



The Influence of Active Lifestyle, Physical Fitness, and Psychological Aspect to the Work Productivity at Polytechnic

Narwikant Indroasyoko¹✉, Achmad Muhammad², Nia Nuryanti Permata³

Politeknik Manufaktur Bandung, Jalan Kanayakan No.21 Dago, Bandung, Indonesia¹²³

Article History

Received 13 May 2019
Accepted 25 June 2019
Published June 2019

Keywords:

Active Lifestyle;
Physical Fitness; Psy-
chological Aspect

Abstract

The purpose of the study is to reveal the effect of physical fitness, psychological aspects, and active lifestyles on work productivity. The research uses descriptive methods. Through the purposive sampling method, it is obtained samples of 123 students. The instruments used are the self-evaluation format, physical fitness test, psychological test results, and semester report scores. The statistical approach used is multiple regression analysis. Based on data processing the results are as follows: The effect of an active lifestyle on work productivity of 0.0108% shows a very low influence, the effect of physical fitness on work productivity of 19.3% shows the influence on the low category, and the influence of psychological aspects on work productivity of 0.408% shows a very low influence. This study shows that there is no significant relationship between active lifestyle, psychological aspect, and work productivity, and there is a significant relationship between physical fitness and work productivity. The recommendation of this study is that Polman should pay attention to the level of physical fitness of its students in the process of completing academic programs in Polman.

How to Cite

Indroasyoko, N. et al. (2019). The Influence of Active Lifestyle, Physical Fitness, and Psychological Aspect to the Work Productivity at Polytechnic. *Journal of Physical Education, Sport, Health and Recreation*. 8(2), 91-95.

© 2019 Universitas Negeri Semarang

✉ Correspondence address :
Jalan Cigadung Wetan No.19A, Bandung 40191, Indonesia
E-mail: asyoko2205@gmail.com

INTRODUCTION

Student work productivity in this study is the Semester grade point average (GPA) from a production-based education which applies 30% theory program and 70% practice program in all departments. Approximately 70% of students come from high school (SMU), who do not have the background in the basic skills of engineering, and 30% of students come from vocational high schools (SMK). The lack of basic skills in students which have high school background compared to students from vocational backgrounds raises problems. The problems face by students from high school are fatigue, frustration, boredom, prone to the sustainability of the education process at the Bandung Polytechnic Manufacturing (POLMAN). From empirical data it is found that only 90% students who can survive to complete the education process in POLMAN (Source: POLMAN Bandung in 2009). The high level of students who cannot survive completing the education process results a loss for the Polman academic civics towards the costs incurred during the education process.

Conceptually, the mission of the education program in POLMAN is to prepare human resources (HR) that are able to compete in the global market, by building and developing education, engineering, and production in manufacturing. So, the productivity of students is seen not only as an effort to develop physical abilities, but it is broader than that, which includes intellectual, mental, social and emotional dimensions as aspects of psychology. Physical education and sports that deal with basic human needs, namely human movement are not merely physical events but also spiritual events that process or move various spiritual aspects such as intellect and morals. Some studies show evidence of justification for this assumption. For a long time, it has been believed that physical education and sports are the education of character and the emotional formation and are universally recognized as well as the efficacy of physical education in building a civilized character (Supandi, 2000: 8). Participation in physical education activity proves that sports is not only important for physical health but also emotional and intellectual health. Physical activity has an influence on lobus frontalis, an area on the brain for mental concentration and planning (Podulka, 2006). So, it can improve productivity. According to Djoko Pekik Irianto (2004: 16), success to achieve fitness is determined by the quality of the exercises including the purpose of the exercise, the selection of training models, training facilities and the dose of FIT

concept training (Frequency, Intensity, and time).

To support the development of the qualified human resources in globalization era that demands a highly competitive power, it is also necessary to have high levels of intellectual and emotional intelligence as psychological aspects in supporting work productivity (John W. Santrock, 2002: 318). For a long time, people believed that intelligence, especially intellectual ability, is an apparatus of mental abilities that is important in carrying out task and work (Wiramiharja, 2003:71). A worker who has a high IQ is expected to produce better performance than those who have a lower IQ. This is because those who have high IQs are easier to absorb the knowledge given so that their ability to solve problems related to their work will be better.

Regarding the life-order phenomena of the psychological aspects and their functions, especially intellectual abilities, work attitudes and methods, emotional and social aspects, special skills/techniques, POLMAN students should focus on all forms of physical activity, games, and sports provided in physical education to express themselves freely. This will cause students to get psychological satisfaction from all the progress they feel in overcoming the problems faced, and in controlling the urges of their desires during the activities (Danu Hoedaya, 2009: 48). The psychological effects associated with physical activity have been the topic of numerous scientific studies, conducted mainly since the early 1970s. The general conclusion from this research is that physical activity can enhance the participants' sense of well-being. As described in a recent literature review, 'both survey and experimental research . . . provide support for the well-publicized statement that "exercise makes you feel good" ' (Fox 1999: p. 413. italics in the original).

The active lifestyle and physical fitness can include other types of movement, such as structured exercise and sport. Exercise involves 'planned, structured and repetitive bodily movement' (Caspersen et al. 1985, p. 127), physical activity includes movement of the body produced by the skeletal muscles that results in energy expenditure (Caspersen et al. 1985). This over-arching category can include any form of movement but, for the purposes of health enhancement, we tend to be more interested in gross motor movements such as walking, cycling, lifting, or large or prolonged do-it-yourself (DIY) activities. Often with the objective of fitness maintenance or improvement. An example would be exercising on a treadmill at a fitness club. ' Sport, on the other hand, is physical activity that is rule-governed, structured, and competitive and involves gross motor movement

characterized by physical strategy, prowess, and chance (Rejeski and Brawley 1988, are expected to support the level of intellectual intelligence and emotional intelligence so that it will create high work productivity. If intellectual intelligence and emotional intelligence influence competency, then through certain competency levels it is expected that human resources will be able to work in a more qualified, independently competitive, even able to work effectively in a work process to obtain high work productivity.

According to Sedarmayanti (2001) productivity is an attitude of mind that has the enthusiasm to make improvements, whereas in general productivity contains an understanding of the comparison between the results achieved (output) and the overall resources used (input). Other measurements which are important such as mechanical, motoric, and artistic abilities are not measured by the same test, but by using other measuring instruments. This applies also in measuring motivation, emotions, and attitudes (Moustafa and Miller, 2003: 5). The comparison in work productivity changes from time to time because they are influenced by the level of education, work discipline, skills, work attitudes, motivation, and work environment (Sedarmayanti, 2001). The factors mentioned above are important for the creation of an ergonomic working atmosphere, to support the achievement of efficiency in processes that have met the limits of productivity standards.

There are many views from the experts on productivity. From the various opinions basically, the notion of productivity can be grouped as follows: 1. Productivity as the ratio between output with input from a production system, 2. Productivity as a combination of effectiveness and efficiency, and 3. Productivity as a mental attitude (Edi Suryadi 2004: 125). In simple terms, an active lifestyle can be interpreted as an effort to always be physically active every day. The simplest example is to choose to use stairs instead of elevators and to reduce the time to watch television. Active Lifestyle or active living means to try to be physically active every day (Nani Cahyani S., 2008).

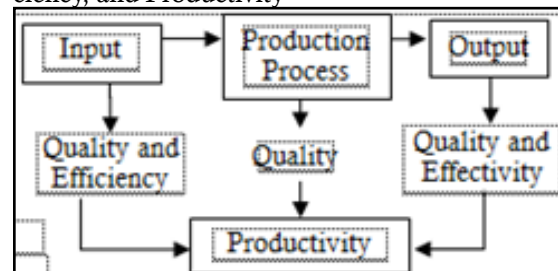
The World Health Organization (WHO) delivered at the Active Living seminar launching the Move for Health movement in 2002, recommending at least 30 minutes of moderate physical activity carried out regularly for 5 days a week, which serves to reduce the risk of certain infectious diseases (Nani Cahyani, 2008). Furthermore, the WHO also stated that physical inactivity is a risk factor that can be changed. This complete

training pattern will be able to improve fitness levels which have a very large role in maintaining optimal health and functional capacity. Functionally healthy is the normal function of the body's organs (Santoso Giriwijoyo and Lilis Komariah, 2003: 8). In this functional review, healthy consists of two levels, namely healthy static (a normal body organs function at static/rest) and healthy dynamic (a normal body organs function when moving/working). Literally, the meaning of physical fitness is physical compatibility. This means that there is something that must be in accordance with the physical, namely the type or severity of the task that must be carried out physically. Thus, it can be said that physical fitness is the compatibility of the physical state to the task that must be carried out by the physic (Giriwijoyo, 2004: 17).

Psychology is the scientific study of behavior and mental processes (Jhon W. Santrock 2011). Before becoming an independent scientific discipline, psychology had strong roots in medicine and philosophy to meet the needs of understanding the mind and behavior of various kinds of living things from primitive to the most modern.

In general, productivity is defined as the relationship between tangible and physical results (goods or services) with actual input. It is a comparison between the output and input (output: input). Input is often limited to labor input, while the output is measured in the form of physical unity and value (Sinungan, 2005:12). Productivity can also be said as the level of efficiency in producing goods or services. Productivity expresses how to use the sources well in producing goods (Sinungan, 2005: 12). These various opinions basically give an understanding of productivity which can be grouped as follows: 1. Productivity as the ratio between output and input in a production system. 2. Productivity as a combination of effectiveness and efficiency. 3. Productivity as a mental attitude (Edi Suryadi, 2004:125). Atmo-soeprapto (2000: 4) views productivity as effectiveness and efficiency

The Connection among Effectiveness, Efficiency, and Productivity



By Sedarmayanti (2001:60)

It is said that productivity contains the notion of a mental attitude that always has a view: the life quality today must be better than yesterday, and tomorrow is better than today (Sedarmayanti, 2001: 57).

METHODS

This study uses the descriptive analytical method with test and survey techniques. This research includes data and information collection, which are then analyzed using quantitative analysis. The activities of Polman Students are formulated to its influence on work productivity. The main data collection is based on primary data in the form of the results of the assessment and questionnaires aimed at students. This data collection is conducted to examine the effect of physical fitness, psychological aspect, and an active lifestyle on the work productivity of POLMAN students.

The students' population is 270, Meanwhile, the samples of this study are 123 students, By considering the limitations of funds, energy and time, it is very possible for the researchers to take a sample of 45% of the total population, so that a sample of research was obtained which amounted to 123 people from 270 population people.

RESULTS AND DISCUSSION

The analysis of the influence of physical fitness, psychological aspect, and active lifestyles on the work productivity of POLMAN students (students' GPA) can be carried out by T Test through SPSS statistics process. The results are as follows **Table 1:**

Table 1.

Correlation	Partial Correlation Coefficient	t hitung	Sig.	t tabel	Rans
$r_{jx_1 ; x_2 x_3}$	-0.025	-0.270	0.788	1,980	Third
$r_{jx_2 ; x_1 x_3}$	0.443	5.393	0.000	1,980	First
$r_{jx_3 ; x_1 x_2}$	0.089	0.975	0.331	1,980	Second

The values in the **Table 1** show that: = -0.025 (= -0.270 <= 1,980), 0.788 > 0.05 so that Ho is not rejected (accepted). It explains that an active lifestyle does not have a significant effect on productivity. Partial correlation coefficient shows the relationship between active lifestyle and very low productivity in negative direction, = 0.443 (= 5.393 > = 1.980), 0.000 <0.05. Thus, Ho is rejected. This means that physical fitness has a significant influence on Productivity (GPA). Then, Partial Correlation Coefficient shows the relationship between physical fitness and productivity (GPA) in a moderate positive direction. Then, = 0.089 (= 0.975 <= 1,980), 0.331 > 0.05, informs Ho is not rejected (accepted). This means that psychological does not give a significant influence on productivity (GPA). Partial Correlation Coefficient shows that the relationship between Psychology and productivity (GPA) is very low in a negative direction.

The influence of physical fitness is bigger than the active lifestyle and psychological aspect on the work productivity of POLMAN students. Physical fitness is the ability of a person to be able to adjust the functions of his body's instruments to certain physical tasks and/or to environmental conditions that must be dealt with in an efficient manner, without excessive fatigue, and has fully recovered before the next day with the same assignment (Giriwijoyo, 2006). Doing physical activities to improve physical fitness will increase work productivity of the students. There are three methods to assess a child's movement in learning movements through planting, namely unstructured, structured, and trans-discipline (Janice J. Beaty, 2013). It means that if it is not trained or not maintained it will cause a decrease in ability. Therefore, it needs to be maintained by training to maintain or to improve its quality.

CONCLUSION

As a conclusion, from the three factors, only physical fitness that provides significant support. Active lifestyle gains 0.0108%, physical fitness gains 19.3%, and psychological aspect gains 0.408%. The results are calculated without any intercorrelation with other factors but stand independently. But after being combined it means there are intercorrelations between the supporting factors or those that influence which the active lifestyle as (X1), physical fitness as (X2) and psychological aspect as (X3). So, the results of the three variable supports are in 20.0%. This means there are still 80.00% determined by other factors. The results of the relationship analysis of the par-

tial correlation variables of active lifestyle, physical fitness, and psychological aspect on the work productivity of Bandung POLMAN students (GPA) are as follows: rank I physical fitness, rank II psychology, and rank III active lifestyle.

REFERENCES

- A. Wiramihardja, Sutardjo, (2003). Pengantar Psikologi Klinis. Bandung: PT. Refika Aditama.
- Atmosoeparto, Kisdarto, (2000) Menuju SDM Berdaya. Jakarta: PT Elex MediaKomputindo.
- Caspersen, C.J. Powell, K.E., and Christenson. G.M. (1985). Physical activity, exercise and physical fitness: definitions and disjunctions for health-related research. *Public Health Rq.* 100. 126-31.
- Fox K.R. (1999). The influence of physical activity on mental well-being. *Public Health Nutr.* 2. 411-18.
- Giriwijoyo, Santoso, Y.S. (2004) Ilmu Faal Olahraga. Fungsi Tubuh Manusia pada Olahraga. Edisi 1. Bandung: FPOK UPI Bandung.
- Janice J. Beaty. 2013. Observing Development of the Young Child Terjemahan Observasi Perkembangan Anak Usia Dini. Jakarta: Kencana.
- Jhon W. Santrock (2011) Educational Psychology, 5th edition (New York: McGraw-Hill Companies.
- Jhon W. Santrock. (2002) Life Span Development. Jakarta, Erlangga.
- Hoedaya, Danu. (2009) Empati Dalam Kehidupan Bermasyarakat : Tinjauan Potensi Pendidikan Jasmani Dalam Pendidikan Watak. Makalah FPOK UPI Bandung
- Djoko Pekik Irianto. (2004). Pedoman Praktis Berolahraga Untuk Kebugaran Dan Kesehatan. Yogyakarta: ANDI Offset.
- Mitchell, Murray (2007) Choosing an Active Lifestyle Don't Do a I Do; Do as I Say
- Moustafa, K,S, and, Miller, T,R, (2003) Too Intelligent For The Job. The Validity of Upper-Limit Cognitive Ability Test Scores In Selection, *Sam Advanced Management Journal*, Vol.68.
- Podulka, Dwan, Pivarnik, James M, & Womack, C.J. (2006). Effect of Physical Education and Activity Levels on Academic Achievement in Children. *Med.Sci. Sports Exerc.*, Vol. 38, pp. 1515-1519.
- Rejeski, W.J. and Brawley, L.R. (1988). Defining the boundaries of sport psychology. *Sport Psychologist* 2, 231-42.
- Sedarmayanti (2001) Sumber Daya Manusia dan Produktivitas Kerja. Bandung, Mandar Maju.
- Sinungan, Muchdarsyah (2003) Produktivitas. Jakarta : PT Bumi Aksara.
- Sinungan, Muchdarsyah. (2005). Produktivitas : Apa dan Bagaimana. Edisi Kedua. Bumi Aksara.
- Supandi, K. (2000). Manajemen Pendidikan Jasmani dan Olahraga. Diklat. Bandung: FPOK IKIP Bandung.
- Suryadi, Edi. (2004). Pengaruh Sistem Komunikasi Organisasi terhadap Efektivitas Organisasi. Disertasi.