and other individuals. They also need to have positive schemata in the mind frame as well as form the independent self-concept of the dominant positive in their psyche (Siti, 2012).

Youth should have the principle of not being easily influenced by negative elements. Awareness of the need for their skills to suit age, time and circumstances are very important as a sign that they know where the earth is trampled, where the sky is upheld. Deep consciousness about the need to be a useful human being to religion, race, and nation should be in every youth because every human being has a meaning of life not only needs intellectual intelligence but also needs consistent emotional intelligence and spiritual intelligence throughout life (Siti, 2017). Understanding history and recognizing the origins of the race is also very much needed by today's youth. Religion itself often demands its people to always think and reflect upon the events so that they can be used as lessons that

can create awareness through more consistent self-esteem.

Emotional Intelligence Resilience of Emotion Self-Regulation

In a family, mothers and fathers must play an important role in helping to build high emotional intelligence in children. Parents' style and attitude, assertive when necessary to be firm and soft, if necessary, to be empowered will be able to help shape the power of stable emotional intelligence in children. Parents should also be the prime mover who can understand the emotions of children because their children will also learn how to better understand their own emotions as well as to manage their emotions more harmoniously (Siti, 2012). As a result, children will know how to control feelings of anger, impatience, aggression, and disappointment so that emotions are more controlled by more positive and less stressful ways of being and others. Proper emotional handling creates individuals who can interact and communicate better with others. Positive emotions come from positive thinking and emotions can be controlled rather than being more emotional when the mind can think more rationally. This relationship needs to be understood as an effort to strengthen the value of emotional intelligence in everyone. As a religious person, it is quite clear that the ability to control emotions brings meaning to pure values of calm and calm.

These values should be inculcated from small and will allow youths to become familiar with the practice of calm and steadfast in the face of whatever challenges they face. This is like the importance of parental function to emphasize the tawhid and religion to children since childhood so that the child's life is filled and educated with the noble practices, worship and morals demanded by the religion as a life-long supply. The perfection of education and the application of noble character is a beautiful blend to be shared in a family. Similar examples and guidance from university lecturers. Lecturers should be able to apply the best values and models for biological students, admire and for example. The success of educators to control emotions allows the discipline of students to be dealt with more wisely will result in a very dynamic educational dimension.

Emotional Intelligence Resilience of Self-Motivation

All human beings need to have the motivation of whether the motivation is derived from external stimuli or the inside. Conceptually, self-motivation is a system of feeling channels towards one goal, controlling self-emotions, passing rewards, and blocking encouragement. Youth should be wise to motivate negative emotions by thinking and planning to solve problems, as well as trying to become a medium towards a more positive emotional change. Momentum from within will strengthen emotions to be more motivated and motivated in the face of any situation so that it can find a more prudent solution to dealing with any problems. By strengthening this self-motivated value, youth will be clearer with the direction and goals of life. The vision and mission in the struggle to achieve success will always be the basis of selflessness based on the spirit of selflessness to continue to work. Motivated human beings are symbols of hard-working humanity striving towards achieving goals by not abandoning self-ethics and universal values. The aura and spirit are also able to make other people excited in life (Siti, 2012).

In religious belief, itself we insist that we must work hard as if we will live long, at the same time we also need to diligently worship God as if we would die tomorrow. This phrase also has enough motivation for everyone if they can understand, appreciate, and reflect on the meanings otherwise. For parents and educators, there is no loss to always provide external strength and motivation to children and students. Each word has its meaning, and the children can feel the power that allows them to learn independently to achieve the goal of life. If children or youths are successful in solving and delivering good results, it is not wrong for parents or educators to reward and praise as a sign of appreciation for their efforts, as well as motivation for them to continue to work. The rewards given in various forms are as meaningful as they are convinced that positive behavior will continue to enable them to be accepted and appreciated.

Emotional Intelligence Resilience of Empathy

Emotional intelligence through empathy is more about interpersonal constructs of communication and interaction with others. Empathy is a feeling and ability to dive into and deepen the feelings of others in depth (Goleman,

1998). Empowering empowerment allows other individuals to be comfortable to continue to interact with the elements of trust and confidence. As soon as they apply this value at home, parents should first need to show self-empathy for the children. Feeling caring, thoughtful, and understanding the children's feelings makes children feel safer and confident in the role of parents in the family (Siti, 2012). When they grow up in a state of stable emotion, a calm and compassionate soul with attention, then such value is well-educated for them to apply in the upcoming life for the continuation of a prosperous life. When at the school and university, educators are also very much in need of entertaining students with humanitarian sentiments as well as sound listening skills when students express their feelings. The value of youthful empathy has enabled the application of this value to become powerful and steadier for them to continue and to practice despite their graduation.

Emotional intelligence resilience of social skills

Human relationships need to be formed in a harmonious atmosphere and this can be viewed through social skills. Religion has naturally determined the need to maintain human relations and its methods are through virtues of noble character such as respect and noble character. Strength in social skills can occur when youth can understand other individuals with the ability to translate one's feelings as a sign that they are understood and accepted in both interaction and communication. Every facial expression or body language should be easy to understand to have more meaningful interactions. Starting from home institution, parents should be able to display the best interaction style among family members as children will see and evaluate. Children are active observers, but passive appraisers. Therefore, they are in dire need of guidance from adults in interpreting something accurately. Individuals who can communicate well and respect others will be able to create a comfortable climate wherever they go (Siti, 2012). The interaction that is intertwined with consensus, no prejudice elements, or heart diseases such as jealousy, sheep, and arrogance will surely be able to produce a dynamic and quality society in the true sense.

Contribution of Significance

The significant contribution of this discussion in terms of psychological and positive behavioral

interests, through the resilience of emotional intelligence domains, is to help the nation's efforts to create a more rational and professional leader of the future leaders among youth, in dealing with key issues, particularly involving security issues and harmony. Interpreting the country's political journey more intensely helps to strengthen the country's administrative machinery to avoid occurrence internal rivals that can cope with the progress of the national, community, and economic development. With that, students with a high level of intellect and knowledge should be more rational and professional in balancing sensitive issues in the country to prevent people vulnerable to propaganda that could be thorns spoil the country's security.

The responsibility of harmonizing the country lies in the hands of the youth because they need to be more principled with identity, values, and need to be fairer and more prudent not to easily accept news without censorship. Even the youths must always be sensitive to help prevent the community and the country from being exposed to propaganda that is a thorn in the flesh or like fire in the chaff, that will at any time damage the peace and stability of the country. Through emotional intelligence, youths are also able to be more mature in acting, including in politics. The political maturity of youth is among the benchmarks of the need to achieve harmony and unity in the country (Nor Azlina et. al, 2020). The ability to remain positive dominant behavior needs to be given attention to ensure the stability of the country which is based on the principles of national tenure and unity.

CONCLUSION

This discussion tries to explore the extent to which emotional intelligence among youth can help shape mature behavior and mind for the harmony and peace of the nation, as a first-class human capital. This reality highlights the need for youths to emotionally stabilize, think rationally and behave positively. The more integrated entity is expected to enable the youth to value and assess the reality of the country's success in navigating physical and human development. Proper information mastery can also highlight the function of positive emotional intelligence so that behavior becomes more dominant towards peace, as well as will not trigger polemic and propaganda that can undermine the noble values of the society to achieve universal

peace, despite ideological and cultural flows that have various streams.

Generally, the responsibility of making youth a quality young is not only intellectually intelligible but also requires total emotional intelligence and spiritual intelligence. The power of the soul and the generation of the present generation is a symbol of the need for the ranks of future-minded nationals. The continuity of efforts resulting from the superior legacy of the civilization of the famous Malacca Malay Sultanate throughout the world must be understood by the youth. Strength through emotional intelligence will create a community of people who are dynamic and dynamic in terms of communication, appearance, spirit, and thought. It is not impossible that we can emerge as a nation of people admired in the eyes of the world.

In conclusion, our strength is not only sophisticated war equipment as a defense against the enemy, nor is it to become a warlike nation, but our strength is in terms of science, positive attitudes, and solidarity in society (Siti, 2017). This should be the case that everyone contributes not only in terms of energy and time, but also contributes to the expertise, knowledge, and influence of positive values that can be emulated together. These are the forces that will always be our main fortress as a sovereign state in the transcendent and sporadic transformation period.

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