

ABSTRAK

Peranan Spiritualitas Dan Kohesivitas Keluarga Terhadap Gaya Hidup Sehat Pada Pekerja *Blue Collar* Di Jakarta Serta Tinjauannya Dalam Islam

Pekerja *blue collar* merupakan salah satu individu yang sering mengalami masalah kesehatan sehingga penting menerapkan gaya hidup sehat. Gaya hidup sehat meliputi enam dimensi yaitu, *interpersonal relationship, spiritual growth, physical activity, nutrition, health responbility and stress management*. Pekerja *blue collar* yang menerapkan gaya hidup sehat akan lebih optimal dalam pekerjaannya. Penelitian ini bertujuan untuk menguji signifikansi peran spiritualitas dan kohesivitas keluarga terhadap masing-masing dimensi gaya hidup sehat pada *blue collar*. Penelitian ini menggunakan pendekatan kuantitatif dengan partisipan sebanyak 65 orang pekerja (usia 20-40 tahun) di Jakarta dengan dipilih secara *incidental*. Alat ukur yang digunakan dari penelitian ini yaitu, *Health-Promoting Lifestyle Profile II (HPLP-II)*, *The Brief Multidimensional Measure of Religiousness/Spirituality Scale (BMMRS)* dan *The Brief Family Relatiponship Scale (BFRS)*. Hasil penelitian dengan analisis regresi berganda menunjukkan bahwa spiritualitas dan kohesivitas berperan signifikan terhadap masing-masing dimensi gaya hidup sehat pada *blue collar* di Jakarta ($R^2 = 0,115 - 0,420, p < 0,05$). Upaya peningkatan gaya hidup sehat pada *blue collar* dapat melibatkan kegiatan yang berkaitan dengan spiritualitas dan dukungan dari keluarga. Dalam perspektif Islam, spiritualitas dan kohesivitas keluarga berperan penting terhadap gaya hidup sehat untuk memperoleh kebahagiaan hidup di dunia dan akhirat.

Kata Kunci : Blue collar, gaya hidup sehat, spiritualitas, kohesivitas keluarga

ABSTRACT

The Role of Spirituality and Family Cohesiveness on Healthy Lifestyle in Blue Collar in Jakarta and Its Overview in Islam

Blue collar workers are individuals who often experience health problems, so it is important to adopt a healthy lifestyle. A healthy lifestyle includes six dimensions, namely, interpersonal relationships, spiritual growth, physical activity, nutrition, health responsibility and stress management. Blue collar workers who adopt a healthy lifestyle will be more optimal at work. This study aims to examine the significance of the role of spirituality and family cohesiveness on each of the blue collar healthy lifestyle dimensions. This study used a quantitative approach with 65 workers (age 20-40 years) in Jakarta who were incidentally selected as participants. The measuring instruments used in this study are the Health-Promoting Lifestyle Profile II (HPLP-II), The Brief Multidimensional Measure of Religiousness/Spirituality Scale (BMMRS) and The Brief Family Relationship Scale (BFRS). The results of the study using multiple regression analysis showed that spirituality and cohesiveness played a significant role in each dimension of a healthy lifestyle in blue collars in Jakarta ($R^2 = 0.115 - 0.420$, $p < 0.05$). Efforts to improve a healthy lifestyle in blue collars can involve activities related to spirituality and support from the family. In an Islamic perspective, spirituality and family cohesiveness play an important role in a healthy lifestyle to gain happiness in this world and the hereafter.

Keywords : Blue collar, healthy lifestyle, spirituality, family cohesiveness