

ABSTRACT

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The Differences Level Of Stress Between Middle Adult Training Tai Ji Quan And Other Physical Exercise (Dr. Monty P. Satiadarma, MS/AT, MCP/MFCC, DCH., Psi. and Sri Tiatri, M.Si, Psi., Ph.D.Cand.); Undergraduate Program in Psychology Faculty Tarumanagara University (60 pages, R1-R2, Appdex1-Appdex 4).

The aim of this research is to know whether any differences level of stress between middle adult male training Tai Ji Quan and other physical exercise. Subject is middle adult male, between 40-65 years old, which still work, and also training Tai Ji Quan, Senam Jantung Sehat, and non physical exercise along one year or more than one year. The data analysis show emotional response variables $p = 0.001$, $p < 0.05$; behavioral response variables $p = 0.001$, $p < 0.05$; and physical response variables $p = 0.001$, $p < 0.05$. Means there is has differences level of stress between middle adult male training Tai Ji Quan and other exercise. The data analysis of systolic response variables show $p = 0.642$, $p > 0.05$; and dyastolic response variables $p = 0.770$, $p > 0.05$. Means there is no differences level of stress between middle adult male training Tai Ji Quan and other exercise.

Keyword: Middle Adult, Male, Stress, Tai Ji Quan, and Physical Exercise.