Author : Moh. Sholeh

Abstract :

Education system in Indonesia has put too much emphasis on academic values or intelligence quotient, without paying sufficient attention to emotional quotient. Various studies have shown that the success of life is contributed largely (75%) by emotional quotient, while intelligence quotients only contributed as much as 4%. The purpose of this study was to disclose the correlation between Monday - Thursday fasting and emotional quotient. This study was a quasi experimental study using one group posttest control design. Samples were 25 students in Luqman Al-Hakim High School (LHHS), Pondok Pesantren Hidayatullah, Surabaya. Data were obtained by means of questionnaire, and were analyzed using product moment analysis. Results of this study showed that Monday-Thursday fasting is positively correlated to emotional quotient with rxy values 1.4376, ranging between 0.90 - 1.00.

(end)