

## **ANALYSIS OF THE INFLUENCE OF EMOTIONAL INTELLIGENCE AND LEARNING MOTIVATION ON STUDENT ACADEMIC ACHIEVEMENT**

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### **Abstract**

This research aims to analyze the influence of emotional intelligence and learning motivation on student academic achievement through a literature review. The method used is a literature study by examining various previous research relevant to this topic. The findings of the literature review show that emotional intelligence has a significant relationship with students' learning motivation and academic achievement. Students who have high emotional intelligence tend to be better able to manage stress, have good adaptability, and are able to regulate their emotions effectively, which in turn increases their learning motivation. High learning motivation is consistently associated with better academic achievement. This study also highlights the importance of implementing social-emotional learning programs in higher education curricula to improve students' emotional skills. It is hoped that the integration of emotional intelligence in teaching methods can create a more supportive and challenging learning environment. It is hoped that the results of this research can contribute to improving educational strategies that are more comprehensive by considering students' emotional and motivational aspects. This research concludes that developing emotional intelligence and increasing learning motivation are effective strategies for improving student academic achievement. Therefore, higher education institutions are advised to adopt a holistic approach in the teaching and academic guidance process, in order to create students who are not only academically competent, but also have good emotional well-being.

**Keywords:** Emotional Intelligence, Learning Motivation, Academic Achievement, Students

### **INTRODUCTION**

Academic achievement in higher education plays a very important role for students and educational institutions themselves. For students, academic achievement is not just an achievement in the form of grades, but is also a reflection of the understanding and knowledge they gain during the educational process (Tato et al., 2023). The ability to achieve good academic achievements shows a deep understanding of the field of study pursued and

the ability to apply this knowledge in practical situations (Habimana, 2024). This becomes valuable capital for students when they enter the world of work, where analytical and problem-solving skills are needed.

Apart from benefits for individual students, achieving high academic achievement also provides benefits for higher education institutions. Institutions with high levels of student academic achievement are often recognized nationally and internationally, which increases their reputation and appeal to prospective new students. A good reputation in the academic field can also attract more talented researchers and partnerships with various industries and research institutions, which ultimately improves the quality of education and research opportunities for the entire academic community (Lopez & Guhao, 2024).

Furthermore, strong academic achievement in higher education can contribute significantly to the development of society and the economy. Quality higher education produces graduates who are able to contribute effectively to social, economic and technological development. Graduates who excel are expected to become future innovators and leaders who bring positive change and sustainability to society (Chen, 2024). Thus, academic achievement is an important indicator in measuring the success of the education system in producing superior and competitive human resources at the global level.

Emotional intelligence is a person's ability to recognize, understand, manage and influence their own emotions and the emotions of others. This concept was first introduced by Daniel Goleman in 1995, who identified it as a key factor in personal and professional success. Emotional intelligence includes five main components: self-awareness, self-management, motivation, empathy, and social skills. Self-awareness allows individuals to understand their feelings and emotions, while self-management helps in controlling negative feelings and refraining from impulsive actions (Pashchenko et al., 2024). Motivation as part of emotional intelligence encourages individuals to remain enthusiastic in achieving goals, even when facing challenges (Guzman & EdD, 2023).

Learning motivation, on the other hand, is an internal or external drive that influences individuals to engage in the learning process with the aim of achieving new understanding and knowledge. There are two main types of learning motivation: intrinsic motivation and extrinsic motivation. Intrinsic motivation comes from within the individual, such as curiosity and personal interest in a subject. Meanwhile, extrinsic motivation is usually triggered by

external factors such as grades, awards, or social pressure (Atkins et al., 2023). Strong learning motivation is believed to increase the effectiveness of the educational process and academic achievement, because motivated individuals tend to be more committed, persistent and active in participating in learning activities.

The relationship between emotional intelligence and learning motivation is very close, where emotional intelligence can influence an individual's level of motivation. Someone with high emotional intelligence is usually better able to maintain their motivation in learning even when facing obstacles and stress (Kirkova-Bogdanova, 2024). They have the ability to regulate emotions and channel them positively in achieving academic goals. In addition, they tend to be better able to establish good relationships with peers and teachers, who can be a source of social support in the learning process. Thus, developing emotional intelligence from an early age can be key in increasing learning motivation and, ultimately, academic success.

The combination of emotional intelligence and strong learning motivation can create students who are not only able to face academic challenges better, but also have a positive attitude towards lifelong learning. Students who are able to manage their emotions well are more likely to be able to maintain a consistent level of motivation, even when they face difficulties in learning (Akaneme & Metu, 2024). This has a positive impact on their academic performance, as they are better prepared to handle the study load and stay focused on their academic goals. Thus, increasing emotional intelligence and learning motivation must be the main focus in education to help students achieve optimal academic achievement.

## **RESEARCH METHOD**

The study in this research is qualitative with literature. The literature study research method is a research approach that involves the analysis and synthesis of information from various literature sources that are relevant to a particular research topic. Documents taken from literature research are journals, books and references related to the discussion you want to research (Earley, M.A. 2014; Snyder, H. 2019).

## **RESULT AND DISCUSSION**

### **Understanding Emotional Intelligence and Its Influence on Academic Achievement**

Emotional Intelligence (EQ) refers to the ability to recognize, understand, and manage one's own and others' emotions. This includes skills such as self-awareness, self-regulation, internal motivation, empathy, as well as social skills. Individuals with high EQ tend to be better able to deal with stress, interact effectively with other people, and make wiser decisions (Hong & Hanafi, 2024). In an educational context, understanding EQ is important because students' behavior and emotions greatly influence their learning process.

Research shows that emotional intelligence has a significant influence on academic achievement. Students with high levels of EQ are better able to manage academic stress, maintain their motivation, and have better abilities in managing time and completing assignments (Misra, 2023). Apart from that, it is also easier for them to adapt to changes in learning situations, such as transitions from one subject to another or online learning situations which are now increasingly common. Good communication and interpersonal relationship skills make them better able to work in teams and make maximum use of the resources available in their learning environment.

The importance of emotional intelligence in academic achievement underscores the need for educational interventions that focus not only on cognitive aspects but also on students' emotional development. Programs designed to train emotional skills, such as stress management, conflict resolution, and empathy, can help students achieve better results in school. It also equips them with life skills that are important for success outside the academic environment, such as in facing career challenges and establishing healthy personal relationships (Zhang et al., 2023). Therefore, efforts to improve EQ in schools should be a priority to support students' holistic development.

Apart from its direct impact on academic achievement, emotional intelligence also plays a role in building a positive and conducive learning environment. Students who are able to control their emotions tend to create a class atmosphere that is more harmonious and has minimal conflict. They are more open to collaborating, sharing ideas, and supporting each other in the learning process (Zajda, 2024). This not only helps the individual themselves but also has a positive influence on their classmates. In the long term, a

positive learning environment can increase learning motivation and overall academic success.

The role of teachers and educational institutions in developing students' emotional intelligence cannot be ignored. Teachers who are aware of the importance of EQ will be more sensitive in interacting with students, understanding their emotional needs, and providing appropriate support. Teacher training programs that focus on developing emotional and social skills are also very important (Samodro et al., 2024). Teachers who are skilled in this matter can be effective models and facilitators for students in learning to manage emotions and interact well with each other.

Overall, the integration of emotional intelligence in the education system can bring significant improvements not only in academic achievement but also in the personal and social development of students. By recognizing and developing the emotional and social aspects of the learning experience, education can provide students with a strong foundation for future success. Both inside and outside the academic environment, EQ plays an important role in helping individuals face challenges, build better relationships, and reach their maximum potential (Hidayah & Sulaksono, 2022). Therefore, instilling emotional intelligence values and skills from an early age is a very valuable investment for future generations.

### **Understanding Learning Motivation and Its Influence on Academic Achievement**

Learning motivation is an internal drive that encourages students to participate in the learning process and directs their behavior towards achieving academic goals (Wu et al., 2022). This motivation can come from various factors, including personal interests, long-term goals, support from the surrounding environment, and awards or recognition received. Students who have high learning motivation tend to be more diligent, persistent, and able to overcome various obstacles that may arise during the learning process. They are also more active in seeking information, exploring deeper knowledge, and participating in learning activities.

The influence of learning motivation on academic achievement is very significant. Motivated students tend to have better academic performance because they are more involved in the learning process and show consistent effort. Strong motivation also encourages students to use effective learning strategies, such as good time management, proper note-taking techniques, and active participation in class discussions. Conversely, lack of motivation can

cause low participation, procrastination behavior, and ultimately have a negative effect on academic achievement (Ali et al., 2023). In this case, teachers and parents play an important role in cultivating and maintaining students' learning motivation through support, appreciation and constructive feedback.

Good academic performance depends not only on cognitive abilities, but also on how students are motivated to learn and develop. Therefore, understanding the importance of motivation and working to increase it among students is a crucial step in efforts to improve the quality of education. Strategies such as providing opportunities for independent learning, making learning relevant to students' lives, and creating a positive and supportive learning environment can be very effective (Ulum & Küçükaydın, 2024). Thus, high learning motivation can be the key to achieving optimal academic achievement and helping students achieve their full potential in education and life.

Apart from the role of teachers and parents, a conducive learning environment also plays an important role in increasing students' learning motivation. A supportive environment includes not only adequate physical facilities, such as comfortable classrooms and complete learning materials, but also a positive emotional atmosphere (Sinaga, 2023). Good relationships between students and teachers, as well as between students themselves, can increase feelings of comfort and encouragement to learn. When students feel valued and supported in their learning environment, they are usually more motivated to perform better.

Implementing innovative teaching strategies can also have a positive impact on student learning motivation. For example, project-based learning or problem-based learning can make the learning process more interesting and relevant for students. This approach allows students to see real connections between what they learn and everyday life situations (Ritonga et al., 2023). In this way, students not only develop a deeper understanding of the subject matter but also feel satisfaction and intrinsic motivation from their ability to solve problems independently.

Overall, efforts to increase learning motivation must be comprehensive, involving various aspects ranging from teaching approaches, environmental support, to active involvement from related parties such as teachers, parents and the community. By paying attention to and developing these factors, it is hoped that students can not only achieve high academic achievement, but also develop a positive attitude towards lifelong learning

(Septiawati & Trisnawati, 2023). Furthermore, this can help shape individuals who are not only academically skilled but also able to adapt and excel in their future professional and personal lives.

### **The Relationship between Emotional Intelligence and Learning Motivation**

Emotional intelligence (EQ) has a significant role in student learning motivation. EQ involves a person's ability to recognize, manage, and direct their emotions as well as understand and interact with the emotions of others. Students with high emotional intelligence are usually better able to deal with stress and academic pressure. They can manage negative emotions, such as anxiety or frustration, which often become obstacles in the learning process (Lei, 2024). Thus, good EQ helps students stay focused and motivated even when facing challenges or failure.

In addition, emotional intelligence also contributes to the development of positive social relationships in the school environment. Students who are proficient in social skills, such as empathy, cooperation, and effective communication, tend to more easily build supportive relationships with classmates and teachers (Sordia & Martskvishvili, 2022). These good relationships can increase the sense of involvement and belonging to the learning community, which in turn strengthens internal motivation to learn. Strong social support helps students feel valued and supported, so they are more motivated to learn and achieve their academic goals.

Emotional intelligence also supports the development of positive attitudes and mindsets necessary for success in learning. Students with high EQ tend to have good self-regulation, meaning they are able to set goals, control themselves, and maintain their learning discipline. They are also more likely to develop a growth mindset, where they see efforts and difficulties as opportunities to learn and develop rather than as obstacles (Susanto & Ali, 2024). With this attitude, students do not give up easily and remain motivated to continue learning even when faced with difficulties. So, the existence of emotional intelligence is very important in supporting sustainable learning motivation.

Understanding the relationship between emotional intelligence and learning motivation at the individual level also provides insight into how educational strategies can be adapted to support both aspects. Teachers and educators can emphasize the importance of developing emotional skills in the curriculum and through various learning activities (Maruhawa et al., 2022). For example, social skills training, social-emotional learning programs, and

collaborative activities can strengthen students' emotional intelligence. Through this approach, students not only learn academic content but also develop emotional skills that are important for long-term success.

This approach may also include providing constructive feedback and guiding students to set realistic and achievable goals. Teachers can support students in identifying and understanding their emotions, as well as helping them develop effective coping strategies. By supporting the development of emotional intelligence, educators can create a positive and inclusive learning environment, which contributes to increased learning motivation. This environment facilitates deeper and more meaningful learning and helps students feel more confident and empowered in their learning process (Hui et al., 2022).

Finally, the role of parents in supporting children's emotional intelligence is also very important. Support from home, in the form of active attention and involvement from parents, can strengthen children's emotional intelligence and motivation to learn. Parents can be good role models in managing emotions and provide concrete examples of how to face and overcome stress (Hudyma, 2024). By creating a supportive home environment and paying attention to their child's emotional development, parents can help their child feel more motivated and ready to face academic challenges. The combination of support in the school environment and at home will strengthen students' overall emotional intelligence and learning motivation, which is very important for their future academic and personal success (Lailisabila & Aminullah, 2022).

## **CONCLUSION**

1. Relationship between Emotional Intelligence and Learning Motivation:
  - a. High emotional intelligence is significantly related to higher learning motivation.
  - b. Developing emotional skills can help students increase their motivation and persistence in learning.
2. The Effect of Emotional Intelligence on Academic Achievement:
  - a. Students with high emotional intelligence tend to have better academic achievement.
  - b. Skills such as stress management, adaptability, and emotional regulation support higher academic achievement.
3. The Importance of an Educational Approach That Involves Emotional Intelligence:



- a. The integration of emotional skills training in educational curricula can optimize students' learning experiences.
- b. A systematic approach to social-emotional learning strengthens emotional intelligence and, in turn, increases motivation and academic achievement.

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