SUMMARY

THE ANALYSIS OF THE INFLUENCE OF FITNESS ON WORKING ACHIEVEMENT IN EMPLOYEES PARTICIPATING IN INNER ENERGY RESPIRATORY EXERCISE IN PT HAJI MARYANTO

Adeodatus Sandi Palangan

PT Haji Maryanto is a company dealing with health care provision. As in other companies, the performance of employees is highly important for the image of the company. Regarding their performance, the company has a policy to clearly identify their fitness level. However, the definite influence of the policy on the employees' achievement remains unknown. Whereas, this is very important in order to achieve the company's objectives. Starting from this background, this study was carried out with the purpose to find the influence of fitness on working achievement among the employees of PT Haji Maryanto who participated in inner energy respiratory exercise, and to identify the predominant rate of fitness (cardiorespiratory, muscular endurance, flexibility, and body composition) on the working achievement of the employees of PT Haji Maryanto.

This was a cross-sectional study, involving samples totally 21 employees who participated in inner energy respiratory exercise. The variables in this study were fitness (X), comprising cardiorespiratory, muscular endurance, flexibility, and body composition, and working achievement (Y), comprising 10 indicators. Data were collected using 3 methods, i.e., observation, questionnaire, and interview, and analyzed using multiple linear regression analysis by means of SPSS program version 10.01. It was hypothesized that there was influence of fitness on working achievement of the employees' who participated in inner energy respiratory exercise in PT Haji Maryanto. The hypothesis was proved using F test and partial t test.

Results of multiple linear regression test showed that fitness influenced the performance of the employees who participated in inner energy respiratory exercise in PT Haji Maryanto, indicating that the hypothesized was proved (estimated $F = 10.676$, with significance of 0.000 and $\alpha = 0.05$). The close correlation of working achievement was shown by multiple determination coefficient (R^2) of 0.727 and multiple linear regression coefficient (R) of 0.853, with cardiorespiratory (X_1) being the partial-significantly influential variable.

In conclusion, fitness has influence on the working achievement of the employees of PT Haji Maryanto who participated in inner energy respiratory exercise. It is recommended (1) to provide training for the employees to improve their working achievement, and (2) to involve other independent variables in addition to employees' fitness level.

ABSTRACT

THE ANALYSIS OF THE INFLUENCE OF FITNESS ON WORKING ACHIEVEMENT IN EMPLOYEES PARTICIPATING IN INNER ENERGY RESPIRATORY EXERCISE IN PT HAJI MARYANTO

Adeodatus Sandi Palangan

The objectives of this study were to find the influence of fitness on working achievement among the employees of PT Haji Maryanto who participated in inner energy respiratory exercise, and to identify the predominant rate of fitness (cardiorespiratory, muscular endurance, flexibility, and body composition) on the working achievement of the employees of PT Haji Maryanto. This was a cross-sectional study, involving samples totally 21 employees who participated in inner energy respiratory exercise. The variables in this study were fitness (X), comprising cardiorespiratory, muscular endurance, flexibility, and body composition, and working achievement (Y), comprising 10 indicators. Data were collected using 3 methods, i.e., observation, questionnaire, and interview, and analyzed using multiple linear regression analysis by means of SPSS program version 10.01. It was hypothesized that there was influence of fitness on employees' working achievement who participated in inner energy respiratory exercise in PT Haji Maryanto. The hypothesis was proved using F test and partial t test. Results of multiple linear regression test showed that fitness influenced the performance of the employees who participated in inner energy respiratory exercise in PT Haji Maryanto, indicating that the hypothesized was proved (estimated F = 10.676, with significance of 0.000 and α = 0.05). The close correlation of working achievement was shown by multiple determination coefficient (R^2) of 0.727 and multiple linear regression coefficient (R) of 0.853, with cardiorespiratory (X_1) being the partial-significantly influential variable.

Keywords: fitness (cardiorespiratory, muscular endurance, flexibility, and body composition), working achievement, inner energy respiratory exercise