

**HEALTHY TO SUPPORT QUALITY OF LIFE****Lucia Yovita Hendrati**

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Quality of life is influenced by health. Health, both physical, mental, social, and spiritual, influences comfort and satisfaction. According to WHO, there are 6 domains to measure quality of life, namely physical health, psychological health, level of dependency, quality of social interactions, satisfaction with environmental quality and spiritual quality, as well as religious and self-confidence regarding the meaning of life (Ian McDowell, 2006). Diseases experienced by people can affect the quality of life. Chronic diseases such as diabetes mellitus and heart disease can affect physical health such as fitness. Prevention of Diabetes Mellitus can be done by consuming natural ingredients available in the community, such as the Bajakah plant, which can reduce free radical activity in the body, which ultimately has a protective effect on the body. Consuming Bajakah extract can reduce blood glucose levels. Apart from the approach to physical health, increasing knowledge not only directly to the community but also to health workers is expected to be able to transfer the knowledge they have to patients. Patient behavior in preventing severity is related to self-efficacy (Wantiyah, 2020). Changes in healthy behavior are needed to improve health, a religious approach in changing behavior includes complying with health protocols.

Physical and mental health can be improved with Yoga activities because there is a relationship between Yoga activities and mental health (Bos C. et al.). A lifestyle that supports health carried out from an early

age will support health in later stages, such as sedentary behavior and regulating consumption, which can control blood glucose. Obesity experienced from an early age is influenced by community, demographic and social characteristics, parenting styles and family characteristics, child characteristics, and child risk factors (Davison KK, 2021).

Life satisfaction for all groups of society is needed to support their lives. Workers who are resources that support the family economy need motivation and the ability to work to support job satisfaction. Job satisfaction is related to professional and personal growth (Memon AH. et al., 2023). Worker health is related to mental and physical health, so workload management reduces noise in the work environment. Mental workload is measured in 6 dimensions, namely mental requirements, physical requirements, time requirements, performance, level of stress, and enterprise level (Alex C. et al., 2009). Mental workload is related to work stress, so communication needs to be built in the workplace.

Chemical pollution in the work environment, such as pesticides, will influence the emergence of hypertension incidents in workers (Suarez-Lopez JR, 2019). Efforts to prevent muscle disorders are needed to increase work production. Increased productivity will provide job satisfaction. This is important to measure workers' health problems in an effort to carry out health screening on workers. It is also important to promote health knowledge to workers in preventing chronic diseases in

an effort to increase body resistance so that workers' health improves.

Anxiety is a condition that indicates mental health problems both in workers and society in general. The development of stress improvement programs needs to be carried out, as well as the development of measuring tools as stress instruments.

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