	Universitas Negeri Surabaya	Kode Dokumen

RENCANA PEMBELAJARAN SEMESTER

MATA KULIAH (MK)	KODE	Rumpun MK	BOBOT (sks)			SEMESTER	Tgl Penyusunan
Empati dan Kecerdasan Emosional			2				25 Agustus 2026

OTORISASI	Pengembang RPS	Koordinator RMK	Koordinator Program Studi

Deskripsi Singkat MK

The Empathy and Emotional Intelligence course aims to equip students with a deep understanding of the importance of empathy and emotional intelligence in interpersonal and professional contexts. In this course, students will learn basic theories about emotions, how emotional intelligence works, and how empathy can improve relationships between individuals. By exploring various models of emotional intelligence, students are expected to be able to recognize and manage their own emotions and understand the emotions of others, which are very important in social interactions and leadership. In addition to theory, this course also emphasizes the practice and development of empathy skills through various methods, such as role-playing, simulations, and self-reflection. Students will be invited to participate in activities that facilitate a deeper understanding of the experiences of others and how emotions influence behavior. With this practical approach, students will not only improve their ability to empathize, but also hone effective communication and collaboration skills, which will be invaluable in an increasingly complex and diverse work environment.

Capaian Pembelajaran (CP)

CPL-PRODI yang dibebankan pada MK

CPL	Menunjukkan karakter tangguh, kolaboratif, adaptif, inovatif, inklusif, belajar sepanjang hayat, dan berjiwa kewirausahaan

Capaian Pembelajaran Mata Kuliah (CPMK)

CPMK-1	Analyze emotional responses in yourself and others, demonstrate a deeper understanding of emotional awareness
CPMK-2	Evaluating empathy in a variety of interpersonal and professional contexts, fostering effective communication and conflict resolution
CPMK-3	Analyzes one‘s own emotions and recognizes emotions others, contributing to a more harmonious and productive work environment

Matrik CPL - CPMK

CPMK	CPL
CPMK-1	✔
CPMK-2	✔
CPMK-3	✔

Matrik CPMK pada Kemampuan akhir tiap tahapan belajar (Sub-CPMK)

CPMK	Minggu Ke															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
CPMK-1	✔	✔	✔	✔	✔	✔	✔									
CPMK-2								✔	✔	✔	✔	✔				✔
CPMK-3													✔	✔	✔	

Pustaka

Utama :

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5. Neff, K., & Germer, C. (2021). The mindful self-compassion workbook: A proven way to accept yourself, build inner strength, and thrive. Guilford Press.
6. Jennings, P. A. (2021). The trauma-sensitive classroom: Building resilience with compassionate teaching. W.W. Norton & Company.
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9. Goleman, D., & Davidson, R. J. (2022). Altered traits: Science reveals how meditation changes your mind, brain, and body. Avery.
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18. Dewaele, J.-M., & MacIntyre, P. D. (2021). The Influence of Emotion and Empathy on Second Language Acquisition. In Emotions in Second Language Teaching (pp. 81-98). Springer.
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21. Kotsou, I., & Mikolajczak, M. (2021). Emotional Intelligence and Its Applications in Workplace and Personal Relationships. Journal of Organizational Behavior, 42(2), 123-138.
22. Niven, K., & Roberts, R. D. (2020). Measuring Empathy in Adults: The Impact of Emotional Intelligence and Personal Disposition. Journal of Social Psychology, 160(5), 604-616.
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24. Hwang, Y.-S. (2022). The Impact of Empathy and Emotional Intelligence on Organizational Leadership. Journal of Leadership & Organizational Studies, 29(1), 88-104.
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Pendukung :

1. Schoolar
2. SINTA

Mg Ke-	Kemampuan akhir tiap tahapan belajar (Sub-CPMK)	Penilaian		Bentuk Pembelajaran, Metode Pembelajaran, Penugasan Mahasiswa, [Estimasi Waktu]		Materi Pembelajaran	Bobot Penilaian (%)
		Indikator	Kriteria & Bentuk	Luring (*offline*)	*Daring (online)*		
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)
1	Understand the definitions and significance of empathy and social intelligence in daily life and relationships.	Participation, ability to relate concepts to personal experience	Participation	Interactive lecture, small group dialogue			3%
2	Understand the definitions and significance of empathy and social intelligence in daily life and relationships.	Participation, ability to relate concepts to personal experience	Participation	Interactive lecture, small group dialogue			3%
3	Understand the definitions and significance of empathy and social intelligence in daily life and relationships.	Participation, ability to relate concepts to personal experience	Participation	Interactive lecture, small group dialogue			3%
4	Understand the definitions and significance of empathy and social intelligence in daily life and relationships.	Participation, ability to relate concepts to personal experience	Participation	Interactive lecture, small group dialogue			3%
5	Explore different types of empathy	Differentiates types of empathy using examples	depth of understanding	Interactive lecture, small group dialogue			3%
6	Identify factors that strengthen or block empathy in interactions.	Identifies empathy blockers and enablers in behavior	Understanding	Interactive lecture, small group dialogue			3%

7	Identify factors that strengthen or block empathy in interactions.	Identifies empathy blockers and enablers in behavior	Understanding	Interactive lecture, small group dialogue			4%
8	UTS	UTS	UTS	UTS			20%
9	Understand how social intelligence influences relationships and group dynamics.	Describes social cues and adaptive behaviors	Observation skill, emotional insight	Group activity			4%
10	Understand how social intelligence influences relationships and group dynamics.	Describes social cues and adaptive behaviors	Observation skill, emotional insight	Group activity			4%
11	Explore empathy in multicultural and diverse social contexts.	Awareness of cultural differences in emotional expression	Cultural sensitivity, open-mindedness	Cross-cultural dialogue, discussion			4%
12	Explore empathy in multicultural and diverse social contexts.	Awareness of cultural differences in emotional expression	Cultural sensitivity, open-mindedness	Cross-cultural dialogue, discussion			4%
13	Apply empathy to real-life situations involving conflict or misunderstanding.	Uses empathy to reduce conflict and promote understanding	Emotional regulation, communication effectiveness	Conflict simulation			4%
14	Design a mini project or activity that promotes empathy in their community or peer group.	Project shows relevance and impact of empathy	Creativity, social value, feasibility	Group project			4%
15	Design a mini project or activity that promotes empathy in their community or peer group.	Project shows relevance and impact of empathy	Creativity, social value, feasibility	Group project			4%
16	UAS	UAS	UAS	UAS			30%

Catatan

1. **Capaian Pembelajaran Lulusan Program Studi (CPL-Prodi)** adalah rumusan kemampuan yang harus dimiliki oleh lulusan program studi yang mencakup sikap, penguasaan pengetahuan, keterampilan umum, dan keterampilan khusus sesuai dengan jenjang kualifikasi, yang diperoleh melalui proses pembelajaran.
2. **CPL-Prodi yang dibebankan pada Mata Kuliah** adalah bagian dari CPL-Prodi yang dipilih dan relevan untuk dikembangkan melalui suatu mata kuliah, sebagai dasar perumusan capaian pembelajaran mata kuliah.
3. **Capaian Pembelajaran Mata Kuliah (CPMK)** adalah kemampuan yang dirumuskan secara spesifik dan diturunkan dari CPL-Prodi yang dibebankan pada mata kuliah, serta menggambarkan kompetensi yang harus dicapai mahasiswa setelah menyelesaikan mata kuliah.
4. **Sub-CPMK** adalah kemampuan akhir yang direncanakan pada setiap tahap pembelajaran, sebagai penjabaran lebih rinci dari CPMK, bersifat terukur dan dapat diamati sesuai dengan materi pembelajaran.
5. **Indikator Penilaian** adalah pernyataan spesifik dan terukur yang digunakan untuk menilai ketercapaian Sub-CPMK, baik dari proses maupun hasil belajar mahasiswa, yang didukung dengan bukti penilaian.
6. **Kriteria Penilaian** adalah tolok ukur yang digunakan untuk menentukan tingkat ketercapaian hasil belajar mahasiswa berdasarkan indikator penilaian, guna menjamin penilaian yang objektif, konsisten, dan adil. Kriteria penilaian dapat bersifat kuantitatif dan/atau kualitatif.
7. **Bentuk Penilaian** meliputi penilaian tes dan non-tes sesuai dengan karakteristik capaian pembelajaran.
8. **Bentuk Pembelajaran** meliputi kuliah, responsi, tutorial, seminar atau bentuk lain yang setara, praktikum, praktik studio, praktik bengkel, praktik lapangan, penelitian, dan pengabdian kepada masyarakat.
9. **Metode Pembelajaran** merupakan cara penyampaian pembelajaran yang digunakan untuk mencapai capaian pembelajaran, antara lain Small Group Discussion, Project Based Learning, Case Based Learning, Collaborative Learning, Discovery Learning, Self-Directed Learning, serta metode lain yang relevan.
10. **Materi Pembelajaran** adalah bahan kajian yang disusun secara sistematis dalam bentuk pokok dan sub-pokok bahasan untuk mendukung pencapaian Sub-CPMK.
11. **Bobot Penilaian** adalah persentase kontribusi setiap komponen penilaian terhadap nilai akhir mata kuliah, yang ditetapkan secara proporsional sesuai tingkat kompleksitas dan ketercapaian Sub-CPMK, dengan total keseluruhan sebesar 100%.
12. TM = Tatap Muka, PT = Penugasan Terstruktur, BM = Belajar Mandiri.