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### Effect of Physical Intelligence Attitudes towards Healthy Living at PT. Budi Manunggal Employees in Yogyakarta

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#### Abstract

A healthy lifestyle is influenced by the attitude of a person's thinking pattern of healthy living. Factors that influence the attitude of healthy living that experience of life, culture, information media, the environment the workplace, beliefs, religion, place of residence and psychic. Health conditions can be maintained preventively with the formation of healthy life attitude through various efforts, including in the form of an increase in physical intelligence. This study aimed to determine the effect of physical intelligence on healthy living attitudes at PT. Budi Manunggal employees in Yogyakarta. Respondents of the study comprises one control group and treatment group, each group a number of 10 employees. The treatment group and the control group tested levels of the physical intelligence and attitude of her life with the tool questionnaire before and after the implementation of the treatment. The treatment group were given education and training on emotional intelligence and physical intelligence during the fourth stage. Each stage lasts three sessions in meeting room at PT. Budi Manunggal Yogyakarta. Data were obtained when analyzed with One Sample Kolmogorov-Smirnov Test and Pair Sample Test showed a significant difference emotional intelligence scores ( $p = 0.008$ ), physical intelligence ( $p = 0.001$ ) as well as the attitude of healthy life ( $p = 0.000$ ) after treatment education and training. The result of regression analysis showed significant correlation ( $p = 0.047$ ) physical intelligence on healthy living attitudes employees in Yogyakarta. Score of physical intelligence Increased affect the improvement of healthy living attitudes employees at PT Budi Manunggal Yogyakarta.

**Keywords:** physical intelligence; healthy life attitude