

## Perubahan kadar beta endorfin akibat latihan Olahraga pernafasan (Sebuah kajian Psikoneuroendokrinologi pada aktivitas fisik)

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=135405&lokasi=lokal>

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### Abstrak

In Indonesia there were many kinds of martial arts and community breathing exercise but the use of breathing exercise for therapy and maintenance toward healthy, fresh still not optimally implemented. Starting from this, the research to uncover the role of breathing exercise on the change of beta - endorfin really need to be revealed.