

Creative Writing as an Effort to Improve Children's Emotional Intelligence

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ABSTRACT: Emotional intelligence is an essential ability for every individual from an early age. This study explores the potential of creative writing as an alternative method in improving children's emotional intelligence. Through creative writing activities, children are expected to express their emotions and feelings more openly and develop empathy and self-recognition skills. This research utilizes a qualitative method. Data was collected through a literature review of similar studies. The results showed that creative writing was effective in helping children identify and manage their emotions better. In addition, this activity also improves children's ability to understand others' perspectives and develop critical social skills. This research provides new insights into the potential of creative writing to develop children's emotional intelligence and its implications in education and parenting.

Keywords: Emotional Intelligence, Creative Writing, Emotional Expression, Empathy, Self-Recognition.

I. INTRODUCTION

National education is a conscious effort to prepare learners through guidance, teaching and training for their future roles [1]. The success of education today will affect the future of learners. Education in Indonesia aims to expand the existence of humanity and not just for material biological survival [2]. Schools are expected to nurture the seeds of the future life force of society. The goals of Indonesian national education include children who graduate from school already having a set of knowledge and also skills according to the fields pursued at school. This is a challenge as well as the obligation of educators to be able to realise the mandate of Indonesian national education.

However, the condition of education in Indonesia is not in line with expectations. Schools are often just a place for teachers and students to compete with the main goal, namely, exams [3]. The education process is more oriented towards exam preparation, neglecting the development of emotional intelligence and sensitivity of learners. As a result, students exhibit a variety of negative behaviours such as aggressiveness, drug use, violence, cruelty, and criminal tendencies largely stemming from a sense of "empty" self-esteem [4]. Without the integration of self-esteem in education, the world of education will produce humans who may be good at science, but poor in character and subtlety of behaviour [5].

Efforts are needed to balance intellectual and emotional aspects [6]. In addition to intellectual intelligence, students must be equipped with the ability to tolerate, respect each other, and make the right decisions related to emotional intelligence [7,8]. One way to build emotional intelligence is through learning literature by developing the four language skills of listening, speaking, reading, and writing [9]. Writing skills have an important role in many aspects of life, such as education. This skill is important because it has a direct impact on an individual's ability to communicate effectively, convey ideas, and interact with others [10]. Therefore, writing is a productive and expressive activity that is done through extensive and regular practice [11].

Writing skills are quite complex, active and dynamic language abilities. Not only choosing the right language, but also a good reasoning and thinking process in presenting ideas and ideas [12]. In addition, writing activities

make students active in learning activities and stimulate students' skills in stringing words [13]. In the end, by writing students are able to create works in the form of writing in the form of articles, scientific reports, essays, short stories, rhymes and poems [14].

Creative writing in literature learning involves imaginative and emotional processes as well as the ability to choose and process words [15]. This process includes the stages of pre-writing, writing, post-writing, revising, and proof reading [16]. Creative writing activities are important because they develop from the writer's creative ideas, help hone emotional intelligence, and make good learners who are ready to live in society.

This research discusses the importance of creative writing to improve children's emotional intelligence. Through this research, it is hoped that it can provide insights and references that literary creative writing supports Indonesia's national education goals by paying attention to emotional intelligence. A writer with emotional intelligence can create works that touch the soul of the reader, as well as train children's emotions to be sensitive to the social environment. By writing creative literature, it is hoped that emotional intelligence can be honed and formed so that children can become good and qualified individuals who are ready to live in the community.

II. LITERATURE REVIEW

1. CREATIVE WRITING

Creative writing is defined as the process of exploring and expressing ideas, emotions, and experiences through writing [17]. In line with this, [18] suggests that creative writing is an activity in conveying an idea, opinion, idea, experience, knowledge, and feelings that really requires imagination and creativity in order to produce a writing that has a clear meaning and gives its own impression to the reader. According to (14) the development of literary creative writing competence requires continuous coaching.

Creative writing is the process of pouring ideas or ideas as a form of controlling creative thoughts in order to become good and interesting writing [19]. Creative writing can be a new way of seeing things that combines intelligence and imagination, a combination that characterizes creative writing [20]. Creative writing is writing in a different way because the source of creative work is basically humans themselves. For example, someone experiences the same event but the writing is different. The point is that creative writing combines writing skills and creativity that a person has. Creative writing emphasizes the courage to write and work with creative experiential activities [21].

Creative writing has a close relationship with emotional intelligence. Through creative writing, children can express their emotions and feelings more openly, and develop the ability to empathize by diving into the point of view of the characters they create [22].

2. EMOTIONAL INTELLIGENCE

Emotional intelligence has been recognized as one of the important factors that contribute to individual success and well-being in various aspects of life. According to [23], emotional intelligence is a person's ability to regulate emotions, maintain emotions, and disclosure through self-awareness, self-control, empathy, self-motivation, and social skills. Although not as well-known as intellectual intelligence, emotional intelligence plays an important role in recognizing the emotions you feel. In addition, emotional intelligence also provides a feeling of empathy and sensitivity to the surrounding environment. According to [24] emotional intelligence has five main components including:

- a) Self-awareness: a person's ability to know their inner feelings and their effects and use them to make decisions for themselves.
- b) Self-regulation: the ability to handle emotions, expressions, and sensitivity to be used in daily relationships and actions.
- c) Motivation: the ability to use one's passions to energise oneself at any time to achieve a better state
- d) Empathy: the ability to feel what others are feeling, to understand others' perspectives, and to foster trusting relationships.
- e) Social skills: the ability to handle emotions well when dealing with others and to create and maintain good relationships with others.

Emotional intelligence is not something new in the field of psychology. The term is deliberately packaged by Goleman so that it can be easily captured by people outside the discipline of psychology. Goleman states from the results of many studies that general intelligence alone can only predict a person's life success by 20% only, while the other 80% is what he calls Emotional Intelligence. If not supported by healthy emotional management, intelligence alone will not produce someone who is successful in life in the future [25].

Emotional intelligence is very important in achieving success. Emotional intelligence can be improved through creative writing activities. Several studies show the benefits of creative writing in developing children's emotional intelligence. A study conducted by Kaiqi Shao and team, examined the relationship between emotional intelligence and writing ability. The study participants consisted of 68 students from a university in HangZhou, China. The study, conducted in 2013, provided important results for the development of emotional intelligence.

Participants were tested for writing ability and emotional intelligence using the TEIQue-ASF (Trait Emotional Intelligence Questionnaire-Adolescent Short Form). The study found a strong positive relationship between emotional intelligence and writing ability. This means that the better the writing ability, the better the emotional intelligence.

The study was also conducted by Faizal Arvianto in 2016, on students of the Faculty of Law, Sebelas Maret State University (UNS) Solo. The results of the analysis found a positive relationship between emotional intelligence and argumentation writing ability in students. This further strengthens the understanding that emotional intelligence can be improved by writing activities.

As has been shown in various studies above, there is a positive relationship between emotional intelligence and writing. This is reciprocal. The better one's emotional intelligence, the better the quality of one's writing. In addition, when it comes to emotional intelligence, the more often a person writes, the healthier he or she will be mentally [26].

III. MATERIAL AND METHOD

This study adopted a qualitative approach to explore the relationship between creative writing and improved children's emotional intelligence. The qualitative method was chosen because it provides a depth of understanding of individual experiences and perceptions, which matches the complexity of the subject being studied [27]. This study will use content analysis techniques on scientific articles that are appropriate to the research topic to obtain significant research results [28]. Furthermore, this qualitative research approach will enable the researcher to investigate the broader context in order to better understand how creative writing might help youngsters improve their emotional intelligence. The validation process of this research instrument began by conducting a comprehensive review of the relevant literature to identify key concepts and variables to be measured. Based on the results of this review, the researcher designs question items or statements that reflect the constructs to be researched. Next, the draft instrument was tested for content validity through expert judgement in the relevant field. Finally, the validated instrument was ready for use in the main research, providing a reliable and validated measurement tool for collecting data in the context of the literature study. By studying individual narratives and experiences in the context of teaching creative writing at school or in a home environment, this study will develop a comprehensive understanding of the function of creative writing in helping children better perceive, express, and control their emotions [29].

1. SEARCH STRATEGY

The search approach for collecting articles consists of multiple stages. Relevant studies were discovered, and publications were selected based on inclusion and exclusion criteria, and then assessed [30]. As recommended for scoping reviews, there were two stages of the search strategy. A detailed description is as follows.

1.1 Identification Of Relevant Articles

The identification stage involved both database search and manual search. For the database search, we developed only one keyword. The keywords included: i) creative writing and all related terms; and ii) children's

emotional intelligence; and iii) a given publication period of five years, 2020-2024 [31]. The authors have conducted individual searches in English on various scientific article publication platforms. The search phase yielded articles relevant to the planned research. The articles were then narrowed down with the help of Mendeley citation software. After filtering titles, abstracts, and keywords, the authors removed duplicates and excluded irrelevant articles [30].

1.2 Identification Of Relevant Articles

Descriptive analysis and content analysis were conducted on the selected research articles to answer the research questions and to indicate the empirical research on children's emotional intelligence recommended for the scoping review [32]. Content analysis was used to identify the prevailing perspectives revealed in the objectives and research questions offered in the selected articles [33]. The categorization of articles is qualitative, experimental, quasi-experimental, quantitative, and case studies that may have a broader understanding of the content.

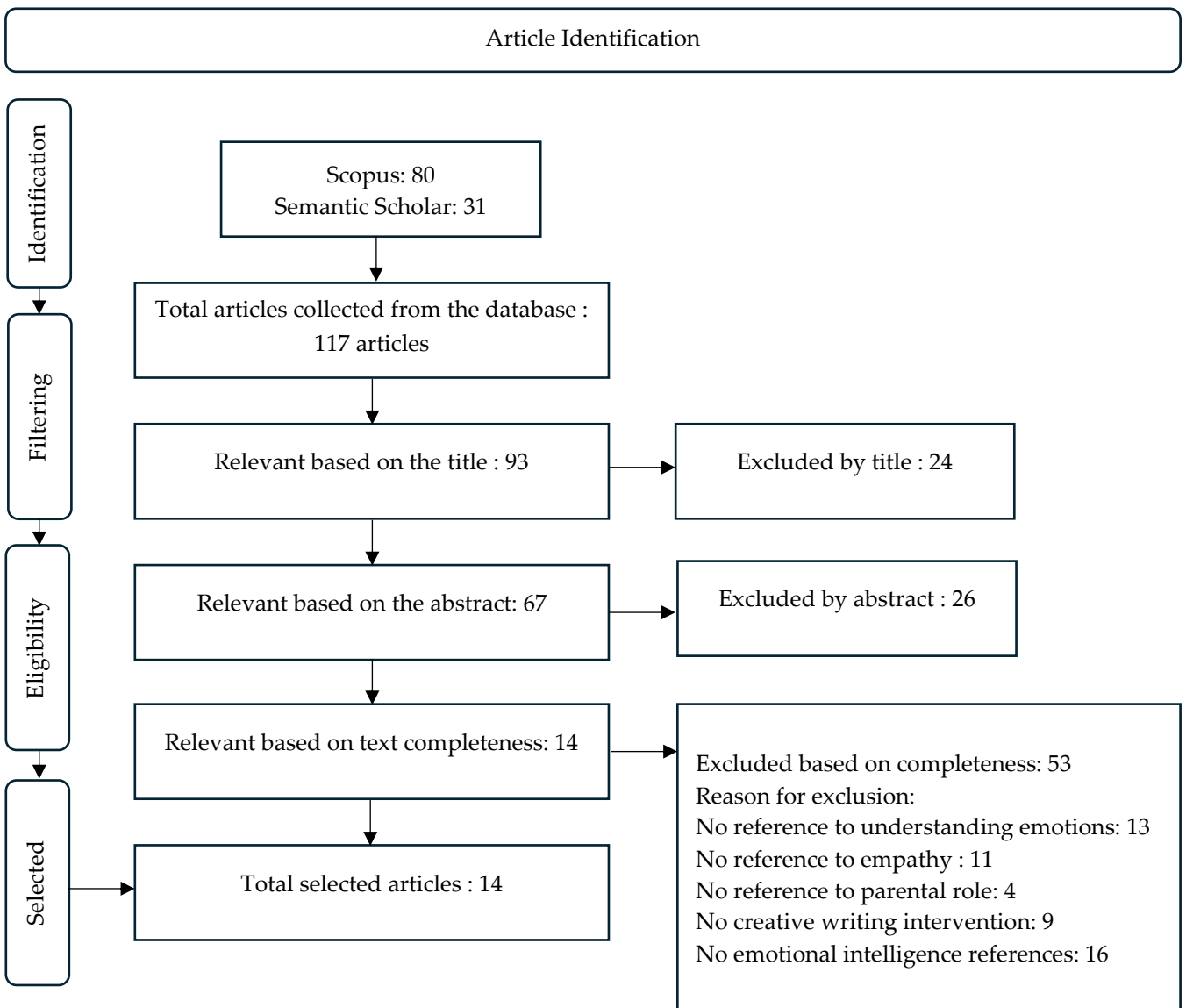


FIGURE 1. Identification of relevant articles

Table 1. Inclusion and Exclusion Criteria

Inclusion Criteria	Exclusion Criteria
Research design (Qualitative, experimental, quasi-experimental, quantitative, case study)	Age of child entering adolescence
Formal schooling and emotional intelligence intervention Article	Title not relevant
Creative writing intervention	No emotional understanding intervention
Reputation of journal publisher	No reference to empathy
	No reference to parental role
	No creative writing intervention
	No reference to emotional intelligence

2. ANALYSIS OF SELECTED ARTICLE

Descriptive analysis and content analysis were conducted on the 14 selected studies to answer the research questions and to indicate the empirical research on creative writing interventions recommended for the scoping review. The descriptive analysis included the theme or subject matter of creative writing interventions, participants (teachers and students), the role of parents, and methodological approaches [34]. Content analysis was used to identify the prevailing perspectives in the objectives and research questions posed in the selected articles. The categorization of the articles was qualitative, experimental, quasi-experimental, quantitative, and case studies that may have a broader understanding of the content and relevant to the research issues discussed.

IV. DATA ANALYSIS

In conducting data analysis for qualitative research with the title "Creative Writing as an Effort to Improve Children's Emotional Intelligence" and using the literature study approach, there are several steps that can be taken: To conduct data analysis in qualitative research entitled "Improving Children's Emotional Intelligence Through Creative Writing", the literature study approach can be done by following the following steps:

1. DATA COLLECTION

In literature study research, it is necessary to collect various types of literature related to the topic of creative writing, children's emotional intelligence, and the relationship between the two. These sources include related books and scientific journals.

2. DATA REDUCTION

After the data has been collected, the next step is to reduce the data by selecting, simplifying, and focusing on aspects that are important and relevant to the research topic [35]. In this phase, the researcher has the opportunity to record information, code the data, or organize it thematically.

3. DATA PRESENTATION

After that, the reduced data will be organized into a narrative or description with structured grammar and logic. Data can be presented in various ways, for example through narrative text, diagrams, graphs, or tables. All of these methods have the same purpose, which is to facilitate understanding and interpretation of the data.

4. DATA ANALYSIS

Currently, researchers are conducting a more in-depth analysis of the data that has been provided. In analyzing, we can use theoretical approaches, compare with previous studies or look for patterns, interrelationships, and meanings in the data.

5. DATA INTERPRETATION

After conducting the analysis, the researcher then provides interpretation or meaning to the findings that have been found. You can interpret it by comparing the findings of this research with relevant theories or concepts, assembling them in a broader context, and providing recommendations and practical implications of the research results.

6. DRAWING CONCLUSIONS

Based on the interpretation of the data, the researcher can reach conclusions from the study. These conclusions should provide a response to the research questions and reflect the significant findings discovered from the data analysis.

In addition, in analyzing qualitative data, researchers can also use different approaches such as comparing results from several data sources (data triangulation), verifying with sources involved in the research (membercheck), or noting every step and decision taken in this research.

V. RESULT AND DISCUSSIONS

Creative writing and emotional intelligence are closely related as they involve the emotional, cognitive and social aspects of individual development. Creative writing has psychological and emotional benefits. The writing process can be a means for self-reflection and emotional expression, helping writers to understand themselves and the world around them. In an educational context, creative writing can improve learners' critical thinking skills, creativity, and communication skills. Here's the explanation.

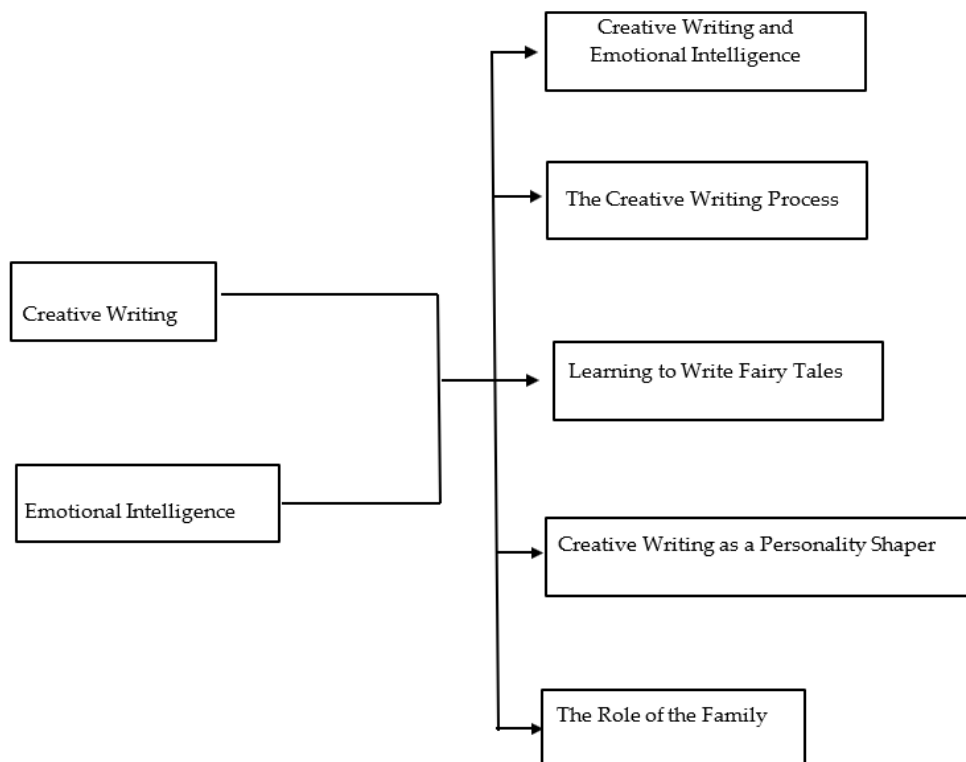


FIGURE 2. Creative Writing and Emotional Intelligence

1. WRITING AND EMOTIONAL INTELLIGENCE

Writing is an expressive activity that involves using words to convey thoughts, ideas, and feelings [36]. However, in the process, writing is also a form of creativity that allows one to explore and develop their

understanding of themselves and the world around them [37]. When we talk about the link between writing and emotional intelligence, there are some essential points to consider:

1. **Understanding One's Own Emotions:** When writing, one is often asked to dive into and describe one's feelings [38]. This involves a deeper understanding of one's own emotions. When one can recognise and describe one's feelings appropriately, this reflects a good level of emotional intelligence.
2. **Empathy and Understanding of Others:** Writing also allows one to see the world from another person's perspective. For example, in writing a fictional story or an essay that recounts the experiences of others, one must understand and feel the emotions of the character or subject [39,40].
3. **Self-Leadership and Emotion Regulation:** Writing can also be a tool for managing emotions. When one faces challenges or stressful situations, putting one's thoughts and feelings into writing can help them process and cope with those emotions [41]. This involves organizing and managing emotions healthily and productively, a core emotional intelligence skill.
4. **Effective Communication:** Writing is an essential form of communication. The ability to convey thoughts and feelings clearly and persuasively through writing reflects good emotional communication skills [42,43]. It involves using appropriate language to convey emotions to the reader effectively.
5. **Reflection and Personal Growth:** Regular writing allows one to reflect on their experiences, learn lessons from them, and develop. This process requires high emotional intelligence, which involves profoundly understanding oneself, emotions, and relationships with others.

In all, writing can be a powerful tool to develop and hone one's emotional intelligence [44]. It allows them to understand better and manage emotions, build empathy for others, and convey their thoughts and feelings more effectively.

Writing is not only about stringing words into sentences, but also requires strong emotional intelligence. A good writer must be able to explore and express emotions in a meaningful way, as well as understand the feelings of the reader. Emotional intelligence helps writers to create work that can sink into the heart and make readers emotionally connect with their writing. It encompasses self-understanding, empathy, and skills in managing emotions, all of which are crucial in the process of writing that is moving and influential.

2. *THE CREATIVE WRITING PROCESS*

Writing is the stages or steps one goes through to produce an essay. In the creative writing process, some writers do it spontaneously, and some repeatedly make corrections and rewrites [45]. Writing involves several stages, namely the script's pre-writing, writing, post-writing, revising, and reading test stages. In the pre-writing stage, a draft is created to the extent of an outline, followed by rough chapters. Finally, the post-writing stage includes revising, refining, and even testing [46].

There are three steps or stages in the writing process, namely (1) the prewriting stage determines the topic, limits the topic, determines the material, and makes an essay outline; (2) the writing stage involves the use of effective sentences and the development of ideas; and (3) the revising and editing stage. The stages of writing include prewriting, drafting, revising, editing [47]. These stages can be used as guidelines in fairy tale writing activities. To be able to carry out creative writing activities can be pursued with the principles of writing, namely making observations and writing, associating words, the ability to find information, alternative ways of seeing things, writing what is seen instead of telling orally, making ordinary things extraordinary, choosing the right words, and writing as a metaphor or analogy. Writing activities must go through several stages, namely the pre-writing, writing, post-writing, and revising and testing stages [48].

The creative writing process is an infinite journey of exploration and self-discovery. It starts with raw thoughts that are then woven into meaningful words. Creative writers plumb the depths of emotion, express wild imaginations, and pour life experiences into unique and authentic works. This process requires courage to go beyond conventional boundaries, openness to unexpected inspiration, and perseverance to refine the written word into a work of great value that will have a profound impact on its readers.

3. *LEARNING TO WRITE FAIRY TALES*

Learning to write fairy tales is a process that combines training and practice to enhance creative writing skills, particularly in the fairy tale genre [49]. Fairy tales are short narratives that generally feature aspects of fantasy, morality, and magic. Although they are often directed toward children, they can be for a more general audience as well [50].

Some steps to try writing fairy tales::

1. Interrogating fairy tales; from familiar elements such as characters, to the magical settings of fairy tales, the structure of the plot, concluding with the moral messages communicating in such stories;
2. Study of the Fairy Tale Genre: Have students read stories from various cultures to enrich their understanding of the genre. They can learn how authors develop characters, how they organize their stories, and how they express moral themes effectively.
3. The answer to that question is the practice of writing: writing exercises are the back bone of effective learning. The software allows students to write anything from short stories to fairy tales of any complexity. You can also encourage them to experiment with different ways of storytelling.
4. Learn more about creating great characters and interesting settings in fairy tales From this, learners can begin thinking about the characteristics, motives, challenges of the characters, and how the environment is used to establish the atmosphere of the story [51].
5. Due predominantly to the digginess that runs through our veins, we humans are perpetually commenting (or muttering) on the lives of other people. - Moral Messages: Fairy tales are usually allusive. Understand why we should keep learning the value of moral lessons that fairy tales have to offer, and how we can give this information subtly, but effectively.
6. Editing and Revision: Writing often requires a lot of editing and revision. At this level, we can teach structure, editing skills, and allow students to improve based on feedback from teacher and peers.
7. Reading than Comments: Interacting with written text on your own and for others is a critical step of learning, added to the facilitation by an instructor. Discussing as a group identifiable characteristics of the fairy tale form can assist students to develop of a self-awareness about their ability in writing fairy tales.
8. Moral Messages: Most fairy tales have a moral message to provide to their readers. This will only strengthen knowledge of the moral fairy tales offer and how to impart this, with subtlety but strength.
9. Share and Publish: In the learning process, finally publish the effort. It may only take place in front of the class, on a bulletin board or an online journal, or even via social media.
10. If can sound you useful than use few of this to get light-minded to have fairy tale writing, feel free to use these at least you one of the following them can up your writing and you were be dynamic creative writer.

If children learn how to write it encourages them to use their imagination. It starts with the idea of kids imagining lands far away, animals who can talk, and events that will take them to places unexpected. It teaches the art of storytelling, larger vocabularies, and passionate curiosity and creativity. With writing fairy tales children learn how to handle feelings, moral messages and motivational happy deaths. Creating a passion for literacy at a young age, and a world of vast opportunity.

4. *CREATIVE WRITING AS A PERSONALITY SHAPER*

It is a beautiful hobby where you can use your ideas and Imagination and a method through which you can construct your personality. The most obvious reason, of course, is that writing expanding that person's perspective and understanding of the world. An inherent observation of the sights, sounds, and events in the world of the creative writer is processed while exploring ideas, developing casts, acting performs. So now they get a sense of how complex real life is and that there is more than one way to look at everything. This very experience of seeing from a larger point of view can make you liberal, accommodating and empathetic.

Moreover, in creative writing, there must be the capacity for dealing with the barriers of the creative process. There are times in every writer's work life when certain concepts experiences a block or an inability to communicate the ideas correctly. Yet, through patience and hardwork, students are able to learn to endure and innovate their way through these challenges. Such habits produce a strong, persistent personality that does not quickly give up in the face of the challenges one encounters throughout life. They learn to fight for their things with toughness even though the road looks jagged Machine Gun Kelly dread(entities).

Finally, creative writing helps people improve their communication and critical thinking skills. If we are to publish even a piece of story, we have to enact and be so thoughtful of putting the word to the mouth widen the argument and most especially choose our words wisely. Furthermore, when writers reread and edit their writing, it increases their ability to read and evaluate their own writing. The idea is to get children to think more about what they think, meaning they will think harder about the world they live in. Hence, creative writing fosters a communication-based, critical thinking mindset which is helpful in numerous unpredictable situations of daily life.

Subsequently, creative writing is not just about stringing words together, but also an exercise in crafting a unique and powerful voice. It also helps individuals with a variety of new perspective, how to think in a realistic, authentic and emotional way. Creative writing calls for a fear of norms, a desire for empathy, and interest in everything. It helps in increasing critical thinking, making you extremely disciplined in your life and adds up to being very resilient from the adversities that life might throw at you. In this way, creative writing is not just a pastime for me; it serves its use for a broader and more impactful self-discovery.

5. THE ROLE OF THE FAMILY

The family is a key arena in which children can learn to be emotionally intelligent. A family is the first environment that children learn and grow in, learn about the world, and learn to control and understand themselves in. Number ONE: For kids to learn emotional intelligence: For a child to learn how to be emotionally intelligent, open and compassionate communication between a parent and a child is key. With attentive listening and supportive responding from parents to children's feelings, children can understand their emotions, handling and regulating them in a constructive way [52].

Parental modeling also has a lot of effect on the emotional intelligence of the child. We know that children copy their parents' behaviour [53]. Therefore, it is one of the best ways to teach our children to see and mirror ourselves as parents filled with empathy, patience and good emotional management. When children observe their parents' good responses to emotional challenges, they learn to emulate them and acquire strong emotion regulation skills.

Moreover, shared enjoyable experiences teach children the ways they feel and respond to emotional cues from others [54]. Activities like playing games together, eating dinner together, or even talking about how they feel at the end of a day can help a child learn to understand then manage their feelings. Children are able to more readily discuss their worries without the fear of censure or indifference when their parents have created a safe and loving environment [55].

Part of developing emotional intelligence is ultimately teaching empathy to the youngsters and them being aware of the feelings of others as well, etc. This can be achieved by providing concrete tools for reacting in an empathetic way to the feelings of others and also helping children to recognise their own point of view [55]. The most powerful lessons that young people learn are those they experience and discuss with others in an open and honest manner, to teach them the importance of empathy in forming healthy and loving relationships.

In total, family plays intervention function in emotion intelligence with children develop for [56]. Parents help their children develop emotion regulation and relationships skills by providing support, modeling, and quality time, in empathy training.

VI. CONCLUSION

Children are demonstrated to be devoid of emotional judgement and sensitivity in the setting of National education, of which exam orientation is the bane of the teaching- learning process. This in turn can damage

children's personality and social behaviour. The findings are in: Creative writing helps kids of all ages. For one, being upset often leads to channeling strong emotions and so many turns to write to calm down so they can better manage their tears. Above all, it teaches them how to relate to and respect the experience of others. Writing provides individuals with a better outlet for emotions and a platform to easily convey their thoughts and ideas. Creativity writing molds the personalities of kids. Writing into the dark makes them better stewards of the land and more resourceful people. They also better critical reasoning and Applied Communication.

But families, too, are key to our children's emotional intelligence. Education about support, examples, and empathy might help parents assist their child to better understand and control their emotions. In general, this research confirms conclusive point that creative writing is a means of expression and an excellent method of promoting emotional intelligence of children. Engaging children in the creative writing process can assist educators and parents in helping youngsters maintain emotional equilibrium and practice dealing with the struggles of life.

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