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The Effects of Type A Personality to Job Stress Middle Managers

Abstract

The research is designed to study the effects of type A personality to job stress and job performance middle managers in the company in Central Java. Subjects consisted of 145 middle managers of companies in central Java, Indonesia. A questionnaire constructed by Friedman & Rosenman (1974) is used to assess the type A personality. A role self inventory constructed by Philip (1990) is used to assess the role stress. A job stress questionnaire by Spielberger (1991) is used to assess job stress. The SPSS/PC+ is used to analyze the collected data. The statistical methods used are Multiple Regression. The results obtained indicate that there are significant effects of type A personality and role to job stress middle managers in the companies.

Keyword : type, A, personality, job, stress, middle, manager, in, Central, Java,

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