
**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; EI program; factory; worker

1. Introduction

Healthy lifestyle is determined by individual healthy behavior. Healthy behavior is a self-controller in maintaining the quality of health (Azwar, 2013). Health-related quality of life also has a role in determining the nutritional needs, physical activities, relaxation, and other activities that can develop healthy lifestyle (Notoatmodjo, 2011). On the contrary, unhealthy behavior will affect on the lack of attention to nutritional needs. The quality of attention on achievement of healthy lifestyle needs is determined by personal self-management. One of success factor on self-management is emotional intelligence (Ruiz, *et al.*, 2012). Emotional intelligence (EI) defined as the ability to

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