

## RELIGIOSITY AND RELIGIOUS STUDIES: CONTRIBUTION IN THE EMOTIONAL INTELLIGENCE OF UNIVERSITAS BINA BANGSA STUDENTS

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### ABSTRACT

*This study discusses the role of religiosity and religious studies in contributing to the development of students' emotional intelligence. Religiosity and religious studies have long been important aspects of individual and societal life, and this study aims to understand its impact on students' emotional development. Through religious studies, students can develop a better emotional awareness of their own feelings and emotions, as well as recognize how those emotions affect behavior and interactions with others. The values of empathy, compassion, and responsibility instilled by religious practice also help students develop the ability to feel the feelings and perspectives of others, which are key aspects of emotional intelligence. In addition, religious practices provide guidance on how to cope with negative emotions and manage stress, thus helping students deal with challenges in a healthier and positive way. Religious studies also provide a deeper purpose in life and a sense of inspiration for students to achieve their goals, helping them stay energized in the face of obstacles, and seek deeper meaning in life. However, the positive effects of religiosity and religious studies on emotional intelligence can vary between individuals and depend on the application of religious values in daily life. Therefore, a holistic and inclusive approach in respecting the diversity of religious beliefs and religious practices is essential in recognizing the benefits of the role of religiosity and religious studies in shaping students who are more empathetic, balanced, and contribute positively to society.*

**Keywords:** *Religiosity, Religious studies, Emotional intelligence, Empathy, Emotional well-being*



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## LATAR BELAKANG

Religious studies in education refers to the teaching and understanding of religious aspects in the context of education. It includes exploration and analysis of the values, beliefs, practices, and teachings of a particular religion that is part of the education system (John & Yuliawati, 2022). The goals of religious studies in education may vary depending on the context, but some common goals include:

1. Religious understanding: Introduces students to a deeper understanding of the teachings of a particular religion, its history, and how these beliefs affect the lives of individuals and societies.
2. Increased interfaith tolerance and understanding: Teaches students to appreciate differences between other religions and beliefs, and promotes mutual respect and understanding in religious diversity.
3. Development of ethical values: Helps students understand the ethical and moral values underlying religious teachings, which can shape good character and behavior.
4. Building social awareness: Teaching students to care for and contribute to the needs of society and the world by applying religious principles in concrete actions.
5. Understanding the impact of religion in history and culture: Conveys how religion has influenced cultural developments and

historical events, as well as the contribution of religion in art, literature, and philosophy.

6. Strengthening religious identity: Provide opportunities for students to strengthen their religious identity and understand the values that come with it.
7. Development of critical thinking: Encourages students to question, analyze, and articulate their own religious beliefs, as well as compare them with other views to gain a more thorough understanding.

Religious studies in education should also be carried out carefully and take into account the principles of religious freedom. It is important for educational institutions to maintain neutrality and respect the right of every individual to choose or not to choose a particular religious belief without coercion or discrimination (Fauzi, 2022). In addition, the role of teachers or educators is very important in creating an inclusive learning environment and respecting religious pluralism.

In continuing religious studies in education, there are several important aspects that need to be considered:

1. Interdisciplinary Approach: Religious studies in education should adopt an interdisciplinary approach. This means not only limiting oneself to the subject of religion itself, but also integrating religious aspects into other subjects such as history, literature, art, ethics, and even

- science. This can help students see how religion affects various aspects of life and understand the complex relationships between religion and other fields.
2. **Promotion of Interreligious Dialogue:** Religious studies should encourage dialogue and discussion between adherents of different religions. Open space for students to talk about their beliefs and listen openly to the views of others. This can help overcome prejudice and promote tolerance and avoid conflicts that may arise due to incomprehension between religions.
  3. **Contextual Teaching:** Every religion has a different cultural and historical context. Therefore, it is important for educators to teach religion with attention to local and global contexts. Contextual teaching enables students to understand how religious teachings are applied in everyday life and how religion interacts with the society around them.
  4. **Emphasizing the Universality of Values:** Although religious studies focus on certain aspects of religion, it is important to emphasize universal values shared by almost all religions, such as love, peace, justice, and compassion. This can help reinforce the idea of commonality that connects all religions and create space for students to learn about similarities, not just differences.
  5. **Responsive to Social Change:** Religious studies in education must also be responsive to social changes and global developments. Social change, technology, and globalization can affect the way students understand religion and interact with multicultural societies. Therefore, the religious studies curriculum needs to be updated regularly to remain relevant to the times.
  6. **Applying a Values-Based Approach:** Religious studies in education should reflect religious values in practice. Schools and educational institutions should promote tolerance, brotherhood, and respect within their environment. This approach can include concrete efforts to prevent discrimination and religious-based violence and respect each individual's religious identity.
  7. **Valuing Pluralism:** Religious studies in education should embrace religious pluralism, recognizing that modern societies often consist of a variety of beliefs and religions. It helps students understand that pluralism is inevitable in today's world, and respecting religious differences is one of the pillars in creating an inclusive and harmonious society.
- Taking these aspects into account, religious studies in education can serve as an important tool to understand the role of religion in the lives of individuals and society

more broadly, as well as to build a deeper awareness and understanding of religious pluralism (M, 2017). Of course, let's continue with some methods and strategies that can be applied in religious studies in education:

1. **Experiential Learning:** Using experiential learning methods can help students get more involved in religious studies. Activities such as visits to places of worship, interactions with religious leaders, or participation in religious rituals can provide a deeper understanding of religious practice and help students connect theory to reality.
2. **Using Diverse Learning Resources:** Introducing students to diverse sources of learning about religion, such as sacred texts, philosophical writings, works of art, and inspirational stories, helps broaden their perspectives. It also appreciates the complexity and richness of different religious cultures.
3. **Open Discussion and Debate:** Encouraging open discussion and debate on relevant religious issues can build critical thinking skills and help students articulate their views well. It is important to create a supportive environment where students feel safe to talk about their beliefs without fear of being judged.
4. **Contemporary Case Studies:** Introducing students to contemporary case studies involving religious issues in different

countries and societies can help them understand the challenges and opportunities faced in an increasingly connected and multicultural world.

5. **Collaboration with Religious and Community Leaders:** Involving religious leaders and members of diverse communities in the learning process can provide a deeper perspective and understanding of the role of religion in society. It can also build bridges between educational institutions and local communities.
6. **Encouraging Independent Research:** Providing opportunities for students to conduct independent research on religious topics of interest to them can facilitate deeper understanding and develop valuable research skills.
7. **Involving Artists and Cultural Activists:** Involving artists and cultural activists in religious studies can provide a creative and in-depth perspective on how religion is reflected in art, music, dance, and other cultural expressions.
8. **Self-Evaluation and Reflection:** Encourage students to conduct self-evaluation and reflection on how religious studies affect their view of the world and how they interact with the society around them.
9. **Critical Learning on Extremism and Tolerance:** When discussing religion, it is important to teach students about the

dangers of extremism and how to foster tolerance, dialogue, and peace between adherents of different religions.

10. **Emphasis on University Values:** Finally, although religious studies focuses on specific aspects of religion, it is important to always emphasize universal values such as justice, compassion, respect, and fraternity that connect all religions and create a more harmonious society.

By combining these methods and strategies, religious studies in education can create a diverse, inclusive learning environment, and open the horizons of students' understanding of the complexities of religion and the role of religion in modern society (Musriparto, 2022). Emotional intelligence in education refers to an individual's ability to recognize, understand, manage, and use emotions effectively. Education that pays attention to and develops emotional intelligence has the goal of helping students develop strong social and emotional skills, which are essential for success in personal, social, and academic life (Princess, 2022).

The main components of emotional intelligence in education include:

1. **Emotional Awareness:** The ability to recognize one's own and others' emotions. Emotionally aware students can identify
2. **Emotion Regulation:** The ability to manage and regulate emotions positively. This includes the ability to cope with stress, control anger, and balance emotions to stay focused and productive.
3. **Self-Motivation:** Students with emotional intelligence have the ability to self-motivate, set meaningful goals, and persevere in the face of challenges. They are able to seek satisfaction from personal achievements and have the curiosity to continue learning and growing.
4. **Empathy:** The ability to understand the feelings and perspectives of others. Students with empathy can empathize with others, show concern for their needs and feelings, and establish better interpersonal relationships.
5. **Social Skills:** The ability to interact and communicate with others effectively. Students who have good social skills can collaborate well, resolve conflicts well, and contribute in groups harmoniously.

Benefits of Emotional Intelligence in Education (Bahrudin, 2020):

1. **Improves Academic Performance:** Emotional intelligence helps students cope with stress and pressure, so they are better

able to concentrate and study well in a learning environment.

2. **Increase Student Engagement:** Learning environments that pay attention to emotional intelligence can create a more positive relationship between teachers and students, leading to higher student engagement in the teaching-learning process.
3. **Improve Social Skills:** Students with good emotional intelligence can interact well with classmates and teachers, which helps them develop social skills necessary for collaboration and cooperation in society.
4. **Helps Overcome Inappropriate Behavior:** Emotional intelligence helps students manage negative emotions, such as anger and anxiety, which can reduce inappropriate behavior or disruptive behavior at school.
5. **Improves Emotional Well-being:** Education that pays attention to emotional intelligence helps students develop better emotional well-being and have a higher quality of life.
6. **Building Empathic Leadership:** The ability to empathize plays a key role in effective leadership, and emotional intelligence helps develop more others-oriented leadership qualities.

Education that focuses on emotional intelligence can be implemented through an inclusive classroom approach, emotional

coaching programs, the use of supportive literature, discussions about emotions and social skills, and the use of mediation and self-regulation techniques. It is important for schools and educators to create an environment that supports the development of students' emotional intelligence so that they can better face life's challenges and become more emotionally balanced individuals (Tarbiyah, 2023).

Religious studies and emotional intelligence are two areas that can complement each other in the context of education and personal development. These two aspects have the potential to help students become more aware, thoughtful, and empathetic individuals, as well as understand the importance of moral and spiritual values in their lives (Fauziyyah & Irman, 2019). Here's how religious studies and emotional intelligence can relate to each other:

1. **Developing Emotional Awareness of Religious Values:** Religious studies can help students understand the moral and ethical values espoused by their religion. Through this understanding, students can develop emotional awareness of how such values can influence their behavior and interactions with others.
2. **Recognizing and Managing Emotions Related to Beliefs and Spirituality:** Emotional intelligence helps students recognize their emotions related to their

religious beliefs and spirituality, such as gratitude, hope, fear, or fear. With this ability to manage emotions, students can navigate their feelings wisely and balancedly.

3. Increase Empathy for Adherents of Other Religions: Inclusive religious studies can help students develop understanding and empathy for adherents of other religions. This allows them to see religious beliefs and practices from the perspective of others and appreciate religious diversity better.
4. Overcoming Spiritual and Emotional Challenges: In life, students may face emotional and spiritual challenges, such as doubt, confusion, or feelings of isolation. Emotional intelligence helps them overcome these challenges with the ability to respond wisely and seek support from relevant spiritual sources.
5. Conveying Religious Values with Empathy: Students with good emotional intelligence will be better able to convey religious values in a way that empathizes and respects the views of others. This helps create an inclusive environment and avoid interfaith conflicts.
6. Helps Build a Deeper Understanding of Life's Purpose: Religious studies and emotional reflection can help students question their purpose in life, explore the meaning of life, and understand how

religion and spirituality can provide meaning and purpose in their lives.

7. Improving Quality of Life Holistically: Emotional intelligence and religious studies can work together to improve quality of life holistically. Increasing self-understanding, strengthening social connections, and considering the spiritual dimension can improve overall emotional well-being.

In integrating religious studies and emotional intelligence in education, it is important for educators to create learning environments that support reflection and open discussion about religious values, emotions, and spiritual life (Alfian et al., 2020). Students should be encouraged to ask questions, seek deeper understanding, and undergo spiritual practices relevant to their beliefs. Thus, students can grow into more empathetic, compassionate, and knowledgeable individuals in facing the challenges of their lives. Religious studies and emotional intelligence are closely related because they complement each other in forming individuals who are empathetic, respectful, and have emotional balance.

From the description above, researchers are interested in examining the extent of the Contribution of Religious Studies in Student Emotional Intelligence, especially in learning within Universitas Bina Bangsa..

## METODE PENELITIAN

Research methods in literacy are scientific approaches used to understand, analyze, and explore literacy-related issues, whether in the fields of reading, writing, or other language skills. The selection of research methods in literacy studies depends on the research objectives, research questions, and available resources. A combination of different methods can also be used to provide more comprehensive insight into complex literacy issues. In these stages and explanations, the methods in this article use the Literacy approach.

## HASIL DAN PEMBAHASAN

Religiosity and religious studies have an important role in contributing to the development of students' emotional intelligence. When students engage in religious practice and deepen understanding of their religious beliefs, they have the opportunity to develop a better emotional awareness of their own feelings and emotions. Religious studies also encourage self-reflection, helping students recognize how these emotions affect behavior and interactions with others. In addition, religious practice also often encourages the values of empathy, compassion, and caring for others (Natania & Sanjaya, 2023). By practicing these values, students can strengthen their ability to feel the feelings and perspectives of

others, which is an important aspect of emotional intelligence. Religiosity and religious studies also provide guidance on how to cope with negative emotions such as anger, sadness, or anxiety, thus helping students manage their emotions in a healthier and constructive way. In addition, religious studies often provide a deeper view of the meaning and purpose of life. These spiritual values can be a source of motivation for students to achieve their goals, help them overcome obstacles, and remain energized in the face of academic challenges and daily life (Mariyono, 2020). Overall, through religiosity and religious studies, students have the opportunity to develop better emotional awareness, empathy, social skills, and emotional well-being. The integration of religious values in students' daily lives can have a positive impact in forming a more balanced, empathetic, and positively contributing person to the surrounding environment.

Through the continuation of the development of emotional intelligence through religiosity and religious studies, students also have the opportunity to develop strong emotional resilience. Religious studies often provide guidance on how to deal with life's trials and challenges wisely and patiently (Chita & Harahap, 2021). By practicing these religious values, students can develop the ability to remain firm in the face of difficult situations,



overcome despair, and not give up easily in achieving their goals. In addition, religious studies also often emphasize the importance of developing humility, respecting differences, and behaving well towards fellow human beings. This contributes to the development of better social skills and helps students build harmonious relationships with others. The practice of religion also gives students the opportunity to experience inner peace and higher emotional well-being (Abdullah Faiq et al., 2023). Spiritual activity and worship can help reduce stress and anxiety, increase gratitude, and create balance in thoughts and feelings. It is important to note that the positive influence of religiosity and religious studies on students' emotional intelligence depends largely on the application of religious values in daily life. When students truly live these religious values and integrate them into their behavior and actions, the benefits of emotional intelligence will be more pronounced.

To reach the full potential of the contribution of religiosity and religious studies to students' emotional intelligence, it is important for educational institutions to create an environment that is inclusive and respectful of religious diversity. Support and understanding from the academic environment can also help students reinforce the values of emotional intelligence drawn from their religious practice, so that they can

become more balanced, empathetic, and committed to contributing positively to life and society (Sikapaliling, 2023).

On the educational side, universities and educational institutions can play an important role in supporting and strengthening the contribution of religiosity and religious studies to students' emotional intelligence. Some steps that can be taken are as follows:

1. **Providing Religious Services:** Universities can provide inclusive religious facilities and services for students from various religious backgrounds. These facilities can be places of worship, spiritual counseling, or relevant religious activities.
2. **Integration of Religious Values in the Curriculum:** Universities can integrate religious values and religious studies in the curriculum, especially in courses related to ethics, culture, and social skills. This helps students understand the importance of religious values in personality formation and emotional balance.
3. **Facilitation of Religious Discussions and Forums:** Universities can organize religious discussions and forums to encourage interfaith dialogue, a deeper understanding of other religious beliefs, and respect for religious diversity.
4. **Psychological Support:** Provides psychological support for students who may be facing conflict of values or

emotional challenges related to their religion. Psychologists or counselors at universities can help students respond wisely to emotional situations and understand value conflicts with mutual respect.

5. Emotional Skills Development through Religious Activities: The University can support students to participate in religious activities that involve emotional skills, such as community service, charity work, or spiritual guidance and counseling activities.
6. Accommodating Spiritual Needs: In a busy academic setting, universities may try to accommodate students' spiritual needs, such as providing time and space for worship, hosting religious ceremonies, or providing opportunities for students to reflect and meditate.

By creating an inclusive and supportive educational environment for students from diverse religious backgrounds, the university can help students integrate religious values into the development of their emotional intelligence. The positive contribution of religiosity and religious studies to emotional intelligence can bring long-term benefits to students, helping them become individuals who empathize, balance, and are able to interact with others wisely and respect human values (Monalisa et al., 2016). Several previous studies and research have shown that

involvement in religious activities and religious practices can make a positive contribution to the development of emotional intelligence. Religion often teaches moral values, empathy, and a sense of responsibility towards oneself and others, which contribute to the development of aspects of emotional intelligence, such as emotional awareness, the ability to manage emotions, and social skills.

In addition, religious practices such as prayer, meditation, or spiritual reflection can help reduce stress and anxiety, improve emotional well-being, as well as aid in the search for deeper meaning and purpose in life. However, keep in mind that the influence of religiosity and religious studies on emotional intelligence can vary depending on the individual and the religious practices he or she adheres to. Each individual has different religious experiences, and some may not have any particular religious involvement. Therefore, the approach to understanding the relationship between religiosity and emotional intelligence should be holistic and encompass different aspects of one's life (Brahma, 2020).

## KESIMPULAN

The contribution of religiosity and religious studies in the development of students' emotional intelligence is that involvement in religious practice and a deep understanding of religious values can have a

positive impact on the development of students' emotional intelligence. Through religious practice, students can develop a better emotional awareness of their own feelings and emotions, as well as recognize how those emotions affect behavior and interactions with others. In addition, the values of empathy, compassion, and a sense of responsibility instilled by religious studies can help students develop the ability to feel the feelings and perspectives of others, which are important aspects of emotional intelligence. Religious practices also provide guidance on how to cope with negative emotions and manage stress, thus helping students deal with challenges in a healthier and positive way. Religious studies also provide a deeper purpose in life and a sense of inspiration for students to achieve their goals, helping them stay energized in the face of obstacles, and seek deeper meaning in life. Religiosity can also help students develop strong emotional resilience, strengthen the values of mental well-being, and improve social relationships with others. However, it is important to remember that the positive effects of religiosity and religious studies on emotional intelligence can vary between individuals and depend on the application of religious values in daily life. Therefore, a holistic and inclusive approach in appreciating the diversity of religious beliefs and religious practices is important in

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