



Employee Attitude Formation of Healthy Living Plant With Emotional Intelligence and Spiritual Intelligence Approaches

Tri Pitara Mahanggoro^{1*}, Soemarno², Edi Widjajanto³, Pratikto Prawoto⁴

¹PKLP Postgraduate Program, Brawijaya University, Malang;
Department of Physiology, Faculty of Medicine and Health Sciences Muhammadiyah University of Yogyakarta, Indonesia

²Department of Geology, Faculty of Agriculture, Brawijaya University, Malang

³Faculty of Medicine, Brawijaya University, Malang, Indonesia

⁴Department of Mechanical Engineering, Faculty of Engineering, Brawijaya University, Malang, Indonesia

Abstract : Becoming healthy or sick is determined by various factors, such as diet, physical or non-physical activities, thought patterns, and behavioral patterns. Several factors influence the attitude formation of healthy living including individual insight, environment, culture, beliefs, information media, institutions, religion, place of residence, and emotional self-regulation. Both emotional and spiritual intelligences are believed as the basic of self-management capabilities. Good self-management leads to healthy living in the formation of attitudes. This study was aim to understand the formation of healthy life attitude of plant employees with emotional intelligence and spiritual intelligence approaches. Respondents were classified into treatment and control groups, which consisted of 10 employees for each group. The level of emotional intelligence, spiritual intelligence, and healthy living behavior were measured through questionnaires. The questionnaires were given before and after treatments. The treatment was the emotional intelligence and spiritual intelligence training in four stages. Each stage consisting of three sessions that held in the meeting room. The results of One Sample Kolmogorov-Smirnov Test and Paired Sample Test show that the training that given to the employees caused significant increase on the emotional intelligence ($p = 0.002$), spiritual intelligence ($p = 0.000$), as well as the attitude of healthy living ($p = 0.007$). Linear regression analysis show strong correlation between emotional intelligence and spiritual intelligence to increasing healthy life attitude plant employees ($R = 0.851$, $p = 0.01$). The formation of factory healthy living behavior in plant employee can be established with emotional intelligence and spiritual intelligence approaches.

Keywords : Emotional intelligence; spiritual intelligence, healthy living attitude.

Introduction

Health is a precious asset that everyone has. The health condition will lead a man to the success in the future. It can be obtained with healthy behaviour in life. The healthy living behaviour is driven force by self-control that control the balance of nutritional needs, physical activity, and the other behaviors that related to healthy lifestyle¹. The unhealthy living behavior will lead to the lack of attention to the balance of daily