

**Improving Emotional Intelligence to Develop Healthy Behaviour in Leather  
Gloves Factory Worker**

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**Abstract**

Lifestyle determines body condition becomes healthy or sick. Healthy lifestyle depends on healthy behavior. Healthy behavior development affected by some factors, such as personal experience, environment, culture, influence of trusted people, mass media, institution, religion, residency, and personal emotion. This study aim to develop healthy behavior of worker at leather gloves factory in Yogyakarta by improving emotional intelligence (EI). This study was performed on two study group (control and treatment) consisted of 10 workers, respectively. Emotional intelligence score and healthy behavior of two study groups were tested by monitoring the answer of questionnaires which given before and after treatment. The groups were given lecture and workshop about emotional intelligence with 4 steps. Each step were consisted of 3 sessions. One Sample Kolmogorov-Smirnov Test and *Pair Sample Test* results shown that there were significant increase of emotional intelligence ( $p=0.02$ ) and healthy behavior ( $p=0.010$ ) after lecture and workshop session. The result of regression analysis shows that there was significant influence of emotional intelligence to healthy behavior of leather gloves factory workers in Yogyakarta. Improving Emotional intelligence could develop healthy behavior of leather gloves factory workers in Yogyakarta.

**Keywords :** emotional intelligence; healthy behavior; worker; lifestyle; leather gloves factory.