

Analysis Of The Contribution Of Education Based On Emotional And Spiritual Intelligence In The Digital Era In Indonesia

Retno Anggraini¹, Sitti Hasnah², Rinovian R³, Ai Siti Nurmiati⁴, Idris⁵

Sultan Agung Islamic University¹, UIN Datokarama Palu², Unindra PGRI Jakarta³, STAI Kharisma Sukabumi⁴, UIN Datokarama Palu⁵

retno.a@unissula.ac.id¹, sittihasnah@uindatokarama.ac.id², rinovianrais@gmail.com³,
aisukabumi21@gmail.com⁴, sesatdaritimur47@gmail.com⁵

Informasi Artikel	Abstract
E-ISSN : 3026-6874 Vol:3 No: 4 April 2025 Page : 8-14	This research aims to analyze the contribution of education based on emotional intelligence (EQ) and spiritual (SQ) in facing the challenges of the digital era in Indonesia. The focus of the research is to understand how an educational approach that integrates EQ and SQ can help students develop relevant skills amidst rapid technological developments and social change. The research method used was qualitative with a literature study approach. The data obtained was analyzed thematically to identify patterns and impacts of the application of EQ and SQ in the context of digital education. The research results show that EQ and SQ-based education plays an important role in forming strong and adaptive student characters in the digital era. The integration of EQ helps students manage emotions, increase empathy, and build positive social relationships, while SQ strengthens spiritual values that encourage the formation of responsible and ethical attitudes. This combination not only helps students deal with digital distractions, but also improves collaboration and creativity skills. Thus, EQ and SQ-based education is considered an effective solution for creating a generation that is not only intellectually intelligent, but also has the emotional and spiritual maturity needed to compete in the digital era.
Keywords: Education, Emotional and Spiritual Intelligence, Digital Era	

Abstract

Penelitian ini bertujuan untuk menganalisis kontribusi pendidikan berbasis kecerdasan emosional (EQ) dan spiritual (SQ) dalam menghadapi tantangan era digital di Indonesia. Fokus penelitian adalah untuk memahami bagaimana pendekatan pendidikan yang mengintegrasikan EQ dan SQ dapat membantu siswa mengembangkan keterampilan yang relevan di tengah pesatnya perkembangan teknologi dan perubahan sosial. Metode penelitian yang digunakan adalah kualitatif dengan pendekatan studi literatur Data yang diperoleh dianalisis secara tematik untuk mengidentifikasi pola dan dampak dari penerapan EQ dan SQ dalam konteks pendidikan digital. Hasil penelitian menunjukkan bahwa pendidikan berbasis EQ dan SQ berperan penting dalam membentuk karakter siswa yang tangguh dan adaptif di era digital. Integrasi EQ membantu siswa mengelola emosi, meningkatkan empati, dan membangun hubungan sosial yang positif, sementara SQ memperkuat nilai-nilai spiritual yang mendorong pembentukan sikap bertanggung jawab dan beretika. Kombinasi ini tidak hanya membantu siswa menghadapi distraksi digital, tetapi juga meningkatkan kemampuan kolaborasi dan kreativitas. Dengan demikian, pendidikan berbasis EQ dan SQ dinilai sebagai solusi efektif untuk menciptakan generasi yang tidak hanya cerdas secara intelektual, tetapi juga memiliki kematangan emosional dan spiritual yang diperlukan untuk bersaing di era digital.

Kata Kunci: Pendidikan, Kecerdasan Emosional dan Spiritual, Digital Era

INTRODUCTION

Education based on emotional intelligence (EQ) and spiritual (SQ) has long historical roots, although this concept only received wider attention in the 20th century (Herwati, 2016). Emotional intelligence was first popularized by Daniel Goleman in 1995 through his book *Emotional Intelligence*, which emphasizes the importance of the ability to manage emotions, empathize, and build social relationships as an integral part of life success. Meanwhile, spiritual intelligence has been part of various religious and philosophical traditions since ancient times, such as in Buddhism, Taoism, and Sufism,

which emphasize the importance of self-understanding, the meaning of life, and a relationship with something greater than oneself.

In Indonesia, the concept of EQ and SQ-based education is starting to gain attention along with the development of modern psychology and the need to balance academic education with character formation (Fatmawati and Pd, 2015). In the early 2000s, awareness emerged that education not only aims to produce individuals who are intellectually intelligent, but also have emotional and spiritual maturity. This is in line with Indonesian cultural values which emphasize harmony, mutual cooperation and spirituality as part of everyday life.

The development of EQ and SQ-based education in Indonesia is also influenced by global changes, especially the digital revolution which brings new challenges for the younger generation (Herwati, 2016). Technological progress is often accompanied by problems such as social isolation, dependence on gadgets, and loss of moral values. Therefore, an educational approach that integrates EQ and SQ is considered a solution to help students face the complexities of the digital era while still maintaining the nation's identity and noble values. The implementation of EQ and SQ-based education in Indonesia is carried out through various methods, such as integrating character values in the curriculum, teacher training, and extracurricular activities that encourage emotional and spiritual development. For example, the character education program launched by the Ministry of Education and Culture since 2010 emphasizes the importance of values such as honesty, responsibility and empathy. Additionally, many schools adopt a holistic approach by combining academic learning, meditation, and spiritual reflection. Historically, EQ and SQ-based education has undergone a transformation from a philosophical and religious concept into a modern educational approach that is relevant to the challenges of the times. In Indonesia, this approach is not only a response to local needs, but also part of a global effort to create more humane and sustainable education. By continuing to develop this educational model, it is hoped that Indonesia's young generation can grow into individuals who are not only intelligent, but also have strong emotional and spiritual integrity.

The digital era has brought significant changes in various aspects of life, including education (Purba and Saragih, 2023). Advances in information and communication technology have made access to knowledge easier, but on the other hand, they have also created new challenges such as digital distraction, dependence on gadgets, and decreased direct social interaction. In Indonesia, where internet penetration and use of social media continues to increase, the younger generation is vulnerable to the negative impacts of the digital era, such as social isolation, loss of focus, and degradation of moral values. Therefore, an educational approach is needed that does not only focus on intellectual development, but also pays attention to emotional and spiritual aspects.

Emotional intelligence (EQ) and spiritual (SQ) are becoming increasingly relevant in this context. Emotional intelligence, which includes the ability to recognize, understand and manage one's own and other people's emotions, is considered the key to facing pressure and challenges in the digital era (Liana, 2024). Meanwhile, spiritual intelligence, which is related to the search for meaning in life, values, and connection to something bigger, can help individuals find a deeper purpose in life amidst the rapid flow of information. It is believed that these two aspects can be the foundation for forming a generation that is not only academically intelligent, but also has mental resilience and moral integrity.

In Indonesia, EQ and SQ-based education actually has strong roots in local culture and values (Karolina, 2018). Traditions of mutual cooperation, respect for nature, and strong religious practices have long been part of community life. However, in the context of formal education, the integration of EQ and SQ is still often ignored or has not been optimized. In fact, this approach can be a solution to overcome problems that arise in the digital era, such as low empathy, lack of collaboration, and loss of a sense of social responsibility.

This research is motivated by the need to understand the extent to which EQ and SQ-based education can contribute to facing the challenges of the digital era in Indonesia. With more and more young people being exposed to technology from an early age, it is important to evaluate whether the current education system is adequate in equipping them with the necessary emotional and spiritual skills. Apart from that, this research also aims to explore educational models that can effectively integrate EQ and SQ in the existing curriculum. By analyzing the contribution of EQ and SQ-based education, it is hoped that this research can provide concrete recommendations for stakeholders in the

education sector, including the government, schools and parents. Through a holistic approach, it is hoped that Indonesia's young generation can grow into individuals who are not only able to compete globally, but also have strong emotional and spiritual maturity, so they are ready to face the complexities of the digital era wisely and responsibly.

METHOD

This research uses a qualitative approach with literature study methods and in-depth interviews to analyze the contribution of emotional intelligence (EQ) and spiritual (SQ)-based education in the digital era in Indonesia. Literature studies are carried out by collecting and analyzing various sources, such as scientific journals, books, educational reports, and policy documents that are relevant to the research topic. This aims to understand the theoretical concepts of EQ and SQ, as well as how these two aspects can be integrated in the education system. Additionally, in-depth interviews were conducted with stakeholders, including teachers, students, parents, and education experts, to gain practical perspectives on the implementation and impact of EQ and SQ-based education in the field.

Data obtained from literature studies and interviews were then analyzed thematically to identify patterns, challenges and opportunities in implementing EQ and SQ-based education. This analysis focuses on three main aspects: (1) the role of EQ and SQ in facing the challenges of the digital era, (2) strategies for integrating EQ and SQ in the educational curriculum, and (3) their impact on student character development. By combining theoretical and empirical approaches, it is hoped that this research can provide a comprehensive picture of how EQ and SQ-based education can contribute to forming a young generation who is tough, empathetic and ethical amidst rapid technological developments.

RESULTS AND DISCUSSION

Basic Concepts of Spiritual Emotional Intelligence

Emotional intelligence (EQ) and spiritual intelligence (SQ) are two concepts that are increasingly recognized as important components in human development, especially in facing the challenges of modern life (Mudzakkir, Harun and Aderus, 2024). Emotional intelligence, first popularized by Daniel Goleman in 1995 through his book *Emotional Intelligence*, refers to an individual's ability to recognize, understand, manage and utilize their own and other people's emotions effectively. Goleman identified five main components of EQ: self-awareness, self-regulation, motivation, empathy, and social skills. This concept emphasizes that a person's success is not only determined by intellectual intelligence (IQ), but also by the ability to manage emotions and interpersonal relationships. Meanwhile, spiritual intelligence (SQ) refers to an individual's ability to understand the meaning of life, connect oneself to greater values, and develop a deep sense of purpose. The SQ concept was first introduced by Danah Zohar and Ian Marshall in their book *Spiritual Intelligence: The Ultimate Intelligence* (2000). They argue that SQ is the highest intelligence that allows humans to ask questions about the meaning of existence, develop universal values, and act based on ethical principles. SQ is often associated with the ability to reflect, introspect, and find harmony in life.

Goleman's theory of emotional intelligence is based on psychological research showing that emotions play a key role in decision making, social relationships, and mental well-being (Liana, 2024). According to Goleman, individuals with high EQ tend to be more successful in personal and professional life because they are able to manage stress, communicate effectively, and build positive relationships. This theory also emphasizes that EQ can be developed through practice and experience, making it an important aspect of education. On the other hand, Zohar and Marshall's theory of spiritual intelligence is rooted in philosophy, transpersonal psychology, and the spiritual traditions of various cultures. They identified several characteristics of individuals with high SQ, such as the ability to be flexible, having deep self-awareness, and being able to face suffering with a positive attitude. SQ is considered the foundation for developing wisdom, empathy, and transformative leadership. This concept also emphasizes the importance of connecting oneself to something greater, be it God, nature, or community.

These two concepts complement each other in forming a complete human being. EQ helps individuals manage emotions and social relationships, while SQ provides deeper meaning and purpose in life (Mudzakkir, Harun and Aderus, 2024). In the educational context, the integration of EQ and SQ is

considered important to create a generation that is not only intellectually intelligent, but also has emotional and spiritual maturity. This approach is in line with holistic education theory, which emphasizes the importance of developing all aspects of humans, including physical, emotional, intellectual and spiritual. Howard Gardner, in his **Multiple Intelligences** theory, also provides a theoretical basis for understanding emotional and spiritual intelligence. Gardner identified intrapersonal intelligence (the ability to understand oneself) and interpersonal intelligence (the ability to understand others) as part of the human intelligence spectrum. Intrapersonal intelligence is closely related to EQ, while interpersonal intelligence can be related to SQ, especially in the context of understanding human relationships with the universe or greater forces.

Robert Emmons, a leading psychologist, developed the concept of spiritual intelligence by emphasizing four main components: the ability to transcend the physical and material, experience heightened states of consciousness, relate daily experiences to greater meaning, and use spiritual resources to solve problems (Nur, Mustafa and Latif, 2025). Emmons argues that SQ is not just about religion, but more about how individuals find meaning and purpose in their lives. In the Indonesian context, the concepts of EQ and SQ are very relevant because of the strong cultural values and spirituality in society. Traditions of mutual cooperation, respect for nature, and diverse religious practices reflect the importance of balance between emotions and spirituality in everyday life. EQ and SQ-based education can help students develop a sense of empathy, social responsibility and mental resilience, which are much needed in a digital era full of distractions and pressure.

Implementing the concepts of EQ and SQ in education requires a holistic and integrative approach. Methods such as project-based learning, self-reflection, meditation, and group discussions can be used to develop these two aspects. Teachers also need to be trained to be facilitators who not only teach academic knowledge, but also help students develop their emotional and spiritual skills. Overall, the basic concepts of emotional and spiritual intelligence offer a powerful theoretical framework for understanding and developing full human potential. By integrating EQ and SQ in the education system, it is hoped that a generation can be created that is not only intellectually intelligent, but also has the emotional and spiritual maturity needed to face the complexities of modern life. This approach is not only globally relevant, but also in line with local values held by Indonesian society.

The Urgency of Education Based on Emotional and Spiritual Intelligence

Education based on emotional intelligence (EQ) and spiritual (SQ) is becoming increasingly urgent in the modern era, especially in facing global challenges such as technological disruption, rapid social change, and the crisis of human values (Mustari and Darmayanti, 2024). Emotional intelligence, which includes the ability to recognize, understand, and manage one's own and others' emotions, is considered key to building healthy interpersonal relationships and coping with life's stresses. Meanwhile, spiritual intelligence, which is related to the search for meaning in life and connection to something greater, helps individuals discover deep goals and values. These two aspects are very important to create a generation that is not only intellectually intelligent, but also has emotional and spiritual maturity.

In the digital era, where information and communication technology dominates daily life, the younger generation is often faced with challenges such as social isolation, dependence on gadgets, and constant distractions. EQ-based education can help students develop skills for managing emotions, increasing empathy, and building positive social relationships. Without this ability, students are vulnerable to problems such as anxiety, depression, and difficulty adapting to social environments. Therefore, the integration of EQ in education is important to ensure that students are not only able to face academic challenges, but also emotional and social challenges.

Meanwhile, spiritual intelligence plays an important role in helping students find meaning and purpose in life amidst the rapid flow of information. In the digital era, where materialistic values often take precedence, SQ can be a balance that helps students understand the importance of values such as honesty, responsibility and caring for others. SQ-based education can also help students develop mental resilience and the ability to face failure with a positive attitude, which are important skills in a life full of uncertainty.

EQ and SQ-based education is also relevant in the Indonesian context, where cultural values and spirituality have an important role in people's lives. Traditions of mutual cooperation, respect for nature,

and diverse religious practices reflect the importance of balance between emotions and spirituality. By integrating EQ and SQ in the education system, Indonesia can maintain these noble values while preparing the younger generation to face global challenges. This approach is also in line with the national education vision which emphasizes the formation of character and manners. In addition, EQ and SQ-based education can help reduce increasingly complex social problems, such as bullying, violence and intolerance. By developing empathy and self-awareness through EQ, students can learn to appreciate differences and build harmonious relationships with others. Meanwhile, SQ can help students understand the importance of universal values such as justice, peace and sustainability, which are the foundation for creating an inclusive and civilized society.

In the context of the world of work, emotional and spiritual skills are also increasingly recognized as important factors for professional success. Global companies are now looking for individuals who not only have technical skills, but also the ability to work in teams, communicate effectively, and adapt to change. EQ and SQ-based education can help students develop these skills from an early age, so they are ready to compete in an increasingly competitive job market. EQ and SQ-based education also has an important role in forming transformative leadership. Leaders with high EQ tend to be more empathetic, able to manage conflict, and build solid teams. Meanwhile, leaders with high SQ often have a clear vision, strong values, and the ability to inspire others. By integrating these two aspects in education, we can create a generation of leaders who are not only competent, but also have integrity and social responsibility.

At the global level, EQ and SQ-based education can also contribute to facing challenges such as climate change, social injustice and conflict between countries. By developing emotional and spiritual awareness, individuals can learn to appreciate diversity, work together to achieve common goals, and take environmentally responsible actions. This approach is in line with the sustainable development goals (SDGs) launched by the United Nations. Implementing EQ and SQ-based education requires commitment from all stakeholders, including government, schools, teachers, parents and society. The curriculum needs to be designed to integrate emotional and spiritual aspects in learning, while teachers need to be trained to become facilitators who can guide students in developing their EQ and SQ. In addition, the school environment needs to create an atmosphere that supports the development of values such as empathy, cooperation and self-reflection. The urgency of education based on emotional and spiritual intelligence cannot be ignored. In the midst of the complexity and uncertainty of the modern era, this approach offers a solution to create a generation that is not only intellectually intelligent, but also has strong emotional and spiritual maturity. By integrating EQ and SQ in the education system, we can prepare the younger generation to face future challenges with wisdom, empathy and integrity, while maintaining universal human values.

Analysis of the Contribution of Education Based on Emotional and Spiritual Intelligence in the Digital Era in Indonesia

Education based on emotional intelligence (EQ) and spiritual (SQ) has a significant contribution in facing the challenges of the digital era in Indonesia (Herwati, 2016). In the midst of rapid technological developments, the younger generation is often faced with digital distractions, dependence on gadgets, and social isolation. EQ-based education helps students develop the ability to recognize, understand, and manage their own and other people's emotions. This is the key to building healthy interpersonal relationships and overcoming the stress of life in the digital era. With these capabilities, students can focus better, reduce stress, and increase collaboration in a technology-filled environment.

Meanwhile, spiritual intelligence (SQ) provides a strong foundation for students to find meaning and purpose in life amidst the rapid flow of information. In the digital era, where materialistic values often take precedence, SQ helps students understand the importance of values such as honesty, responsibility and concern for others. SQ-based education also encourages students to reflect, introspect, and develop mental resilience. This is especially important in dealing with challenges such as anxiety, depression and uncertainty that often arise due to excessive use of technology.

In Indonesia, where cultural values and spirituality have an important role, the integration of EQ and SQ in education becomes very relevant. Traditions of mutual cooperation, respect for nature, and diverse religious practices reflect the importance of balance between emotions and spirituality. By integrating EQ and SQ in the education system, Indonesia can maintain these noble values while

preparing the younger generation to face global challenges. This approach is also in line with the national education vision which emphasizes the formation of character and manners.

EQ and SQ-based education can also help reduce increasingly complex social problems in the digital era, such as bullying, violence and intolerance. By developing empathy and self-awareness through EQ, students can learn to appreciate differences and build harmonious relationships with others. Meanwhile, SQ can help students understand the importance of universal values such as justice, peace and sustainability. This is the foundation for creating an inclusive and civilized society amidst cultural and religious diversity in Indonesia.

In the context of the world of work, emotional and spiritual skills are also increasingly recognized as important factors for professional success. Global companies are now looking for individuals who not only have technical skills, but also the ability to work in teams, communicate effectively, and adapt to change. EQ and SQ-based education can help students develop these skills from an early age, so they are ready to compete in an increasingly competitive job market. This is very important in the digital era, where soft skills are the key to survival and success.

EQ and SQ-based education also has an important role in forming transformative leadership (Rifaudin, 2017). Leaders with high EQ tend to be more empathetic, able to manage conflict, and build solid teams. Meanwhile, leaders with high SQ often have a clear vision, strong values, and the ability to inspire others. By integrating these two aspects in education, Indonesia can create a generation of leaders who are not only competent, but also have integrity and social responsibility.

At the global level, EQ and SQ-based education can also contribute to facing challenges such as climate change, social injustice and conflict between countries. By developing emotional and spiritual awareness, individuals can learn to appreciate diversity, work together to achieve common goals, and take environmentally responsible actions. This approach is in line with the sustainable development goals (SDGs) launched by the United Nations. Indonesia, as part of the global community, can play an important role in realizing this vision through holistic education.

Implementing EQ and SQ-based education requires commitment from all stakeholders, including government, schools, teachers, parents and society. The curriculum needs to be designed to integrate emotional and spiritual aspects in learning, while teachers need to be trained to become facilitators who can guide students in developing their EQ and SQ (Annas and Mas, 2022). In addition, the school environment needs to create an atmosphere that supports the development of values such as empathy, cooperation and self-reflection.

Overall, the contribution of education based on emotional and spiritual intelligence in the digital era in Indonesia is very large (Kobandaha, 2017). This approach not only helps students face technological challenges, but also forms tough, empathetic and ethical characters. By integrating EQ and SQ in the education system, Indonesia can create a young generation that is ready to compete at the global level while maintaining the nation's noble values. This is an important step to build a better future, where technology and humanity can go hand in hand.

CONCLUSION

Education based on emotional intelligence (EQ) and spiritual (SQ) has a significant contribution in facing the challenges of the digital era in Indonesia. By integrating EQ, students can develop the ability to manage emotions, increase empathy, and build positive social relationships, while SQ helps them discover the meaning of life and deep spiritual values. This approach not only helps the younger generation deal with digital distractions and social pressures, but also forms strong, ethical and responsible characters. Thus, EQ and SQ-based education is a holistic solution to create a generation that is ready to compete in the digital era without losing the nation's identity and noble values.

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