

Relationship of Physical Intelligence with Healthy Living Attitude of Factory Employees

Tri Pitara Mahanggoro ^{1, a)}

¹*Department of Physiology, Faculty of Medicine and Health Science, Universitas Muhammadiyah Yogyakarta*

^{a)}Corresponding author : mastripitara@yahoo.com

Abstract. The attitude of healthy living is a key determinant of healthy living behavior. Healthy attitude to life is the basis in determining the quality of a person's health. Someone who does not have the basic knowledge of health management, then the attitude in managing the body becomes unhealthy. Good body management can be achieved if you have enough knowledge. Knowledge of health need to be supported harmony between the mind, emotions, mind and body perfectly and so we need the support of a good physical intelligence. Increased physical intelligence can be done by providing the skills for self-realization and insight, through education and training of physical intelligence. Based on this background, the need to be examined on attitude formation of healthy life through physical intelligence. The study design Pre-test Post test with the control groups: control group and the experimental group were conducted with a random. The respondents are comprised of 10 people as a control group and 10 people as a group were given training to improve physical intelligence during the fourth stage. Respondents worked as a factory worker in Yogyakarta leather gloves. T-test analysis results indicate that the physical intelligence (sig = 0.001) and healthy life attitude (sig = 0.000) of the respondents increased significantly. Result of analysis of linear regression between improvement of physical intelligence with healthy life attitude show (R = 0.464) which mean correlation of increase of physical intelligence is not significant to improvement of healthy life attitude. It was concluded that the improvement of physical intelligence had an insignificant relationship to the improvement of healthy attitude toward the factory employees.

Keywords : Employee, Healthy Living, Physical Intelligence

INTRODUCTION

The attitude of one's life in health problems can not be separated from the environment of his work activity. In some cases in 2007, employees at PT Jamu Air Mancur suffered work accidents causing the injury of 11 employees ¹. The incidence of hypercholesterolemia (21.1%) in employees aged 20 years and over in 7 types of factories in the industrial area Pulo Gadung Jakarta ². The latest case was delivered by Kristiawan (2013), that on 28 May 2013 there has been a work accident in the form of explosion of one of the pipes in the steam engine room of Madukismo Sugar Factory Yogyakarta causing 4 employees to be injured.

Cases of work morbidity and accidents of this work can actually be minimized, ie by preventive efforts, among others, to build a healthy attitude. Efforts to increase the formation of a healthy life can be done in various ways, including the combination of emotional intelligence and spiritual intelligence ³. In the opinion of Son & Wilson ⁴ the body is a tool for the mind and conscience. Excellent physical condition (good physical intelligence) makes a person's mentality capable of full concentration (focus) in learning, kretivitas, endurance, persistence, high courage and better memory. Based on the above description it is important to examine the relationship of physical intelligence in the formation of a healthy life attitude of factory employees.

EXPERIMENTAL DETAILS

This type of research is an experimental study that is done by providing training to improve physical intelligence. The study design with Post-Test Pre-Test was accompanied by a control group (without physical intelligence training). Respondents for the control group consisted of 10 people and the treatment group (given training) of 10