

Effect of Emotional Intelligence and Physical Intelligence Attitudes towards Healthy Living Leather Glove Factory Employees in Yogyakarta

By

Tri Pitara Mahanggoro¹, Soemarno²,
Edi Widjajanto³, Pratikto Prawoto⁴

Introduction

The success of health care is very determined attitude to life. The attitude of healthy life is the driving force themselves good health to be able to maintain the stability of (Anwar, 2013)

Healthy living attitudes contribute to direct action in the nutritional adequacy requirements, the activity of the body, breaks and behavior that becomes the basis of a healthy lifestyle (Notoatmodjo, 2011)

Unhealthy attitudes result in poor attention to quality of life (balance the needs of nutrition, rest, physical activity, etc.). The achievement of a healthy livelihood needs influenced by self-management. The success of self-management one of which is supported by the quality factor of emotional intelligence (Ruiz., et.al., 2012).

Linley research results, et.al., 2011 states that emotional intelligence is useful in lowering the level of expression of one's emotions and dependence themselves against others.

Other research conducted by Li, et al (2009) at the upper secondary school students in Taiwan who were trained in emotional intelligence program positively correlated to the increased impetus for physical activity, mental health and ability in their social interactions.

Social interaction in a work environment that is of sufficient quality to contribute the achievement of a healthy life. Achievement of healthy life requires patience capabilities supported by the level of emotional intelligence (Dusseldorp, et.al., 2010).

Sulandari, et al (2009) explains that the habits of the elderly were accustomed regular physical activity causes physical and mental quality to be better. Motion activity is measured and orderly management of calories your body properly.

Management of these calories will regulate the breathing rhythm and diet so that needs oxygen for metabolism adhenosine formation triphosphate (ATP) is fulfilled properly (Kimura et al, 2005).

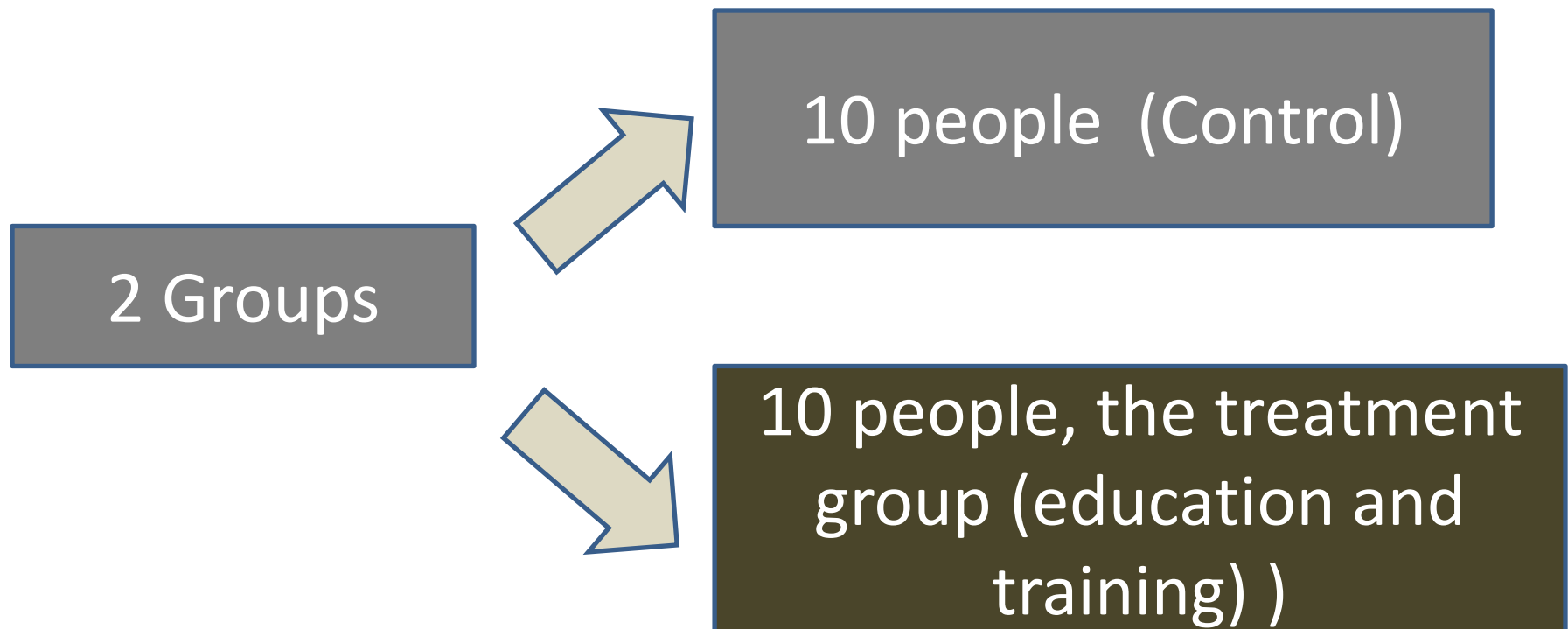
Son & Wilson (2011) in the presence of physical intelligence that could encourage efforts judgment based on the standard diet caloric needs his own body and is not affected to the whims of the type of food they consume.

The ability to control this diet can suppress the emergence of a fault condition hiperkholesterolemia (Bantas, et.al., 2012).

Based on these descriptions, it is important to do research on the Effect of Emotional Intelligence and Physical Intelligence Attitudes towards Healthy Living Employee Leather Glove Factory in Yogyakarta

MATERIALS AND METHODS

The study design with a Pre-Test Post-Test along with the control group (without provision of education and training of emotional intelligence).



Determination of the research subject with purposive sampling technique that is with consideration of inclusion and exclusion criteria.

Inclusion criteria such as the status of permanent employees at the factory in Yogyakarta leather gloves with a minimum term of 1 year. Exclusion criteria were permanent employees of the factory leather gloves in Yogyakarta who suffer from a mental disorder or illness in the care of a doctor.

Data collected by questionnaire as a measure of emotional intelligence as well as the physical intelligence and attitude questionnaire healthy life.

This questionnaire is done before and after treatment administration emotional intelligence training and education as well as physical intelligence. This questionnaire measuring instrument comprises 25 items of questions that have previously been tested by product moment validity and reliability testing with Cronbach Alpha.

The research was conducted in September-December 2014 in the meeting room Leather Glove Factory in Yogyakarta.

Before starting treatment education and training, all respondents (control group and treatment group) were measured emotional intelligence and physical intelligence and healthy life attitude.

Education and training carried out periodically with 4 levels. Each period required 3 sessions with each session for 100 minutes. After completion of the provision of education and training, then all of the respondents (the control group and the treatment group) were measured emotional intelligence and physical intelligence and attitude of healthy life.

Result

The data were then tabulated and analyzed by One Sample Kolmogorov-Smirnov Test and Pair Sample Test

Table 1. Analysis of One Sample Kolmogorov-Smirnov Test and Pair Sample Test, Emotional intelligence and physical intelligence Attitude Against Healthy Living

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	KE_sebelum - KE_setelah	-5.60000	5.18973	1.64114	-9.31251	-1.88749	-3.412	9	.008
Pair 2	KF_sebelum - KF_setelah	-8.60000	8.84685	2.79762	-14.92865	-2.27135	-3.074	9	.013
Pair 3	SKH_sebelum - SKH_setelah	-5.50000	3.47211	1.09798	-7.98380	-3.01620	-5.009	9	.001

Pair test sample test results (Table 1) shows that the average score of each emotional intelligence and value ($p = 0.008$), physical intelligence ($p = 0.013$) means that there are significant differences in average (pre-test to post-test) scores emotional intelligence as well as the physical intelligence

Analysis of differences in healthy life attitude scores with pre-test post test (Table 1) showed with $p = 0.001$, meaning that there is a significant difference in the average scores of healthy living attitudes pre-test to post-test.

Data were analyzed by ANOVA after (Table 2) between emotional intelligence and physical intelligence attitude towards healthy life showed significant effect ($P = 0.012$). Anova Regression analysis showed an increase in emotional intelligence and physical intelligence significantly influence employee attitudes healthy life Leather Glove Factory in Yogyakarta.

Table 2. Regression ANOVA (b) Emotional Intelligence (EI) and Physical Intelligence (PI) Attitudes towards Healthy Living (AHL) Leather Glove Factory Employees In Yogyakarta

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	723,785	2	361,892	8,762	,012(a)
	Residual	289,115	7	41,302		
	Total	1012,900	9			

CONCLUSION

The conclusion of this study is emotional intelligence and physical intelligence can be enhanced by the provision of education and training in stages and structured

Intelligence deficits improve physical and emotional intelligence significantly influence the improvement of healthy living attitudes employee Leather Glove Factory in Yogyakarta.

Thanks



RUANG POTONG
CUTTING SECTION



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