

ABSTRACT

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Need for affiliation and exercise adherence of woman in young adulthood following dance aerobic class (study in XX club in Jakarta) (Agoes Dariyo, Psi. and Dra. Ninawati, MM); Psychology, Diploma (S1), Tarumanagara University.

The aim of this research is to find out the correlation between need for affiliation and exercise adherence of woman in young adulthood following aerobic dance class in XX club in Jakarta. The subject in this research are 403 people consist of women who are in young adulthood, namely between 20-40 years old. The data was taken by questionnaires. The processing technique is using Spearman and proceeds with SPSS program 12,0 version for windows. The result of this research shows $r_{xy} = 0,245$, $p = 0,000 < 0,01$ between need for affiliation and exercise adherence of woman in young adulthood following dance aerobic class. It means that there is a positive correlation, namely as higher need for affiliation of woman in young adulthood, as higher the exercise adherence in following aerobic dance class in XX club in Jakarta.