

## **Effect of Taichi on Stres and Job Satisfaction**

**(Studies on I.C.U. Nurses in Hospital X)**

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### **abstract**

This study aimed to determine the correlation between work stress and job satisfaction, effect of taichi on work stress. Participants numbered 23 nurses. Data processing techniques used were Pearson Correlation Test and Analysis Variance Test. Results of this study showed no correlation between work stress ( $M = 1.826$ ,  $SD = 0.467$ ) and job satisfaction ( $M = 2.63$ ,  $SD = 0.534$ ),  $r(21) = 0.164$ ,  $p = 0.454 > 0.05$ . Based on Anaylisis Variance test showed that control group 1.65 ( $SD = 0.647$ ) and experiment group 1.33 ( $SD = 0.577$ ). this research found that taichi has negative and significant influence on work stress.  $F(1, 21) = 1.553$ ,  $p = 0.226 > 0.05$ .

**Keywords: Job Satisfaction, Job Stress, Taichi.**