

Teacher Emotional Intelligence Development as Educators Through the Implementation of Cognitive Restructuring Counseling Services

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ABSTRACT

School-based is an educational institution that plays an important role as forming intelligence of moral, spiritual, intellectual, emotional, and social aspects of students to manage their attitudes and behavior well. In fact, there are only teachers who carry out routines at school by doing a lot of anger at students due to various student behaviors that they don't like. This is one of the findings that the behavior of middle school students tends to display many kinds of achievement which gives a lot of influence on the level of emotional intelligence of teachers in teaching. This research is intended to know the clear concept of the relationship between the concept of emotional intelligence with the cognitive reconstructional process of each individual. This writing method or approach uses literature and data collection which is done by analyzing data sources and information relevant to the writing. Thus, it was found that emotional intelligence that can be developed from within individuals is a surefire strategy to improve the quality of learning in school. Guidance and Counseling Practice conducted is a cognitive restructuring model to harmonize cognitive functions and emotions in carrying out routine activities.

Kata Kunci: Emotional Intelligence, Cognitive Restructuring Counseling