

ABSTRACT

Emotional intelligence is human way to control themselves, express emotions, and a pattern of behavior towards others when facing emotions. Based on Scientific Research Publishing, the emotional intelligence of Indonesian population is still low. Research using qualitative methods obtained results that most teenagers in Bandung have problems with their emotional intelligence. This has a correlation with Indonesian parents cultural who often pay more attention to their children's intellectual quotient so that their children's emotional needs are ignored. In some cases, the demand for this is often a place to fulfill prestige and competing content between parents. In fact, the development of both should be in line because it has a correlation in carrying out socializing life. Parents should be aware and evaluate that the condition of adolescents who are still quite unstable requires attention to their emotional needs as well. In Goleman's and LeDoux's theories, the human body does have a part that manages emotions and so do a system that influences how to respond on several events. When we do not recognize the emotions and hide it away, it becomes unstoppable. The bad news is it can cause emotional outbursts in a long-term condition and have negatives impact on both yourself and the environment. Therefore this book is present to introduce the basic understanding of emotional intelligence, which if applied into a habit, it could build a someone's character.

Keywords: Media Information, Youth, Emotional Intelligence.