



## The Role of the Wise Women Program in Increasing Emotional and Spiritual Intelligence at GKRHI Depok

Yunitanti<sup>1\*</sup>, Yanto Paulus Hermanto<sup>2</sup>, Juliana Hindradjat<sup>3</sup>

STT Kharisma Bandung

**Corresponding Author:** Yunitanti, [y.aniruns@gmail.com](mailto:y.aniruns@gmail.com)

---

### ARTICLE INFO

*Keywords:* Wise Women Program, Emotional Intelligence, Spiritual Intelligence, Women's Self-Development

*Received* : 12, January  
*Revised* : 14, February  
*Accepted* : 26, February

©2025 Yunitanti, Hermanto, Hindradjat: This is an open-access article distributed under the terms of the [Creative Commons Atribusi 4.0 Internasional](https://creativecommons.org/licenses/by/4.0/).



### ABSTRACT

The main discussion in writing this article is that the author wants to convey the importance of emotional intelligence and spiritual intelligence in the lives of individuals including women who have important roles in the family and society. And how a woman can develop the ability to manage emotions, build healthy interpersonal relationships and deepen spiritual understanding so that women can understand their uniqueness, function optimally and be a role model for their families and surroundings in everyday life. This program is a form of coaching that integrates Christian values through activities such as fellowship, Bible study, and group discussions. The research method in this writing is to collect literature related to the descriptive method. And it is hoped that the wise woman program can provide a positive role in shaping Christian women to improve women's emotional and spiritual intelligence, especially in GKRHI Depok.

## INTRODUCTION

The development of modern society demands an increasingly important role for each individual, especially women, in developing emotional and spiritual intelligence that will shape a person's character and mental health. Women who are married often face complex and diverse challenges. Some women, due to economic circumstances, have to play a dual role as a wife, mother and work outside the home so they must be able to manage their time effectively. This can add to women's workload. And because the family economy is also a shared responsibility, pressure is felt when managing finances to meet daily needs and plan for the future. Social and cultural demands are also challenges for women related to their roles in the family, including the expectation of being a perfect mother, a wife who can maintain communication in a relationship, and professional demands at work. Challenges also often occur in single parent women due to divorce or death. They must play two roles at once, namely as a mother and a father to their children. They must make their own decisions for the survival of the family, meet the child's needs for affection, attention, education and control feelings of anger or depression in children or themselves. The dynamics of emotional changes caused by dual roles and sadness due to loss must be faced. Significant hormonal changes during pregnancy, childbirth, moods during the menstrual cycle and pre-menstruation also cause women to often experience emotional ups and downs, making them quick to anger and more sensitive.

Women who enter the age of 40-50 years will go through a period called menopause. Menopause is defined as the end of menstruation and no longer being able to reproduce or give birth to children. The changes that occur cause problems and anxiety that make women's emotions unstable. When women go through menopause, they must maintain their

physical and mental health, and also face challenges in managing their time between home, work and service in church. And because of the inability to manage emotions and spirituality, women tend to store, endure suffering and express it with negative emotions. Such as explosive anger, prolonged crying. If a woman's emotions are unhealthy, there will be misunderstandings, quarrels, anger, commotion and it is possible that this will trigger divorce in the household.

Head of Women's Empowerment, Child Protection, Population Control and Family Planning (Kadis PPPAPPKB) of Depok City, Nessi Annisa Handari, informed that the divorce rate in Depok City handled by religious courts is still relatively high, both in terms of divorce and in the trial process. The total number of women who divorced in Depok City in 2022 reached 3,345 people. Based on records from the Directorate General of Religious Courts of the Supreme Court (Ditjen Badilag MA), there are four main factors causing divorce, including disputes and quarrels at 36%, economic factors such as not working or not having an income reaching 14%, leaving a partner 7% and domestic violence 0.6%. When viewed from the existing data, disputes and quarrels are ranked highest which cause divorce. According to Nakamura (1989), Turner & Helms (1995), Lusiana Sudarto & Henny E. Wirawan (2001) some of the factors causing divorce are quarrels, verbal abuse, economic problems and domestic violence, being involved in gambling and alcohol abuse and infidelity.

Childhood trauma such as sexual abuse, bullying or violence from parents are some examples that can form problems in emotions and can have an impact on adulthood. Trauma experienced in childhood will cause psychological wounds that persist into adulthood. Negative behavior and emotions such as feeling unloved, anxious, insecure, or the desire to dominate others are the result of wounds in

the subconscious. Some women tend to be more expressive and some are closed in communicating their emotions so that if emotions have not recovered it will have a negative impact on mental health and also on their immediate environment. Therefore, emotional health that is managed properly is an important factor in dealing with stress and daily pressure. As a wife or mother, ideally a woman should be a woman who is wise in making life decisions and in every action and has a good character. In the world of work, education, church and society, women must also be responsible for being able to encourage themselves in developing emotional and spiritual intelligence so that they are able to help others. In this case, the author will conduct research on whether the wise women's development program implemented at GKRHI Depok can have an impact on women, especially emotionally and spiritually, and to what extent the understanding and results are obtained after participating in this program.

#### **METHODS**

The research conducted by the author will lead to emotional and spiritual intelligence of women. And to help the analysis process, the author conducted a literature study in the form of theological journals, spiritual books and Wise Women materials so that an overview of the effectiveness of the Wise Women program in increasing emotional and spiritual intelligence of women can be obtained. In addition, the author took Bible verses that also have similarities or connections in the research process and interviews with several correspondents. The results and discussions are described using a descriptive method that is clearly presented.

#### **RESULTS AND DISCUSSION**

Various factors, such as emotions, logic, experience, and social environment, can influence the way women think. These things affect the way they respond so that emotional intelligence and spiritual intelligence are needed so that women can carry out their functions optimally.

Goleman said that emotional intelligence is a person's intelligence in accepting, evaluating, managing, controlling their own emotions and those of others, can link emotions and situations so that they provide positive things. Spiritual intelligence, defined as a person's ability to face and solve problems through values and meanings, is in a broader context and can assess that actions or life paths have greater meaning than the actions or life paths of others. Spiritual intelligence is an idea about how a person manages and utilizes the quality of spiritual life, meaning and value and how to do things in a broader, richer and more meaningful context.

#### ***The Bible's View of Women in Relation to Emotions and Spirituality***

The Bible describes women as God's precious and unique creation, with important roles in spiritual life, family and society. The Bible also shows women as having emotional strengths and weaknesses in the context of God's love, justice and will. Among others are: First, women are precious and unique creations. In Genesis 1:27 women are created in the image of God, just as men are. This confirms that women have the same value and emotional capacity that reflects God's nature such as love, compassion and joy. In Genesis 2:18 women are referred to as helpers suitable for men. This shows that women have the ability to support, empathize and complement men in various ways including in emotions.

Second, women's emotional strengths are empathy and love. Many women in the Bible are described as having deep empathy and love. One example is how Ruth showed faithful love to her mother-in-law Naomi by choosing to stay with her despite the uncertainty (Ruth 1:16-17). Women often show courage when experiencing emotional difficulties. Even though she was sad, Mary Magdalene remained faithful to follow Jesus until she saw the Lord Jesus on the cross (John 19:25, John 20:11-18). Hannah, the mother of Samuel, showed how strong she was in praying to God and God answered her prayer when she cried because she did not have a child and God answered her prayer (1 Samuel 1:10-20).

Third, the emotional challenges and weaknesses in women are the vulnerability to deception at the time in the garden of Eden, Eve the first woman who was tempted by the snake's enticement and ate the forbidden fruit (Genesis 3:6). When faced with temptation, it is often considered an example of women's emotional weakness, even though men are also responsible. The Bible also records several cases where women's emotions can have a negative impact. One of them is Lot's wife who looked back when fleeing the city of Sodom and this action showed doubt in obedience because of emotional ties that occurred in the past (Genesis 19:26).

Fourth, women's emotions in the family, community and church have a tremendous role in reflecting God's love for their children. In Proverbs 31:26-28 a wise and loving woman is praised for teaching and raising her children. Women like Esther and Deborah can also show how they use emotional strength to defend and support their community when facing difficult situations (Esther 4:14-16; Judges 4:4-9).

Fifth, Self-control and wisdom because of how important it is for women to learn to control themselves when dealing with emotions. A wise, virtuous and emotionally strong woman is described as an example in Proverbs 31. 1 Peter 3:3-4 states that a gentle and quiet spirit is the basis of true beauty in a woman. Sixth, Jesus' example in treating women is understanding and accepting women's emotions as when Lazarus died, Jesus comforted Martha and Mary (John 11:33-35). Jesus also spoke gently to the woman caught in adultery by showing love and forgiveness without ignoring the truth (John 8:1-11).

Women are defined as adult women, who have understood what is happening in the family, church, and society, and the term "Christian" refers to the religion conveyed by Christ. Thus, Christian women are defined as adults who have faith and trust in the Lord Jesus as their personal Savior. According to the Old Testament, women were created equal to men in the image and likeness of God (Imago Dei), which shows the presence and glory of God in men. Women are known to be able to do many tasks simultaneously (multitasking). Women are often a symbol of love and sacrifice, especially their role as a mother or partner. They are willing to sacrifice personal interests for the sake of their family or loved ones. Thus, spiritual intelligence has the ability to integrate all human intelligence so that it can show compassion, truth, goodness and beauty in life. The Bible's view of women is considered to have strong emotions to show love, compassion and courage. The Bible also reminds us how important it is to have emotional and spiritual intelligence for women in order to respond correctly. Women have an important role in God's special plan.

### ***The use of Emotional Intelligence and Spiritual Intelligence in the Family***

In emotional intelligence, there are things that are considered important, namely the aspects of values and meaning to place human behavior so that they can realize that a person's life path is more meaningful than other things, know the values that apply and be creative in finding new values. Emotional intelligence is influenced by two factors, namely the family environment and the non-family environment. Goleman also said that emotional intelligence is a person's intelligence in accepting, evaluating, managing, controlling their own emotions and those of others, can link emotions and situations so as to provide a positive response. Spiritual intelligence plays a major role in the affective side, behavior and way of thinking of a person. Spiritual values can help to understand physical stress and make someone excited to do routines. Beliefs, hopes and meaning of life are considered very important for a person to accept and adapt to unpleasant things that are experienced. This helps to feel stronger and feel safe when facing difficult situations. Conversely, a lack of spiritual intelligence causes mental and emotional resilience to weaken. Spiritual intelligence has the ability to integrate all human intelligence so that it can show compassion, truth, goodness and beauty in life. Emotional and spiritual intelligence are needed by women to build a harmonious family. Both types of intelligence have benefits:

First, emotional intelligence can help women to control negative emotions such as anger, frustration or stress by creating a calm and harmonious atmosphere at home. Can empathize by understanding partners, children and other family members because human needs are appropriate emotional support. Improve communication skills so that they can reduce misunderstandings that can cause conflict and find solutions together. Help

build relationships that are mutually supportive and full of affection.

Second, spiritual intelligence can help find a woman's moral values, affection and gratitude by strengthening her relationship with God. Provide peace of mind and inner peace in facing life's challenges. Increase emotional resilience, instill moral values and teach the importance of gratitude in the family.

When emotional intelligence and spiritual intelligence are combined, they can support women in healthy moral, emotional and spiritual growth, able to respond positively and handle conflict well. Spiritual intelligence provides meaning and peace in living life. While emotional intelligence helps to build harmonious family relationships and both produce strong, happy and loving families. Emotional intelligence helps someone control themselves in worship, while spiritual intelligence provides meaning and purpose to the worship itself. Both also support each other in improving the quality and consistency of worship.

### ***History, background, Vision and Mission of Wise Women***

Based on the results of interviews with the PIC of Depok City, Anita Roselani Sobana and her secretary, Ratna Tuka Lay, the author obtained the following information: In 2015, the Wise Women Foundation was formed and this movement has spread to various cities including Jakarta, Bogor, Depok, Bandung, Cirebon, Semarang, Surabaya, Yogyakarta, Solo, Jember, Bali, Lombok, Sumba, Lampung, Padang, Batam, Medan, Siantar, Pontianak, Palu, Makassar, Manado, Palembang, Jayapura, Biak and Manokwari even in China and the Netherlands. In Depok, the Wise Women ministry was formed in 2008. The first batch was held at MMCC Sawangan, so that by 2024 it had reached the 15th batch.

Taken from Titus 2:3-7 the vision of the Wise Women is "Through their uniqueness, women function and become role models." In this vision contains three major topics, namely: First, unique: self-awareness by finding self-identity by having true worth according to the Word of God, recovering from emotional problems and developing a helping heart with emotional sensitivity, realizing that sin is sin and winning over sin that hinders women from growing wisely. Recognizing the strength and uniqueness of women, and controlling one's emotions.

Second, Function: Having the right attitude of submission so that you can function as a helper, using your power of influence to build others through your actions and words, and working to the maximum according to your potential.

Third, Role Model: Understanding the true meaning of beauty and developing inner and outer beauty according to the Word of God. Having a life goal of being a role model for other women through everyday life, and building a marriage that is a role model for other families.

With the mission of "Fostering women from various age groups to be role models for other women." The key word is coaching that emphasizes the occurrence of changes in life, paradigms, not just knowledge. Change requires a process and the process takes time by learning together with the basics of God's Word.

The meaning of a wise woman itself is a woman who can practically apply the truth of God's Word in everyday life. During the first four years, the Wise Woman team was given a deeper understanding of the form and material of coaching that was adjusted to the age group, namely the married age group (mother), unmarried women (Single), teenagers (Girls talk).

### ***Coaching materials***

The program activities carried out include teachings in the Bible, for example in Proverbs 31:10-31 teaches how to be a wise woman, group discussions on understanding biblical principles and how participants can apply them in everyday life. Providing assistance for women who face emotional, household or spiritual problems. Emphasizing forgiveness, reconciliation and love as the core of conflict resolution and learning to dare to be a role model for other women.

According to the book Module 1 of Wise Women's Development, two things that greatly influence a woman's emotional development include the mother's parenting style and past trauma. Some types of mother's parenting styles include Controlling mothers, namely mothers who always regulate and protect children which results in children being unable to express themselves and trophy mothers, namely mothers who appreciate children if they achieve so that children grow into ambitious women/very concerned about their appearance, maintaining their image.

Childhood trauma such as sexual abuse, bullying or violence from parents are some examples that can form problems in emotions and can have an impact on adulthood. Trauma experienced in childhood will cause psychological wounds that last until they are adults. Negative behaviors and emotions such as feeling unloved, anxious, insecure, or the desire to dominate others are the result of wounds in the subconscious. According to the book Wise Women module 1 page 22 Trauma is a negative experience that is stored so strongly in memory that it affects women's daily lives such as loss, suffering, being pressured, humiliated and judged. Women tend to store / hold back suffering and express it in other ways such as negative emotions.

In the book of Wise Women's coaching materials to recover from wrong parenting patterns and past trauma is by admitting that you have been hurt, forgiving both the incident and the people who have hurt you, and being controlled by the Word of God. The expected goal is to become a woman with strong faith, namely living based on Christ and relying on God all the time, being responsible in carrying out tasks in the family and community with full commitment, showing the love of Christ through things that are done every day, being wise in making decisions, and inspiring other women by being an example in everyday life.

### ***Coaching Activities***

The activities carried out are coaching and discipleship. The Wise Women Program usually collaborates with local churches and institutions. The coaching method is in the form of camps, coaching classes, small groups accompanied by a facilitator (3-5 people). And after the coaching camp is finished, in order to help participants apply the material that has been received, the Wise Women program also holds module 2, in the form of discipleship. Thus, it is hoped that women (wives) are prepared to accept every recovery process and have a positive impact on themselves, their husbands, children and the social environment, especially the church.

### ***Profile of Wise Women Program Participants***

First, Most of the participants in the Wise Women Program at GKRHI (Indonesian Bread of Life Christian Church) - Depok are women who have various social and educational backgrounds. Some are active in church activities. This program is attended by women aged between 25-65 years, the majority of whom have responsibilities as housewives and workers. Many of them feel that everyday life often burdens their

emotions and spirituality, some of them are even divorced.

Second, increasing the emotional intelligence of participants. Emotions are the result of interactions between thoughts, physical changes and behavior. From the results of the study, after participants took part in the coaching, there was an increase in emotional intelligence which was seen through changes in the way they recognized and managed their emotions. Some participants even said that they began to be able to manage stress and conflict in their personal lives within the family and in the social environment because emotional intelligence is the ability to feel, understand and selectively apply emotional strength and sensitivity as a source of human energy. Through the coaching provided in the Wise Women Program, participants better understand why there are problems in their emotions and how to handle them. Interview results showed that participants who took part in this program were better able to communicate more effectively and build healthier relationships with others. Participant A, aged 35, said that she was temperamental and easily angered when her child made a mistake, but after participating in this program, she understood that she was raised by an authoritarian mother so that it affected her in educating her child. However, after participating in this program, participants learned to be more patient and find ways to provide understanding, not just by getting angry.

Third, increasing the spiritual intelligence of participants. Spiritual intelligence is defined as a person's ability to face and solve problems through the values and meaning of life. The Wise Woman Program also emphasizes the importance of having a personal relationship with God by fostering a love for God's Word through reading the Bible and praying together. Participant B (50 years old) had been married for 19 years

when, during the pandemic, she found out that her husband was having an affair and found it very difficult to forgive. And when participating in the Wise Woman program, the participant said that there was a healing of the heart and a deeper understanding of forgiveness and focus on their life goals. Khosroabadi and Usefi (2015) stated that individuals with high spiritual intelligence carry out daily activities by showing kindness such as generosity, forgiveness, gratitude, humility and compassion. Spiritual intelligence helps them face life's challenges and struggles more calmly and respond wisely. Another participant (single parent) said that the Wise Woman Program made her understand more about how to love herself and others, get closer to God through worship and be more able to live life with gratitude.

Fourth, the impact of the wise woman program on the psychological and social well-being of participants. Skills in managing emotions and building healthy relationships reduce the levels of stress and anxiety experienced by some participants. They said they were more confident and happier in carrying out their roles as mothers and workers.

## **CONCLUSION**

From the interview results submitted, most participants stated that after participating in this program, they experienced an increase in their ability to recognize and manage emotions, which had a positive impact on their personal, family, and social lives. In addition, this program also helps participants deepen their spiritual understanding, which is reflected in the improvement in the quality of worship and a wiser attitude in facing life's problems. The Wise Women Program at GKRHI - Depok has succeeded in providing a positive impact in empowering women both emotionally and spiritually. This program not only provides practical skills but also touches on the internal aspects

needed in everyday life. Spiritual intelligence involves the ability to understand, integrate and apply spiritual values in everyday life. This program has proven to have an important role in increasing the emotional and spiritual intelligence of participants, as well as having a positive impact on their psychological well-being. With an approach that combines spiritual aspects and self-development, this program is able to empower women to be able to face life's challenges more wisely, patiently, calmly and peacefully. It is hoped that this program can continue to be developed and expanded to provide greater benefits for women.

The Wise Women Program shows the importance of integration between spiritual learning and emotional skills development in improving the quality of life of women. On the other hand, there are still challenges in ensuring the sustainability of the impact of this program. Several participants stated that they had difficulty maintaining the positive habits they had acquired after the program was completed. Further mentoring through groups and regular discussions is needed so that participants can continue to apply what they have learned and practice in their daily lives. For further research, it is recommended that a long-term evaluation of the impact of this program be conducted as well as further exploration of the most effective learning methods in improving emotional and spiritual intelligence among participants.

## REFERENCES

- Ary Ginanjar Agustian, Rahasia Sukses Membangun Kecerdasan., 52." (n.d.).
- Astuti, R. T. (2015). Peran Ganda Perempuan Dalam Masyarakat Modern: Antara Karier Dan Keluarga. Yogyakarta: Pustaka Pelajar." (n.d.).
- Burlakova, N., & Karpova, O. (2021). Parent-Child Communication and Inner Dialogues in the Self-Awareness of Children with Disabilities. *European Psychiatry*, 64(S1), S506-S506" (n.d.).
- Fallah, Wahid. Soheila Khosroabadi, Hamideh Usefi. (2015). Development of Emotional Quotient Andkecerdasan Spiritual the Strategi of Ethics Development. *Journal of Scientific, Research and Technology*. Department of Educational Planning, and Department of E" (n.d.).
- Goleman, Daniel. 2015. Emotional Intelligence, Kecerdasan Emosional 'Mengapa EI Lebih Penting Dari IQ'. Terjemahan Oleh T Hermaya. Jakarta: Gramedia Pustaka Utama" (n.d.).
- Gunter, J. (2021). *The Menopause Manifesto: Own Your Health With Facts and Feminism*. Canada: Random House Canada." (n.d.).
- Hadi, S. M. (2015). "Peran Perempuan Dalam Kitab Perjanjian Lama: Perspektif Feminisme Kristen". *Jurnal Teologi Dan Pendidikan Kristen*, 8(1), 75-90., n.d.
- Hidayat, I., & Nugroho, R. (2020). Kecerdasan Spiritual Sebagai Penguat Motivasi Dalam Beribadah. *Jurnal Studi Keagamaan Dan Psikologi*, 9(2), 101-113." (n.d.). <http://www.wanitabijak.com/index.php>" (n.d.).
- Huh, H. J., Kim, K. H., Lee, H. K., & Chae, J. H. (2017). The Relationship between Childhood Trauma and the Severity of Adulthood Depression and Anxiety Symptoms in a Clinical Sample: The Mediating Role of Cognitive Emotion Regulation Strategies. *Jour*" (n.d.).
- Isep Zainal Arifin, *Bimbingan Dan Perawatan Rohani Islam Di Rumah Sakit, Bandung: Mimbar Pustaka*, 2015, h. 20-21." (n.d.).
- Kim, J. S., Jin, M. J., Jung, W., Hahn, S. W., & Lee, S. H. (2017). Rumination as a Mediator between Childhood Trauma and Adulthood Depression/Anxiety in Non-Clinical Participants. *Frontiers in Psychology*, 8, 1597." (n.d.).
- Mariska, I. C. (2017). Hubungan Antara Kecerdasan Spiritual Dengan Kontrol Diri Pada Mahasiswa Di Universitas Gunadarma. *Jurnal Psikologi*, 10(2), 112-120." (n.d.).
- Putrawan, Bobby Kurnia. (2020). 'Perempuan Dan Kepemimpinan Gereja: Suatu Dialog Perspektif

Hermeneutika Feminis'. KURIOS:  
Jurnal Teologi Dan Pendidikan  
Agama Kristen, 6(1)." (n.d.).

Putri Perdana, T. (2014). Menjalani  
Hidup Setelah Kematian Suami:  
Studi Fenomenologi Perempuan  
Single Mother. Character: Jurnal  
Penelitian Psikologi, 2(1).  
<https://doi.org/10.26740/cjpp.v2i1.7101>" (n.d.).

Putri, A., Hartini, D., & Anggraini, S.  
(2023). Intervensi Psikologis  
Dalam Mengelola Emosi Pada  
Masa Menopause: Pendekatan  
Terapi Kognitif. Jurnal Psikologi  
Klinis, 12(3), 115–130., n.d.