$$\frac{\|P(j\omega)\|}{\|P(o)\|} = \frac{1}{\sqrt{2}} \Rightarrow \frac{bT}{j\omega + aT} \| \cdot \frac{a}{b} = \frac{1}{\sqrt{2}}$$

$$\Rightarrow \frac{\cancel{b}T}{\sqrt{a^2T^2+\omega^2}} \cdot \frac{a}{\cancel{b}} = \frac{1}{\sqrt{2}}$$

$$=)$$
 $a^2T^2+w^2=2a^2T^2$

$$=) \omega^2 = 2a^2T^2 - a^2T^2 = a^2T^2$$

$$\Rightarrow$$
 $\omega = aT$