Abstract

This study investigated the relationship between spiritual intelligence and emotional intelligence with self-control among 2023 dormitory alumni students of Universitas Muhammadiyah Gorontalo. Self-control was defined as the ability to regulate behavior, emotions, and impulses in accordance with social norms and personal values. Spiritual intelligence was conceptualized as the capacity to understand the meaning of life and to utilize spiritual values as guidance, while emotional intelligence was defined as the ability to recognize, manage, and express emotions appropriately. A quantitative, correlational research design was employed. The sample comprised 83 respondents selected through random sampling. Research instruments included validated and reliable scales for spiritual intelligence, emotional intelligence, and self-control. Data analysis was conducted using the Spearman test and multiple correlation analysis with SPSS version 26. The results indicated a positive and significant relationship between spiritual intelligence and self-control (64.9%), as well as between emotional intelligence and self-control (84.7%). Collectively, spiritual intelligence and emotional intelligence contributed significantly to self-control (72.2%). These findings demonstrate that both factors play a crucial role in shaping students' self-control. It is therefore recommended that the development of spiritual and emotional intelligence be prioritized in academic development programs and dormitory activities.

Keywords: *spiritual intelligence; emotional intelligence; self-control*