

LAMPIRAN

Lampiran 1

Hasil Pengisian Kuesioner Stres pada Sampel Uji Coba

| Responden/Item | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|----------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| PS | 2 | 2 | 2 | 4 | 2 | 2 | 1 | 4 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 3 | 2 | 3 | 2 | 4 | 2 | 2 | 4 |
| PGMI | 3 | 2 | 3 | 3 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 3 |
| PAI | 3 | 2 | 1 | 2 | 2 | 2 | 1 | 3 | 3 | 2 | 2 | 1 | 2 | 1 | 2 | 3 | 4 | 2 | 2 | 1 | 3 | 2 | 3 | 4 |
| PAI | 3 | 3 | 3 | 2 | 1 | 3 | 1 | 3 | 2 | 1 | 1 | 2 | 2 | 3 | 2 | 3 | 3 | 1 | 2 | 2 | 3 | 3 | 3 | 3 |
| PAI | 3 | 2 | 3 | 3 | 3 | 3 | 1 | 3 | 2 | 2 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 1 | 2 | 1 | 4 | 1 | 3 | 3 |
| PGMI | 3 | 3 | 2 | 1 | 2 | 3 | 1 | 3 | 4 | 1 | 2 | 1 | 3 | 2 | 1 | 4 | 3 | 2 | 4 | 1 | 3 | 3 | 3 | 4 |
| PAI | 4 | 4 | 3 | 1 | 3 | 4 | 1 | 3 | 3 | 1 | 2 | 1 | 3 | 2 | 3 | 2 | 4 | 2 | 3 | 2 | 4 | 3 | 3 | 2 |
| PAI | 3 | 2 | 2 | 1 | 2 | 2 | 1 | 3 | 4 | 4 | 2 | 3 | 1 | 3 | 1 | 4 | 3 | 1 | 4 | 2 | 2 | 3 | 1 | 2 |
| TMT | 3 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 2 | 3 | 3 | 2 | 3 | 2 | 3 | 3 | 3 | 3 |
| PS | 4 | 2 | 3 | 3 | 3 | 2 | 1 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 2 | 3 | 4 | 2 | 3 | 1 | 2 | 3 | 3 | 2 |
| PS | 3 | 3 | 4 | 1 | 4 | 3 | 1 | 2 | 4 | 1 | 3 | 1 | 4 | 3 | 1 | 4 | 4 | 1 | 4 | 2 | 4 | 2 | 3 | 4 |
| PS | 4 | 4 | 3 | 2 | 2 | 3 | 2 | 3 | 4 | 2 | 2 | 1 | 3 | 3 | 2 | 3 | 2 | 2 | 4 | 2 | 2 | 2 | 2 | 3 |
| ES | 2 | 3 | 2 | 2 | 1 | 1 | 2 | 3 | 2 | 3 | 2 | 1 | 1 | 2 | 1 | 2 | 4 | 3 | 1 | 1 | 3 | 2 | 2 | 3 |
| TMT | 3 | 3 | 4 | 1 | 4 | 2 | 2 | 4 | 1 | 4 | 4 | 1 | 4 | 2 | 3 | 1 | 4 | 2 | 4 | 1 | 4 | 3 | 3 | 3 |
| TMT | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 4 | 4 | 3 | 2 | 1 | 1 | 3 | 2 | 3 | 3 | 2 | 3 | 2 | 3 | 3 | 3 | 3 |
| PGMI | 3 | 4 | 2 | 2 | 2 | 2 | 1 | 4 | 2 | 1 | 3 | 1 | 1 | 4 | 3 | 3 | 3 | 2 | 4 | 1 | 1 | 2 | 3 | 4 |
| TMT | 4 | 3 | 4 | 1 | 3 | 4 | 1 | 4 | 3 | 4 | 1 | 1 | 4 | 2 | 4 | 2 | 4 | 3 | 4 | 1 | 4 | 2 | 4 | 4 |
| ES | 3 | 3 | 2 | 3 | 1 | 4 | 1 | 4 | 3 | 1 | 2 | 2 | 1 | 3 | 2 | 3 | 3 | 1 | 4 | 2 | 3 | 3 | 3 | 3 |
| ES | 3 | 2 | 2 | 2 | 3 | 3 | 2 | 3 | 2 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 2 |
| ES | 3 | 3 | 2 | 2 | 3 | 2 | 1 | 3 | 2 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| ES | 4 | 3 | 2 | 3 | 3 | 4 | 2 | 3 | 3 | 1 | 2 | 1 | 2 | 3 | 3 | 2 | 3 | 2 | 2 | 1 | 3 | 3 | 2 | 3 |
| ES | 4 | 2 | 2 | 3 | 4 | 3 | 1 | 3 | 2 | 2 | 3 | 1 | 4 | 3 | 3 | 2 | 4 | 1 | 4 | 2 | 3 | 2 | 3 | 4 |
| PAI | 3 | 2 | 3 | 3 | 2 | 2 | 1 | 3 | 2 | 2 | 4 | 1 | 3 | 2 | 1 | 2 | 4 | 2 | 2 | 1 | 4 | 2 | 2 | 4 |
| TBI | 4 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 2 | 3 | 3 | 3 | 2 | 3 | 2 | 2 | 3 |
| PS | 3 | 2 | 3 | 1 | 3 | 3 | 2 | 3 | 2 | 2 | 3 | 1 | 3 | 2 | 3 | 2 | 3 | 3 | 3 | 2 | 3 | 2 | 3 | 3 |

| Responden/Item | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | |
|----------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|
| PS | 3 | 2 | 2 | 2 | 3 | 2 | 2 | 3 | 3 | 2 | 3 | 1 | 3 | 2 | 3 | 2 | 3 | 3 | 4 | 2 | 3 | 2 | 3 | 3 | |
| PAI | 3 | 1 | 2 | 1 | 2 | 2 | 1 | 2 | 3 | 3 | 2 | 1 | 3 | 3 | 3 | 2 | 2 | 1 | 3 | 1 | 3 | 2 | 4 | 4 | |
| PAI | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 4 | 1 | 1 | 1 | 4 | 1 | 1 | 4 | |
| PS | 3 | 2 | 3 | 1 | 2 | 3 | 1 | 4 | 1 | 2 | 3 | 1 | 2 | 2 | 4 | 2 | 4 | 1 | 3 | 1 | 4 | 3 | 2 | 2 | |
| TMT | 3 | 2 | 2 | 2 | 3 | 1 | 3 | 3 | 2 | 2 | 1 | 1 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 1 | 1 | 3 |
| PGMI | 4 | 2 | 3 | 2 | 2 | 4 | 1 | 3 | 3 | 2 | 2 | 1 | 2 | 3 | 1 | 4 | 4 | 2 | 3 | 2 | 3 | 2 | 2 | 4 | |
| PGMI | 3 | 4 | 2 | 3 | 2 | 4 | 2 | 3 | 4 | 1 | 4 | 1 | 3 | 3 | 2 | 2 | 4 | 2 | 4 | 1 | 3 | 4 | 4 | 2 | |
| PGMI | 4 | 3 | 3 | 2 | 2 | 3 | 0 | 3 | 3 | 2 | 3 | 2 | 2 | 3 | 3 | 2 | 3 | 3 | 3 | 2 | 3 | 2 | 3 | 2 | |
| TBI | 3 | 3 | 3 | 2 | 3 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | |
| TBI | 2 | 3 | 3 | 2 | 2 | 3 | 2 | 4 | 2 | 1 | 2 | 1 | 2 | 2 | 1 | 2 | 2 | 1 | 2 | 1 | 2 | 2 | 1 | 2 | |
| PS | 2 | 2 | 3 | 1 | 2 | 2 | 1 | 4 | 2 | 1 | 3 | 1 | 2 | 2 | 3 | 2 | 4 | 2 | 3 | 2 | 1 | 3 | 3 | 4 | |
| PGMI | 3 | 2 | 2 | 4 | 3 | 2 | 1 | 4 | 3 | 1 | 2 | 1 | 2 | 3 | 1 | 2 | 3 | 2 | 3 | 1 | 2 | 3 | 4 | 4 | |
| PAI | 4 | 2 | 1 | 4 | 1 | 1 | 1 | 4 | 2 | 2 | 2 | 2 | 3 | 2 | 1 | 4 | 4 | 2 | 4 | 2 | 3 | 1 | 4 | 4 | |
| PAI | 4 | 4 | 2 | 2 | 2 | 2 | 2 | 4 | 3 | 2 | 1 | 1 | 2 | 4 | 2 | 1 | 1 | 1 | 4 | 2 | 3 | 2 | 3 | 1 | |
| PAI | 4 | 3 | 2 | 2 | 2 | 3 | 2 | 4 | 3 | 3 | 2 | 1 | 3 | 3 | 1 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 4 | |

| Responden/Item | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 |
|----------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| PS | 3 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 1 | 2 | 3 | 2 | 3 | 3 | 3 | 1 |
| PGMI | 3 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 2 | 3 |
| PAI | 1 | 1 | 2 | 1 | 3 | 2 | 2 | 2 | 2 | 1 | 4 | 1 | 1 | 2 | 1 | 1 | 1 | 1 | 2 | 1 | 3 | 3 | 3 | 2 |
| PAI | 3 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 1 | 2 | 1 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 3 | 3 | 2 |
| PAI | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 1 | 1 | 2 | 1 | 1 | 2 | 2 | 2 | 3 | 2 | 3 | 2 |
| PGMI | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 3 | 1 | 2 | 1 | 2 | 2 | 1 | 2 | 2 | 2 | 3 | 1 | 3 | 3 | 2 | 2 |
| PAI | 3 | 3 | 2 | 2 | 3 | 2 | 3 | 2 | 2 | 3 | 3 | 1 | 2 | 2 | 2 | 1 | 3 | 2 | 2 | 2 | 4 | 3 | 3 | 2 |
| PAI | 1 | 4 | 4 | 2 | 1 | 4 | 3 | 3 | 3 | 1 | 2 | 1 | 2 | 4 | 1 | 2 | 2 | 2 | 4 | 1 | 2 | 2 | 1 | 4 |
| TMT | 2 | 2 | 3 | 2 | 3 | 3 | 3 | 2 | 3 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 2 | 3 | 3 | 2 | 2 |
| PS | 2 | 1 | 1 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 2 | 1 | 2 | 1 | 1 | 3 | 1 | 1 | 3 | 2 | 4 | 4 | 3 |
| PS | 3 | 2 | 3 | 1 | 4 | 2 | 2 | 1 | 3 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 1 | 4 | 2 | 2 | 4 | 2 | 2 |

| Responden/Item | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 |
|----------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| PS | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 3 | 3 | 3 | 2 |
| ES | 4 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 2 | 2 |
| TMT | 1 | 2 | 2 | 1 | 1 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 1 | 2 | 4 | 2 | 1 | 2 | 4 | 3 | 4 | 4 | 4 | 3 |
| TMT | 2 | 0 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| PGMI | 3 | 2 | 2 | 1 | 2 | 3 | 1 | 1 | 4 | 1 | 2 | 1 | 1 | 4 | 1 | 1 | 1 | 2 | 2 | 1 | 3 | 4 | 2 | 1 |
| TMT | 1 | 1 | 2 | 1 | 1 | 2 | 3 | 1 | 3 | 1 | 3 | 2 | 3 | 4 | 3 | 1 | 1 | 3 | 4 | 2 | 4 | 4 | 4 | 2 |
| ES | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 1 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 3 | 3 | 3 | 2 |
| ES | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 2 |
| ES | 2 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 1 | 2 | 2 | 1 | 3 | 2 | 3 | 3 | 2 | 2 |
| ES | 3 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 3 | 2 | 3 | 1 | 3 | 2 | 2 | 2 | 3 | 2 | 3 | 3 | 3 | 3 | 2 |
| ES | 2 | 4 | 4 | 2 | 4 | 2 | 3 | 3 | 3 | 1 | 2 | 1 | 3 | 3 | 1 | 1 | 2 | 1 | 3 | 1 | 4 | 4 | 3 | 2 |
| PAI | 2 | 2 | 2 | 1 | 3 | 2 | 3 | 2 | 2 | 2 | 3 | 1 | 3 | 2 | 2 | 1 | 1 | 2 | 3 | 2 | 2 | 2 | 3 | 2 |
| TBI | 2 | 2 | 3 | 3 | 3 | 2 | 3 | 3 | 2 | 3 | 3 | 3 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 3 | 2 | 2 | 2 | 2 |
| PS | 2 | 2 | 3 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 3 | 1 | 3 | 3 | 0 | 1 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 2 |
| PS | 2 | 2 | 3 | 2 | 1 | 2 | 1 | 3 | 2 | 2 | 3 | 1 | 3 | 4 | 2 | 2 | 3 | 2 | 4 | 2 | 3 | 3 | 3 | 2 |
| PAI | 4 | 1 | 2 | 1 | 4 | 2 | 3 | 3 | 3 | 1 | 2 | 1 | 4 | 4 | 1 | 2 | 1 | 1 | 3 | 1 | 4 | 2 | 1 | 3 |
| PAI | 1 | 1 | 1 | 1 | 4 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 4 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 4 | 1 | 1 | 1 |
| PS | 2 | 3 | 2 | 2 | 4 | 2 | 0 | 1 | 3 | 1 | 2 | 2 | 2 | 1 | 3 | 1 | 1 | 1 | 4 | 1 | 2 | 1 | 3 | 3 |
| TMT | 1 | 1 | 2 | 1 | 4 | 2 | 2 | 1 | 2 | 2 | 2 | 1 | 3 | 2 | 1 | 2 | 1 | 2 | 3 | 2 | 3 | 1 | 2 | 1 |
| PGMI | 3 | 2 | 3 | 1 | 3 | 3 | 2 | 3 | 3 | 1 | 3 | 1 | 1 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 3 | 3 | 2 | 2 |
| PGMI | 4 | 3 | 4 | 2 | 3 | 2 | 3 | 3 | 2 | 2 | 3 | 1 | 2 | 2 | 2 | 1 | 3 | 1 | 4 | 2 | 2 | 4 | 3 | 2 |
| PGMI | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 2 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 3 | 3 | 3 | 2 |
| TBI | 2 | 3 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 3 | 3 | 3 | 2 |
| TBI | 2 | 3 | 2 | 1 | 3 | 2 | 1 | 2 | 2 | 1 | 3 | 1 | 1 | 2 | 1 | 1 | 2 | 1 | 3 | 2 | 3 | 2 | 2 | 3 |
| PS | 1 | 2 | 2 | 1 | 1 | 1 | 2 | 2 | 2 | 1 | 2 | 1 | 2 | 2 | 2 | 1 | 1 | 1 | 2 | 2 | 1 | 1 | 3 | 1 |
| PGMI | 1 | 0 | 3 | 2 | 3 | 2 | 2 | 2 | 3 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 1 | 2 | 2 | 3 | 2 |
| PAI | 2 | 1 | 2 | 1 | 4 | 4 | 2 | 2 | 1 | 3 | 3 | 1 | 3 | 1 | 2 | 2 | 1 | 1 | 1 | 2 | 3 | 3 | 2 | 2 |
| PAI | 1 | 4 | 2 | 2 | 1 | 3 | 1 | 2 | 4 | 4 | 3 | 1 | 3 | 3 | 2 | 1 | 1 | 2 | 3 | 2 | 4 | 4 | 2 | 3 |
| PAI | 2 | 2 | 3 | 2 | 3 | 2 | 1 | 2 | 2 | 2 | 2 | 1 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 3 | 2 | 2 |

| Responden/Item | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 | 71 | 72 |
|----------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| PS | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 4 | 2 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 2 | 2 | 2 |
| PGMI | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 2 |
| PAI | 2 | 3 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 1 | 1 | 4 | 3 | 1 | 1 | 1 | 1 | 0 | 1 | 1 | 2 | 2 | 1 | 2 |
| PAI | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 1 | 2 | 4 | 2 | 2 | 1 | 2 | 3 | 4 | 1 | 2 | 2 | 2 | 2 | 2 |
| PAI | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 2 |
| PGMI | 2 | 3 | 3 | 2 | 1 | 3 | 2 | 2 | 2 | 1 | 2 | 4 | 3 | 4 | 1 | 4 | 4 | 4 | 1 | 1 | 2 | 2 | 2 | 1 |
| PAI | 3 | 3 | 3 | 2 | 1 | 3 | 2 | 2 | 3 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 3 | 2 | 1 | 2 | 3 | 1 | 1 | 1 |
| PAI | 3 | 1 | 1 | 2 | 1 | 3 | 1 | 1 | 1 | 2 | 1 | 2 | 2 | 1 | 0 | 1 | 1 | 1 | 1 | 2 | 3 | 1 | 4 | 2 |
| TMT | 0 | 3 | 3 | 2 | 3 | 2 | 2 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 2 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 2 |
| PS | 1 | 4 | 2 | 2 | 2 | 1 | 1 | 2 | 3 | 3 | 1 | 2 | 3 | 1 | 2 | 2 | 3 | 1 | 3 | 1 | 2 | 1 | 1 | 2 |
| PS | 2 | 2 | 1 | 2 | 1 | 2 | 1 | 2 | 1 | 2 | 4 | 4 | 2 | 1 | 3 | 3 | 3 | 2 | 1 | 4 | 3 | 2 | 2 | 3 |
| PS | 2 | 3 | 3 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| ES | 3 | 2 | 3 | 3 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 3 | 3 | 2 | 2 | 1 | 1 | 1 | 3 | 1 | 2 | 2 | 1 | 1 |
| TMT | 2 | 4 | 3 | 1 | 3 | 1 | 1 | 1 | 1 | 2 | 4 | 1 | 4 | 2 | 2 | 1 | 1 | 2 | 4 | 2 | 3 | 4 | 2 | 2 |
| TMT | 2 | 3 | 3 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 |
| PGMI | 4 | 3 | 3 | 2 | 1 | 4 | 1 | 2 | 4 | 1 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 4 | 4 | 2 | 2 | 3 | 2 | 2 |
| TMT | 3 | 2 | 2 | 1 | 1 | 2 | 4 | 2 | 4 | 1 | 1 | 3 | 3 | 1 | 2 | 2 | 2 | 4 | 2 | 2 | 3 | 2 | 2 | 1 |
| ES | 3 | 3 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 3 | 3 | 2 | 2 |
| ES | 3 | 3 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 3 | 3 | 2 | 2 |
| ES | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 2 |
| ES | 2 | 4 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 1 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 2 | 2 | 3 | 2 | 1 |
| ES | 4 | 4 | 3 | 1 | 1 | 3 | 3 | 2 | 4 | 1 | 2 | 3 | 3 | 2 | 2 | 2 | 3 | 4 | 2 | 1 | 4 | 3 | 1 | 1 |
| PAI | 3 | 2 | 3 | 2 | 3 | 2 | 2 | 1 | 2 | 1 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 1 | 2 |
| TBI | 3 | 3 | 2 | 3 | 2 | 3 | 3 | 2 | 3 | 2 | 2 | 3 | 3 | 4 | 3 | 2 | 2 | 4 | 3 | 3 | 3 | 2 | 2 | 3 |
| PS | 2 | 3 | 3 | 2 | 1 | 3 | 2 | 2 | 3 | 1 | 2 | 2 | 2 | 3 | 2 | 2 | 3 | 1 | 3 | 1 | 3 | 2 | 2 | 2 |
| PS | 3 | 2 | 3 | 2 | 1 | 2 | 3 | 2 | 4 | 1 | 2 | 2 | 2 | 3 | 2 | 3 | 3 | 4 | 1 | 2 | 3 | 2 | 2 | 2 |
| PAI | 2 | 3 | 4 | 2 | 4 | 1 | 4 | 1 | 2 | 1 | 1 | 4 | 4 | 1 | 2 | 2 | 2 | 4 | 3 | 1 | 3 | 1 | 2 | 4 |
| PAI | 1 | 1 | 1 | 1 | 4 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 4 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| PS | 3 | 3 | 3 | 1 | 1 | 2 | 2 | 1 | 2 | 2 | 0 | 4 | 4 | 1 | 3 | 4 | 1 | 4 | 1 | 1 | 3 | 2 | 1 | 1 |

| Responden/Item | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 |
|----------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| TMT | 2 | 2 | 3 | 2 | 1 | 2 | 4 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 4 | 2 | 1 | 2 | 2 | 2 | 2 |
| PGMI | 3 | 3 | 3 | 2 | 2 | 3 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 1 | 1 | 3 | 2 | 3 | 3 | 2 | 2 | 2 | 1 | 2 |
| PGMI | 4 | 3 | 3 | 2 | 1 | 2 | 1 | 4 | 4 | 1 | 3 | 4 | 4 | 3 | 3 | 3 | 3 | 4 | 2 | 1 | 2 | 3 | 2 | 3 |
| PGMI | 3 | 3 | 3 | 3 | 2 | 3 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 2 | 3 | 2 | 2 |
| TBI | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 2 |
| TBI | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 1 | 1 | 2 | 3 | 3 | 1 | 2 | 2 | 3 | 2 | 1 | 2 | 2 | 1 | 3 | 1 |
| PS | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 1 | 2 | 1 | 2 | 4 | 4 | 1 | 2 | 2 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 2 |
| PGMI | 1 | 3 | 2 | 2 | 1 | 2 | 2 | 2 | 3 | 1 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 1 | 2 | 2 | 1 | 2 |
| PAI | 2 | 1 | 3 | 2 | 1 | 3 | 2 | 2 | 1 | 1 | 3 | 3 | 3 | 2 | 1 | 2 | 4 | 4 | 1 | 1 | 1 | 1 | 1 | 2 |
| PAI | 1 | 1 | 2 | 1 | 1 | 3 | 1 | 1 | 1 | 1 | 3 | 4 | 4 | 1 | 1 | 1 | 3 | 2 | 1 | 1 | 2 | 3 | 2 | 1 |
| PAI | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 0 | 2 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 2 |

| Responden/Item | 73 | 74 | 75 | 76 | 77 | 78 | 79 | 80 | Total |
|----------------|----|----|----|----|----|----|----|----|-------|
| PS | 2 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 188 |
| PGMI | 0 | 2 | 3 | 2 | 2 | 2 | 3 | 2 | 187 |
| PAI | 2 | 3 | 4 | 1 | 3 | 2 | 1 | 1 | 152 |
| PAI | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 174 |
| PAI | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 174 |
| PGMI | 2 | 2 | 4 | 1 | 2 | 3 | 2 | 2 | 180 |
| PAI | 2 | 1 | 3 | 1 | 3 | 2 | 2 | 1 | 189 |
| PAI | 1 | 4 | 4 | 2 | 2 | 1 | 2 | 1 | 167 |
| TMT | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 189 |
| PS | 3 | 1 | 3 | 4 | 2 | 3 | 2 | 2 | 178 |
| PS | 2 | 2 | 3 | 1 | 4 | 2 | 2 | 2 | 190 |
| PS | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 184 |
| ES | 1 | 3 | 2 | 2 | 1 | 4 | 2 | 3 | 162 |
| TMT | 4 | 2 | 1 | 1 | 3 | 4 | 3 | 4 | 207 |
| TMT | 2 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 179 |

| Responden/Item | 73 | 74 | 75 | 76 | 77 | 78 | 79 | 80 | Total |
|-----------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|--------------|
| PGMI | 2 | 2 | 3 | 1 | 2 | 4 | 2 | 2 | 180 |
| TMT | 2 | 3 | 4 | 3 | 4 | 1 | 3 | 1 | 199 |
| ES | 2 | 2 | 3 | 2 | 3 | 3 | 2 | 2 | 187 |
| ES | 2 | 2 | 3 | 2 | 3 | 3 | 2 | 2 | 186 |
| ES | 2 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 172 |
| ES | 2 | 2 | 2 | 2 | 1 | 3 | 2 | 2 | 189 |
| ES | 2 | 3 | 4 | 1 | 2 | 3 | 2 | 2 | 201 |
| PAI | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 1 | 174 |
| TBI | 2 | 2 | 4 | 2 | 1 | 4 | 2 | 4 | 205 |
| PS | 2 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 189 |
| PS | 2 | 2 | 3 | 1 | 2 | 2 | 2 | 2 | 190 |
| PAI | 2 | 4 | 1 | 1 | 1 | 4 | 2 | 2 | 182 |
| PAI | 1 | 1 | 4 | 1 | 1 | 1 | 4 | 1 | 113 |
| PS | 1 | 4 | 3 | 1 | 2 | 3 | 4 | 1 | 170 |
| TMT | 1 | 1 | 4 | 1 | 3 | 3 | 2 | 2 | 161 |
| PGMI | 2 | 1 | 4 | 1 | 4 | 1 | 2 | 1 | 183 |
| PGMI | 2 | 2 | 4 | 2 | 3 | 1 | 1 | 1 | 206 |
| PGMI | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 203 |
| TBI | 3 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 191 |
| TBI | 2 | 2 | 2 | 1 | 2 | 1 | 2 | 1 | 152 |
| PS | 2 | 3 | 3 | 3 | 3 | 2 | 3 | 1 | 164 |
| PGMI | 2 | 1 | 4 | 1 | 2 | 1 | 2 | 2 | 161 |
| PAI | 1 | 2 | 3 | 1 | 2 | 2 | 2 | 2 | 172 |
| PAI | 3 | 2 | 2 | 2 | 4 | 3 | 1 | 1 | 170 |
| PAI | 2 | 3 | 2 | 2 | 2 | 3 | 2 | 2 | 178 |

Lampiran 2

Hasil Pengisian Kuesioner Stres pada Populasi Penelitian

| Responden/Item | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|-----------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| TP | 3 | 2 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 4 | 2 | 4 | 2 | 1 | 2 | 2 | 3 | 2 | 2 | 2 | 2 |
| IAT | 2 | 4 | 3 | 2 | 3 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 3 | 2 | 3 | 2 | 2 | 2 |
| IAT | 2 | 3 | 1 | 1 | 1 | 3 | 3 | 2 | 1 | 2 | 2 | 3 | 2 | 1 | 2 | 1 | 3 | 2 | 2 | 2 | 3 |
| IAT | 3 | 3 | 4 | 3 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 3 | 2 | 3 |
| IAT | 3 | 2 | 2 | 1 | 2 | 2 | 3 | 1 | 1 | 3 | 2 | 3 | 2 | 1 | 2 | 2 | 1 | 1 | 2 | 2 | 2 |
| TP | 3 | 2 | 1 | 2 | 1 | 2 | 2 | 4 | 1 | 1 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 1 | 2 | 2 |
| TP | 2 | 2 | 3 | 2 | 3 | 3 | 2 | 3 | 2 | 3 | 2 | 2 | 3 | 3 | 3 | 2 | 3 | 2 | 2 | 2 | 3 |
| IAT | 3 | 4 | 3 | 4 | 3 | 4 | 4 | 1 | 2 | 4 | 1 | 3 | 4 | 2 | 3 | 1 | 3 | 3 | 2 | 2 | 3 |
| TP | 2 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 4 | 4 | 1 |
| IAT | 3 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 2 | 2 | 2 | 4 | 2 | 2 | 3 | 2 | 3 | 3 | 2 |
| TP | 4 | 4 | 3 | 4 | 3 | 3 | 4 | 3 | 4 | 4 | 2 | 3 | 3 | 4 | 4 | 3 | 4 | 3 | 4 | 3 | 4 |
| FA | 2 | 3 | 2 | 1 | 1 | 4 | 1 | 3 | 2 | 4 | 1 | 2 | 2 | 1 | 2 | 1 | 3 | 2 | 3 | 2 | 3 |
| TP | 3 | 2 | 1 | 3 | 2 | 4 | 3 | 1 | 2 | 1 | 1 | 4 | 2 | 4 | 3 | 1 | 2 | 1 | 2 | 1 | 4 |
| FA | 3 | 3 | 2 | 3 | 2 | 3 | 2 | 2 | 1 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 3 |
| TP | 3 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 4 | 1 | 1 | 4 | 2 | 2 | 1 | 1 | 2 |
| FA | 3 | 3 | 2 | 3 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 3 |
| TP | 3 | 2 | 1 | 3 | 2 | 1 | 3 | 1 | 1 | 3 | 2 | 4 | 2 | 4 | 2 | 1 | 3 | 4 | 2 | 1 | 3 |
| FA | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 4 | 1 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 3 | 2 | 2 |
| FA | 4 | 2 | 2 | 4 | 2 | 1 | 4 | 3 | 1 | 2 | 1 | 1 | 1 | 4 | 4 | 3 | 2 | 4 | 4 | 1 | 1 |
| IAT | 4 | 4 | 2 | 4 | 3 | 1 | 4 | 2 | 1 | 4 | 1 | 4 | 2 | 1 | 4 | 2 | 2 | 3 | 2 | 2 | 4 |
| IAT | 4 | 3 | 3 | 3 | 2 | 2 | 3 | 1 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 1 | 1 | 1 | 3 |
| TP | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 |
| TP | 4 | 4 | 2 | 3 | 1 | 4 | 3 | 4 | 2 | 4 | 1 | 4 | 4 | 1 | 1 | 1 | 4 | 4 | 4 | 1 | 4 |

| Responden/Item | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 |
|----------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| TP | 1 | 3 | 1 | 1 | 2 | 2 | 2 | 3 | 4 | 2 | 2 | 1 | 2 | 2 | 3 | 1 | 2 | 2 | 2 | 2 | 3 |
| IAT | 2 | 2 | 2 | 4 | 2 | 1 | 3 | 2 | 2 | 2 | 3 | 3 | 4 | 3 | 2 | 2 | 2 | 3 | 2 | 3 | 3 |
| IAT | 1 | 2 | 2 | 2 | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 4 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 2 |
| IAT | 1 | 2 | 2 | 2 | 1 | 3 | 3 | 3 | 4 | 3 | 2 | 2 | 4 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 4 |
| IAT | 1 | 1 | 1 | 3 | 1 | 2 | 1 | 1 | 3 | 2 | 3 | 3 | 2 | 2 | 3 | 4 | 3 | 2 | 1 | 2 | 4 |
| TP | 1 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 1 | 2 | 1 | 3 | 1 | 2 | 2 | 1 |
| TP | 1 | 3 | 2 | 4 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 1 | 2 | 3 | 3 | 2 | 3 |
| IAT | 1 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 4 | 2 | 3 | 4 |
| TP | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| IAT | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 4 | 2 | 2 | 3 | 3 | 4 | 2 | 1 | 2 | 1 | 3 | 2 | 1 |
| TP | 1 | 3 | 2 | 1 | 4 | 3 | 4 | 2 | 3 | 4 | 2 | 4 | 4 | 4 | 3 | 2 | 3 | 4 | 3 | 3 | 4 |
| FA | 1 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 3 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 2 |
| TP | 1 | 4 | 1 | 2 | 2 | 1 | 3 | 1 | 4 | 1 | 3 | 3 | 2 | 2 | 4 | 1 | 2 | 3 | 1 | 4 | 3 |
| FA | 1 | 2 | 1 | 4 | 3 | 1 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 3 |
| TP | 1 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 3 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 4 | 1 | 1 | 1 |
| FA | 1 | 2 | 2 | 2 | 3 | 1 | 2 | 2 | 3 | 2 | 2 | 2 | 3 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 3 |
| TP | 1 | 3 | 1 | 4 | 3 | 1 | 3 | 1 | 2 | 2 | 3 | 3 | 2 | 3 | 3 | 1 | 3 | 3 | 2 | 3 | 1 |
| FA | 2 | 2 | 1 | 1 | 1 | 2 | 2 | 1 | 2 | 2 | 3 | 2 | 3 | 1 | 1 | 1 | 2 | 2 | 2 | 3 | 1 |
| FA | 1 | 2 | 2 | 1 | 2 | 1 | 3 | 3 | 2 | 2 | 2 | 1 | 2 | 1 | 1 | 1 | 2 | 1 | 1 | 1 | 3 |
| IAT | 2 | 2 | 2 | 2 | 2 | 2 | 4 | 2 | 3 | 3 | 2 | 2 | 3 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 3 |
| IAT | 2 | 1 | 2 | 2 | 2 | 2 | 3 | 1 | 2 | 1 | 3 | 1 | 4 | 1 | 1 | 1 | 3 | 4 | 2 | 1 | 3 |
| TP | 2 | 2 | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| TP | 1 | 4 | 1 | 4 | 1 | 4 | 4 | 1 | 4 | 4 | 1 | 1 | 4 | 4 | 1 | 1 | 4 | 1 | 4 | 1 | 4 |

| Responden/Item | 43 | 44 | 45 | 46 | 47 | 48 | Total |
|-----------------------|-----------|-----------|-----------|-----------|-----------|-----------|--------------|
| TP | 2 | 1 | 2 | 2 | 2 | 2 | 103 |
| IAT | 2 | 3 | 3 | 3 | 2 | 4 | 122 |
| IAT | 2 | 1 | 2 | 2 | 2 | 3 | 95 |
| IAT | 3 | 3 | 3 | 3 | 3 | 2 | 128 |
| IAT | 2 | 2 | 2 | 2 | 2 | 1 | 98 |
| TP | 2 | 2 | 1 | 2 | 2 | 1 | 84 |
| TP | 2 | 1 | 2 | 2 | 2 | 2 | 111 |
| IAT | 2 | 2 | 3 | 2 | 3 | 2 | 125 |
| TP | 2 | 1 | 1 | 1 | 1 | 4 | 60 |
| IAT | 2 | 3 | 1 | 2 | 2 | 2 | 115 |
| TP | 3 | 2 | 3 | 3 | 3 | 3 | 153 |
| FA | 2 | 2 | 3 | 1 | 2 | 2 | 101 |
| TP | 2 | 1 | 1 | 3 | 1 | 2 | 106 |
| FA | 2 | 1 | 2 | 2 | 2 | 4 | 102 |
| TP | 1 | 2 | 1 | 1 | 1 | 2 | 68 |
| FA | 2 | 2 | 2 | 3 | 3 | 3 | 111 |
| TP | 4 | 2 | 3 | 3 | 3 | 4 | 115 |
| FA | 2 | 1 | 2 | 2 | 2 | 1 | 94 |
| FA | 1 | 1 | 2 | 2 | 1 | 2 | 96 |
| IAT | 2 | 3 | 3 | 3 | 3 | 2 | 122 |
| IAT | 3 | 3 | 1 | 3 | 1 | 1 | 98 |
| TP | 2 | 2 | 2 | 1 | 2 | 1 | 90 |
| TP | 1 | 4 | 1 | 4 | 4 | 1 | 126 |

Lampiran 3

Hasil Pengisian Kuesioner Stres saat *Pre Test* Kelompok Eksperimen

| Responden/Item | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|-----------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| IAT | 3 | 3 | 4 | 3 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 3 | 2 | 3 |
| TP | 2 | 2 | 3 | 2 | 3 | 3 | 2 | 3 | 2 | 3 | 2 | 2 | 3 | 3 | 3 | 2 | 3 | 2 | 2 | 2 | 3 |
| TP | 4 | 4 | 3 | 4 | 3 | 3 | 4 | 3 | 4 | 4 | 2 | 3 | 3 | 4 | 4 | 3 | 4 | 3 | 4 | 3 | 4 |
| TP | 3 | 2 | 1 | 3 | 2 | 1 | 3 | 1 | 1 | 3 | 2 | 4 | 2 | 4 | 2 | 1 | 3 | 4 | 2 | 1 | 3 |
| IAT | 4 | 4 | 2 | 4 | 3 | 1 | 4 | 2 | 1 | 4 | 1 | 4 | 2 | 1 | 4 | 2 | 2 | 3 | 2 | 2 | 4 |

| Responden/Item | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 |
|-----------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| IAT | 1 | 2 | 2 | 2 | 1 | 3 | 3 | 3 | 4 | 3 | 2 | 2 | 4 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 4 |
| TP | 1 | 3 | 2 | 4 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 1 | 2 | 3 | 3 | 2 | 3 |
| TP | 1 | 3 | 2 | 1 | 4 | 3 | 4 | 2 | 3 | 4 | 2 | 4 | 4 | 4 | 3 | 2 | 3 | 4 | 3 | 3 | 4 |
| TP | 1 | 3 | 1 | 4 | 3 | 1 | 3 | 1 | 2 | 2 | 3 | 3 | 2 | 3 | 3 | 1 | 3 | 3 | 2 | 3 | 1 |
| IAT | 2 | 2 | 2 | 2 | 2 | 2 | 4 | 2 | 3 | 3 | 2 | 2 | 3 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 3 |

| Responden/Item | 43 | 44 | 45 | 46 | 47 | 48 | Total |
|-----------------------|-----------|-----------|-----------|-----------|-----------|-----------|--------------|
| IAT | 3 | 3 | 3 | 3 | 3 | 2 | 128 |
| TP | 2 | 1 | 2 | 2 | 2 | 2 | 111 |
| TP | 3 | 2 | 3 | 3 | 3 | 3 | 153 |
| TP | 4 | 2 | 3 | 3 | 3 | 4 | 115 |
| IAT | 2 | 3 | 3 | 3 | 3 | 2 | 122 |

Hasil Pengisian Kuesioner Stres saat *Post Test* Kelompok Eksperimen

| Responden/Item | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|----------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|
| IAT | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 2 | 1 | 3 | 1 | 2 | 2 | 3 | 1 | 1 | 2 | 2 |
| TP | 1 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 1 | 2 | 1 | 1 | 2 | 2 | 1 | 2 | 1 | 1 |
| TP | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 3 | 2 | 3 |
| TP | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 1 | 3 | 2 | 1 | 2 | 2 | 2 | 1 | 1 | 1 | 1 |
| IAT | 2 | 2 | 1 | 1 | 1 | 1 | 2 | 2 | 1 | 3 | 1 | 1 | 2 | 1 | 2 | 2 | 2 | 2 | 1 | 2 | 2 |

| Responden/Item | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 |
|----------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| IAT | 2 | 2 | 1 | 1 | 1 | 2 | 3 | 3 | 3 | 3 | 1 | 3 | 2 | 1 | 1 | 1 | 2 | 2 | 2 | 1 | 3 |
| TP | 2 | 1 | 1 | 1 | 1 | 2 | 1 | 1 | 2 | 1 | 1 | 2 | 1 | 1 | 1 | 1 | 2 | 2 | 4 | 1 | 3 |
| TP | 1 | 3 | 2 | 2 | 2 | 2 | 3 | 2 | 3 | 3 | 2 | 3 | 3 | 2 | 2 | 1 | 2 | 2 | 2 | 4 | 3 |
| TP | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 2 | 1 | 1 | 4 |
| IAT | 2 | 1 | 1 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 1 | 1 | 2 | 2 | 1 | 2 | 4 |

| Responden/Item | 43 | 44 | 45 | 46 | 47 | 48 | Total |
|----------------|----|----|----|----|----|----|-------|
| IAT | 2 | 2 | 2 | 2 | 1 | 2 | 93 |
| TP | 1 | 1 | 1 | 1 | 1 | 2 | 71 |
| TP | 2 | 2 | 1 | 2 | 2 | 3 | 106 |
| TP | 1 | 2 | 1 | 1 | 1 | 1 | 66 |
| IAT | 2 | 2 | 2 | 2 | 2 | 2 | 82 |

Lampiran 4

Hasil Pengisian Kuesioner Stres saat *Pre Test* Kelompok Pembanding

| Responden/Item | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|-----------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| IAT | 2 | 4 | 3 | 2 | 3 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 3 | 2 | 3 | 2 | 2 | 2 |
| IAT | 3 | 4 | 3 | 4 | 3 | 4 | 4 | 1 | 2 | 4 | 1 | 3 | 4 | 2 | 3 | 1 | 3 | 3 | 2 | 2 | 3 |
| IAT | 3 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 2 | 2 | 2 | 4 | 2 | 2 | 3 | 2 | 3 | 3 | 2 |
| TP | 3 | 2 | 1 | 3 | 2 | 4 | 3 | 1 | 2 | 1 | 1 | 4 | 2 | 4 | 3 | 1 | 2 | 1 | 2 | 1 | 4 |
| FA | 3 | 3 | 2 | 3 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 3 |

| Responden/Item | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 |
|-----------------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| IAT | 2 | 2 | 2 | 4 | 2 | 1 | 3 | 2 | 2 | 2 | 3 | 3 | 4 | 3 | 2 | 2 | 2 | 3 | 2 | 3 | 3 |
| IAT | 1 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 4 | 2 | 3 | 4 |
| IAT | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 4 | 2 | 2 | 3 | 3 | 4 | 2 | 1 | 2 | 1 | 3 | 2 | 1 |
| TP | 1 | 4 | 1 | 2 | 2 | 1 | 3 | 1 | 4 | 1 | 3 | 3 | 2 | 2 | 4 | 1 | 2 | 3 | 1 | 4 | 3 |
| FA | 1 | 2 | 2 | 2 | 3 | 1 | 2 | 2 | 3 | 2 | 2 | 2 | 3 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 3 |

| Responden/Item | 43 | 44 | 45 | 46 | 47 | 48 | Total |
|-----------------------|-----------|-----------|-----------|-----------|-----------|-----------|--------------|
| IAT | 2 | 3 | 3 | 3 | 2 | 4 | 122 |
| IAT | 2 | 2 | 3 | 2 | 3 | 2 | 125 |
| IAT | 2 | 3 | 1 | 2 | 2 | 2 | 115 |
| TP | 2 | 1 | 1 | 3 | 1 | 2 | 106 |
| FA | 2 | 2 | 2 | 3 | 3 | 3 | 111 |

Hasil Pengisian Kuesioner Stres saat *Post Test* Kelompok Pembanding

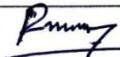
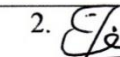
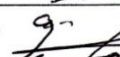
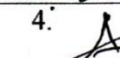



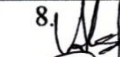

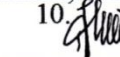

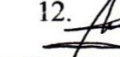
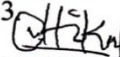
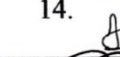
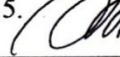
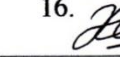

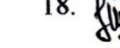
| Responden/Item | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
|----------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|
| IAT | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 2 | 2 | 3 | 2 | 2 | 3 | 3 | 2 | 3 |
| IAT | 3 | 2 | 2 | 4 | 2 | 1 | 3 | 1 | 2 | 3 | 1 | 2 | 3 | 4 | 2 | 2 | 3 | 2 | 2 | 3 | 3 |
| IAT | 3 | 3 | 1 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 2 |
| TP | 2 | 3 | 1 | 3 | 2 | 3 | 4 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 1 | 2 |
| FA | 3 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 4 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 2 |

| Responden/Item | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 |
|----------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| IAT | 2 | 3 | 2 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 2 | 3 | 3 | 3 | 3 |
| IAT | 1 | 2 | 1 | 2 | 2 | 2 | 3 | 2 | 3 | 3 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 3 | 2 | 3 | 3 |
| IAT | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 3 | 3 | 2 | 1 | 2 | 2 | 2 | 3 | 2 |
| TP | 1 | 2 | 2 | 1 | 2 | 1 | 2 | 2 | 4 | 3 | 1 | 3 | 1 | 1 | 3 | 1 | 3 | 2 | 2 | 2 | 2 |
| FA | 1 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 3 | 1 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 3 |

| Responden/Item | 42 | 43 | 44 | 45 | 46 | 47 | 48 | Total |
|----------------|----|----|----|----|----|----|----|-------|
| IAT | 3 | 2 | 2 | 3 | 3 | 3 | 2 | 129 |
| IAT | 3 | 2 | 2 | 2 | 2 | 3 | 2 | 110 |
| IAT | 2 | 2 | 3 | 2 | 2 | 3 | 2 | 112 |
| TP | 2 | 2 | 1 | 2 | 2 | 2 | 1 | 94 |
| FA | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 108 |

Lampiran 5

**Daftar Hadir Populasi Penelitian
saat Pengisian Kuesioner**
















| No. | Jurusan | Tanggal Pengisian Kuesioner | Tanda tangan |
|-----|---------|-----------------------------|---|
| 1. | TP | 4 April 2016 | 1.  |
| 2. | IAT | 4 April 2016 | 2.  |
| 3. | IAT | 4 April 2016 | 3.  |
| 4. | IAT | — " — | 4.  |
| 5. | TP | — " — | 5.  |
| 6. | IAT | — " — | 6.  |
| 7. | TP | — " — | 7.  |
| 8. | IAT | — " — | 8.  |
| 9. | TP | 4 April 2016 | 9.  |
| 10. | IAT | 4 April 2016 | 10.  |
| 11. | TP | 4 April 2016 | 11.  |
| 12. | FA | — " — | 12.  |
| 13. | TP | 4 April 2016 | 13.  |
| 14. | FA | 4 April 2016 | 14.  |
| 15. | TP | — " — | 15.  |
| 16. | FA | — " — | 16.  |
| 17. | TP | — " — | 17.  |
| 18. | FA | — " — | 18.  |

| No. | Jurusan | Tanggal Pengisian Kuesioner | Tanda tangan |
|-----|---------|-----------------------------|------------------------|
| 19. | FA | — # — | 19. <i>Katrin</i> |
| 20. | IAT | — u — | 20. <i>[Signature]</i> |
| 21. | IAT | — u — | 21. <i>[Signature]</i> |
| 22. | TP | — u — | 22. <i>[Signature]</i> |
| 23. | TP | — u — | 23. <i>[Signature]</i> |
| 24. | | | 24. |
| 25. | | | 25. |

Lampiran 6

**Daftar Hadir Kelompok Eksperimen Selama Proses
Terapi Spiritual Emosional Freedom Technique (SEFT)**

Tempat Pelaksanaan : Laboratorium Fakultas Ushuludin, Adab dan Dakwah (Ruang Psikotes)
 Hari, Tanggal : Selasa-Kamis, 12-14 April 2016
 Pukul : 12.00-Selesai

| No. | Jurusan | Tanggal | | |
|-----|---------|--|--|--|
| | | 12/04/2016 | 13/04/2016 | 14/04/2016 |
| 1. | IAT | 1.  | 1.  | 1.  |
| 2. | TP | 2.  | 2.  | 2.  |
| 3. | TP | 3.  | 3.  | 3.  |
| 4. | TP | 4.  | 4.  | 4.  |
| 5. | IAT | 5.  | 5.  | 5.  |

Lampiran 7

**Daftar Hadir Kelompok Eksperimen saat *Pre-Test* dan *Post Test*
Terapi *Spiritual Emotional Freedom Technique* (SEFT)**

Tempat Pelaksanaan : Laboratorium Fakultas Ushuludin, Adab dan Dakwah (Ruang Psikotes)
Pre-Test (Hari, Tanggal) : Senin, 04 April 2016
 Post-Test (Hari, Tanggal) : Kamis, 14 April 2016

| No. | Fakultas | Kelompok | <i>Pre-Test</i> | <i>Post-Test</i> |
|-----|----------|---------------------|-----------------|------------------|
| | | | 04/04/2016 | 14/04/2016 |
| 1. | IAT | Kelompok Eksperimen | 1. | 1. |
| 2. | TP | Kelompok Eksperimen | 2. | 2. |
| 3. | TP | Kelompok Eksperimen | 3. | 3. |
| 4. | TP | Kelompok Eksperimen | 4. | 4. |
| 5. | IAT | Kelompok Eksperimen | 5. | 5. |

**Daftar Hadir Kelompok Pembanding saat *Pre-Test* dan *Post Test*
Terapi *Spiritual Emotional Freedom Technique* (SEFT)**

Tempat Pelaksanaan : Laboratorium Fakultas Ushuludin, Adab dan Dakwah (Ruang Psikotes)
Pre-Test (Hari, Tanggal) : Senin, 04 April 2016
 Post-Test (Hari, Tanggal) : Kamis, 14 April 2016

| No. | Fakultas | Kelompok | <i>Pre-Test</i> | <i>Post-Test</i> |
|-----|----------|---------------------|-----------------|------------------|
| | | | 04/04/2016 | 14/04/2016 |
| 1. | IAT | Kelompok Pembanding | 1. | 1. |
| 2. | IAT | Kelompok Pembanding | 2. | 2. |
| 3. | IAT | Kelompok Pembanding | 3. | 3. |
| 4. | TP | Kelompok Pembanding | 4. | 4. |
| 5. | FA | Kelompok Pembanding | 5. | 5. |

Lampiran 8

Lembar Validasi Instrumen Tingkat Stres**Petunjuk Pengisian:**

- 1) Berdasarkan pendapat Bapak/ Ibu berilah tanda centang (✓) pada kotak yang tersedia dengan ketentuan, sebagai berikut:

S = Setuju

KS = Kurang Setuju

TS = Tidak Setuju

- 2) Jika ada yang harus disempurnakan, mohon ditulis pada bagian keterangan/ langsung pada instrumen.

| No. | Indikator | Skala Penilaian | | | Keterangan |
|-----|---|-----------------|----|----|---|
| | | S | KS | TS | |
| 1. | Kesesuaian item dengan judul penelitian | ✓ | | | |
| 2. | Kesesuaian item dengan indikator | ✓ | | | |
| 3. | Pernyataan item tidak menimbulkan penafsiran ganda | | ✓ | | Terdapat beberapa item yg bermakna ganda dan perlu direvisi |
| 4. | Ketepatan penggunaan kata dan bahasa | | ✓ | | |
| 5. | Informasi yang diberikan cukup untuk memecahkan masalah | ✓ | | | |

Tulungagung, 21. Maret 2016

Expert Validator



Hj. Uswah Wardiana, M.Si
NIP. 19700209 199903 2 001

| Keterangan/Item | 76 | 77 | 78 | 79 | 80 | Skor Total | |
|-----------------|---|---------------------|---------------------|---------------------|----------------------|---------------------|----------------------|
| Item 1 | Pearson Correlation Sig. (2-tailed) N | ,149 ,358 40 | ,215 ,182 40 | ,182 ,262 40 | -,289 ,071 40 | ,105 ,517 40 | ,585** ,000 40 |
| Item 2 | Pearson Correlation Sig. (2-tailed) N | -,065 ,692 40 | ,383* ,015 40 | ,088 ,588 40 | -,321* ,043 40 | ,016 ,924 40 | ,509** ,001 40 |
| Item 3 | Pearson Correlation Sig. (2-tailed) N | ,283 ,076 40 | ,383* ,015 40 | -,096 ,557 40 | ,283 ,077 40 | ,064 ,697 40 | ,436** ,005 40 |
| Item 4 | Pearson Correlation Sig. (2-tailed) N | ,122 ,454 40 | -,106 ,517 40 | -,131 ,422 40 | -,346* ,029 40 | ,102 ,530 40 | ,081** ,619 40 |
| Item 5 | Pearson Correlation Sig. (2-tailed) N | -,037 ,820 40 | ,234 ,146 40 | ,083 ,612 40 | -,057 ,729 40 | ,200 ,217 40 | ,441** ,004 40 |
| Item 6 | Pearson Correlation Sig. (2-tailed) N | ,098 ,548 40 | ,339* ,033 40 | -,202 ,212 40 | -,101 ,535 40 | -,260 ,105 40 | ,499** ,001 40 |
| Item 7 | Pearson Correlation Sig. (2-tailed) N | ,006 ,969 40 | -,101 ,535 40 | ,149 ,360 40 | -,246 ,126 40 | ,301 ,059 40 | ,073* ,628 40 |
| Item 8 | Pearson Correlation Sig. (2-tailed) N | ,130 ,422 40 | ,322* ,042 40 | ,072 ,657 40 | -,072 ,659 40 | ,021 ,898 40 | ,178* ,271 40 |
| Item 9 | Pearson Correlation Sig. (2-tailed) N | ,128 ,430 40 | ,326* ,040 40 | -,268 ,094 40 | -,510 ,001 40 | ,212 ,188 40 | ,247* ,125 40 |
| Item 10 | Pearson Correlation Sig. (2-tailed) N | ,194 ,230 40 | ,062 ,705 40 | ,157 ,334 40 | ,112 ,491 40 | ,241 ,135 40 | ,207* ,199 40 |
| Item 11 | Pearson Correlation Sig. (2-tailed) N | -,081 ,620 40 | -,033 ,838 40 | ,197 ,222 40 | ,018 ,910 40 | ,226 ,160 40 | ,492** ,001 40 |
| Item 12 | Pearson Correlation Sig. (2-tailed) N | ,367* ,020 40 | -,188 ,247 40 | ,028 ,863 40 | -,028 ,864 40 | ,293 ,067 40 | ,181* ,263 40 |
| Item 13 | Pearson Correlation Sig. (2-tailed) N | ,013 ,938 40 | ,233 ,147 40 | ,019 ,908 40 | -,054 ,740 40 | ,151 ,353 40 | ,509** ,001 40 |
| Item 14 | Pearson Correlation Sig. (2-tailed) N | ,160 ,323 40 | ,226 ,162 40 | ,196 ,224 40 | -,333* ,036 40 | ,055 ,738 40 | ,328* ,039 40 |
| Item 15 | Pearson Correlation Sig. (2-tailed) N | ,170 ,296 40 | ,053 ,746 40 | ,312* ,050 40 | ,272 ,090 40 | ,129 ,429 40 | ,485** ,002 40 |
| Item 16 | Pearson Correlation Sig. (2-tailed) N | -,069 ,670 40 | ,143 ,379 40 | -,205 ,203 40 | -,268 ,094 40 | -,106 ,515 40 | ,045* ,781 40 |
| Item 17 | Pearson Correlation Sig. (2-tailed) N | -,009 ,955 40 | ,073 ,655 40 | -,220 ,172 40 | ,313* ,049 40 | -,088 ,591 40 | ,051* ,754 40 |
| Item 18 | Pearson Correlation Sig. (2-tailed) N | ,259 ,106 40 | -,012 ,942 40 | ,171 ,293 40 | -,016 ,922 40 | ,340* ,032 40 | ,370** ,019 40 |

| Keterangan/Item | 76 | 77 | 78 | 79 | 80 | Skor Total |
|-----------------------------|---------|--------|-------|--------|--------|------------|
| Item 19 Pearson Correlation | -.043 | ,421** | ,000 | -.141 | ,041 | ,590** |
| Sig. (2-tailed) | ,794 | ,007 | 1,000 | ,386 | ,801 | ,000 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 20 Pearson Correlation | ,142 | ,243 | -.066 | -.119 | ,074 | ,320* |
| Sig. (2-tailed) | ,383 | ,131 | ,685 | ,463 | ,651 | ,044 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 21 Pearson Correlation | -.172 | ,145 | -.078 | ,226 | ,030 | ,185* |
| Sig. (2-tailed) | ,290 | ,371 | ,634 | ,160 | ,855 | ,253 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 22 Pearson Correlation | ,236 | ,097 | -.057 | -.100 | ,057 | ,325* |
| Sig. (2-tailed) | ,142 | ,550 | ,727 | ,539 | ,727 | ,041 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 23 Pearson Correlation | ,095 | ,243 | ,040 | -.201 | ,075 | ,458** |
| Sig. (2-tailed) | ,561 | ,131 | ,806 | ,213 | ,646 | ,003 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 24 Pearson Correlation | -.265 | -.073 | -.071 | ,122 | ,064 | -.127* |
| Sig. (2-tailed) | ,098 | ,653 | ,664 | ,452 | ,694 | ,434 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 25 Pearson Correlation | -.038 | -.157 | ,228 | -.191 | ,133 | ,363** |
| Sig. (2-tailed) | ,814 | ,334 | ,158 | ,238 | ,414 | ,021 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 26 Pearson Correlation | -.016 | ,138 | ,092 | -.099 | -.175 | ,287* |
| Sig. (2-tailed) | ,924 | ,396 | ,572 | ,544 | ,281 | ,072 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 27 Pearson Correlation | -.149 | ,092 | -.182 | -.300 | ,023 | ,464** |
| Sig. (2-tailed) | ,358 | ,571 | ,262 | ,060 | ,887 | ,003 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 28 Pearson Correlation | ,362** | -.260 | ,168 | -.161 | ,324* | ,355** |
| Sig. (2-tailed) | ,022 | ,105 | ,300 | ,322 | ,042 | ,024 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 29 Pearson Correlation | -.451** | -.218 | -.058 | ,097 | -.061 | -.175* |
| Sig. (2-tailed) | ,004 | ,177 | ,722 | ,550 | ,706 | ,270 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 30 Pearson Correlation | -.063 | ,068 | ,076 | -.248 | ,125 | ,270* |
| Sig. (2-tailed) | ,701 | ,677 | ,642 | ,123 | ,443 | ,092 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 31 Pearson Correlation | ,349* | ,031 | ,063 | -.219 | ,291 | ,490** |
| Sig. (2-tailed) | ,027 | ,849 | ,700 | ,175 | ,068 | ,001 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 32 Pearson Correlation | ,130 | -.165 | ,105 | -.365* | ,268 | ,406** |
| Sig. (2-tailed) | ,425 | ,308 | ,520 | ,021 | ,095 | ,009 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 33 Pearson Correlation | ,000 | ,246 | ,331* | -.055 | ,168 | ,317* |
| Sig. (2-tailed) | 1,000 | ,126 | ,037 | ,737 | ,301 | ,047 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 34 Pearson Correlation | ,099 | ,041 | ,378* | -.203 | ,473** | ,318* |
| Sig. (2-tailed) | ,545 | ,804 | ,016 | ,210 | ,002 | ,046 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 35 Pearson Correlation | -.030 | ,331* | -.044 | -.279 | -.079 | ,359** |
| Sig. (2-tailed) | ,856 | ,037 | ,787 | ,081 | ,629 | ,023 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 36 Pearson Correlation | ,283 | -.224 | ,332* | ,300 | ,558** | ,373* |
| Sig. (2-tailed) | ,076 | ,165 | ,036 | ,060 | ,000 | ,018 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 37 Pearson Correlation | -.013 | -.112 | ,045 | ,174 | -.101 | -.074* |
| Sig. (2-tailed) | ,937 | ,490 | ,783 | ,282 | ,534 | ,649 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 38 Pearson Correlation | ,114 | ,029 | ,201 | -.183 | -.038 | ,360** |
| Sig. (2-tailed) | ,485 | ,860 | ,214 | ,257 | ,816 | ,023 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |

| Keterangan/Item | 76 | 77 | 78 | 79 | 80 | Skor Total |
|-----------------------------|--------|--------|-------|--------|--------|------------|
| Item 39 Pearson Correlation | ,117 | ,258 | ,098 | ,301 | ,315* | ,447** |
| Sig. (2-tailed) | ,472 | ,108 | ,548 | ,059 | ,047 | ,004 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 40 Pearson Correlation | -,035 | -,043 | ,256 | ,019 | ,492** | ,330** |
| Sig. (2-tailed) | ,832 | ,794 | ,111 | ,907 | ,001 | ,038 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 41 Pearson Correlation | ,168 | ,006 | ,090 | -,261 | ,070 | ,447** |
| Sig. (2-tailed) | ,300 | ,969 | ,579 | ,103 | ,668 | ,004 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 42 Pearson Correlation | ,190 | ,131 | ,000 | -,035 | ,138 | ,388** |
| Sig. (2-tailed) | ,239 | ,421 | 1,000 | ,830 | ,397 | ,013 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 43 Pearson Correlation | -,126 | ,270 | ,006 | -,002 | ,030 | ,460** |
| Sig. (2-tailed) | ,438 | ,092 | ,969 | ,988 | ,852 | ,002 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 44 Pearson Correlation | ,433** | ,127 | ,177 | -,066 | ,410** | ,432** |
| Sig. (2-tailed) | ,005 | ,436 | ,276 | ,686 | ,009 | ,005 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 45 Pearson Correlation | -,355* | ,101 | ,104 | ,058 | -,011 | ,088** |
| Sig. (2-tailed) | ,025 | ,536 | ,525 | ,723 | ,947 | ,591 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 46 Pearson Correlation | ,138 | ,385* | ,112 | -,400* | ,138 | ,609** |
| Sig. (2-tailed) | ,395 | ,014 | ,493 | ,011 | ,394 | ,000 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 47 Pearson Correlation | ,379* | ,300 | ,007 | ,038 | ,089 | ,445** |
| Sig. (2-tailed) | ,016 | ,060 | ,964 | ,814 | ,585 | ,004 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 48 Pearson Correlation | ,071 | -,068 | ,017 | -,039 | -,017 | ,120** |
| Sig. (2-tailed) | ,664 | ,676 | ,915 | ,811 | ,917 | ,428 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 49 Pearson Correlation | -,094 | ,085 | ,082 | -,019 | -,008 | ,420** |
| Sig. (2-tailed) | ,563 | ,603 | ,613 | ,908 | ,960 | ,006 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 50 Pearson Correlation | ,160 | -,070 | ,342* | -,010 | ,360* | ,521** |
| Sig. (2-tailed) | ,323 | ,668 | ,031 | ,949 | ,023 | ,001 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 51 Pearson Correlation | -,132 | -,123 | ,375* | -,018 | ,151 | ,366** |
| Sig. (2-tailed) | ,416 | ,451 | ,017 | ,911 | ,351 | ,020 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 52 Pearson Correlation | ,202 | -,222 | ,249 | -,297 | ,325* | ,188** |
| Sig. (2-tailed) | ,212 | ,169 | ,121 | ,063 | ,041 | ,245 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 53 Pearson Correlation | ,041 | -,361* | ,061 | ,256 | ,123 | ,280** |
| Sig. (2-tailed) | ,800 | ,022 | ,708 | ,111 | ,480 | ,080 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 54 Pearson Correlation | -,148 | ,143 | ,065 | -,282 | -,057 | ,214** |
| Sig. (2-tailed) | ,361 | ,380 | ,690 | ,078 | ,727 | ,185 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 55 Pearson Correlation | -,018 | -,140 | ,108 | ,137 | ,148 | ,212** |
| Sig. (2-tailed) | ,911 | ,390 | ,505 | ,401 | ,362 | ,189 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 56 Pearson Correlation | ,106 | ,153 | -,235 | -,351* | ,038 | ,480** |
| Sig. (2-tailed) | ,515 | ,347 | ,144 | ,026 | ,814 | ,002 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 57 Pearson Correlation | ,161 | ,017 | -,030 | -,156 | -,010 | ,465** |
| Sig. (2-tailed) | ,321 | ,919 | ,855 | ,338 | ,953 | ,002 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 58 Pearson Correlation | ,433** | -,158 | ,270 | ,107 | ,365* | ,280** |
| Sig. (2-tailed) | ,005 | ,331 | ,093 | ,509 | ,021 | ,080 |
| N | 40 | 40 | 40 | 40 | 40 | 40 |

| Keterangan/Item | 76 | 77 | 78 | 79 | 80 | Skor Total | |
|-----------------|---------------------|-------|---------|---------|--------|------------|--------|
| Item 59 | Pearson Correlation | -.163 | .268 | .108 | -.218 | .318 | .327 |
| | Sig. (2-tailed) | .315 | .094 | .508 | .177 | .045 | .043 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 60 | Pearson Correlation | -.155 | .109 | -.291 | .016 | -.104 | .351 |
| | Sig. (2-tailed) | .340 | .504 | .068 | .921 | .523 | .026 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 61 | Pearson Correlation | .118 | .130 | .357* | -.110 | .043 | .316 |
| | Sig. (2-tailed) | .468 | .424 | .024 | .947 | .793 | .047 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 62 | Pearson Correlation | -.160 | -.405** | .147 | .088 | .342* | .127 |
| | Sig. (2-tailed) | .323 | .010 | .364 | .587 | .031 | .434 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 63 | Pearson Correlation | .112 | -.038 | .203 | .162 | .242 | .482** |
| | Sig. (2-tailed) | .493 | .818 | .209 | .317 | .132 | .002 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 64 | Pearson Correlation | -.147 | .113 | -.062 | .140 | -.117 | .352 |
| | Sig. (2-tailed) | .364 | .488 | .702 | .391 | .473 | .026 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 65 | Pearson Correlation | .000 | .139 | -.107 | -.398* | -.058 | .273 |
| | Sig. (2-tailed) | 1,000 | .393 | .512 | .011 | .722 | .081 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 66 | Pearson Correlation | -.169 | -.014 | .100 | .056 | .106 | .365 |
| | Sig. (2-tailed) | .297 | .932 | .539 | .731 | .515 | .021 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 67 | Pearson Correlation | .220 | -.182 | .554** | .000 | .552** | .378 |
| | Sig. (2-tailed) | .172 | .262 | .000 | 1,000 | .000 | .016 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 68 | Pearson Correlation | .111 | .253 | .041 | .092 | .228 | .402 |
| | Sig. (2-tailed) | .494 | .116 | .801 | .571 | .156 | .010 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 69 | Pearson Correlation | .082 | .130 | .164 | .084 | .178 | .547 |
| | Sig. (2-tailed) | .616 | .424 | .311 | .607 | .273 | .000 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 70 | Pearson Correlation | -.005 | .308 | .390* | -.086 | .339* | .511** |
| | Sig. (2-tailed) | .974 | .053 | .013 | .597 | .033 | .001 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 71 | Pearson Correlation | .160 | .040 | -.082 | -.112 | .036 | .153 |
| | Sig. (2-tailed) | .325 | .804 | .616 | .453 | .828 | .327 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 72 | Pearson Correlation | .044 | .018 | .107 | .270 | .284 | .295 |
| | Sig. (2-tailed) | .785 | .911 | .511 | .092 | .076 | .064 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 73 | Pearson Correlation | .187 | .304 | .237 | -.225 | .247 | .419** |
| | Sig. (2-tailed) | .247 | .056 | .142 | .163 | .124 | .007 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 74 | Pearson Correlation | .053 | -.175 | .184 | .103 | -.082 | .050 |
| | Sig. (2-tailed) | .747 | .279 | .256 | .527 | .616 | .760 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 75 | Pearson Correlation | .033 | .140 | -.497** | .059 | -.307 | .151 |
| | Sig. (2-tailed) | .841 | .388 | .001 | .717 | .054 | .352 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 76 | Pearson Correlation | 1 | .054 | -.008 | -.012 | -.005 | .189 |
| | Sig. (2-tailed) | | .742 | .961 | .941 | .974 | .243 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 77 | Pearson Correlation | .054 | 1 | -.285 | -.153 | -.326* | .248 |
| | Sig. (2-tailed) | .742 | | .075 | .345 | .040 | .122 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 78 | Pearson Correlation | -.008 | -.285 | 1 | -.018 | .652** | .287 |
| | Sig. (2-tailed) | .961 | .075 | | .913 | .000 | .072 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 |

| Keterangan/Item | | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
|-----------------|---------------------|--------|--------|--------|-------|--------|--------|-------|-------|---------|------|--------|-------|--------|--------|--------|-------|-------|--------|--------|--------|------|--------|--------|-------|--------|
| Item 79 | Pearson Correlation | -.289 | -.321* | .283 | .346* | -.057 | -.101 | -.246 | -.072 | -.510** | .112 | .018 | -.028 | -.053 | -.333* | .272 | -.268 | .313* | -.016 | -.141 | -.119 | .226 | -.100 | -.201 | .122 | -.191 |
| | Sig. (2-tailed) | .071 | .043 | .077 | .029 | .729 | .535 | .126 | .659 | .001 | .491 | .910 | .864 | .740 | .036 | .090 | .094 | .049 | .922 | .386 | .463 | .160 | .539 | .213 | .452 | .238 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 80 | Pearson Correlation | .105 | .016 | .064 | .102 | .200 | -.260 | .310 | .021 | -.212 | .241 | .226 | .293 | .151 | .055 | .129 | -.106 | -.088 | .340* | .041 | .074 | .030 | -.057 | .075 | .064 | .133 |
| | Sig. (2-tailed) | .517 | .924 | .697 | .530 | .217 | .105 | .059 | .898 | .188 | .135 | .160 | .067 | .353 | .738 | .429 | .515 | .591 | .032 | .801 | .651 | .855 | .727 | .646 | .695 | .414 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 |
| Skor Total | Pearson Correlation | .585** | .509** | .436** | .081 | .441** | .499** | .079 | .178 | .247 | .207 | .492** | .181 | .509** | .328** | .485** | .045 | .051 | .370** | .590** | .320** | .185 | .352** | .458** | -.127 | .363** |
| | Sig. (2-tailed) | .000 | .001 | .005 | .619 | .001 | .001 | .028 | .271 | .125 | .199 | .001 | .263 | .001 | .039 | .002 | .781 | .745 | .019 | .000 | .044 | .253 | .041 | .003 | .434 | .021 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 |

| Keterangan/Item | | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 |
|-----------------|---------------------|-------|--------|--------|-------|-------|--------|--------|-------|--------|--------|--------|-------|--------|--------|--------|--------|--------|--------|--------|-------|--------|--------|-------|--------|--------|
| Item 79 | Pearson Correlation | -.099 | -.300 | -.161 | .097 | -.248 | -.219 | -.365* | -.055 | -.203 | -.279 | .300 | .174 | -.183 | .301 | .019 | -.261 | -.035 | -.002 | -.066 | .058 | -.400* | .038 | -.039 | -.019 | -.010 |
| | Sig. (2-tailed) | .544 | .060 | .322 | .550 | .123 | .175 | .021 | .737 | .210 | .081 | .060 | .282 | .257 | .059 | .907 | .103 | .830 | .988 | .686 | .723 | .011 | .814 | .811 | .908 | .949 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 80 | Pearson Correlation | -.175 | .023 | .324* | -.061 | .125 | .291 | .268 | .168 | .473** | -.079 | .558** | -.101 | -.038 | .315* | .492** | .070 | .138 | .030 | .410** | -.011 | .138 | .089 | -.017 | -.008 | .360 |
| | Sig. (2-tailed) | .281 | .887 | .042 | .706 | .443 | .068 | .095 | .301 | .002 | .629 | .000 | .534 | .816 | .047 | .001 | .668 | .397 | .852 | .009 | .947 | .394 | .585 | .917 | .960 | .023 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 |
| Skor Total | Pearson Correlation | .287 | .464** | .355** | -.179 | .270 | .490** | .406** | .317* | .318* | .359** | .373* | -.074 | .360** | .447** | .330* | .447** | .388** | .469** | .432** | .088 | .609** | .445** | .129 | .429** | .521** |
| | Sig. (2-tailed) | .072 | .003 | .024 | .270 | .092 | .001 | .009 | .047 | .046 | .023 | .018 | .649 | .023 | .004 | .038 | .009 | .013 | .002 | .005 | .591 | .000 | .004 | .428 | .006 | .001 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 |

| Keterangan/Item | | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 | 71 | 72 | 73 | 74 | 75 |
|-----------------|---------------------|--------|-------|-------|-------|------|--------|--------|-------|-------|--------|-------|-------|--------|--------|--------|--------|--------|--------|--------|--------|-------|-------|--------|-------|-------|
| Item 79 | Pearson Correlation | -.018 | -.297 | .256 | -.282 | .137 | -.351* | -.156 | .107 | -.218 | .016 | -.011 | .088 | .162 | .140 | -.398* | .056 | .000 | .092 | .084 | -.086 | -.122 | -.270 | -.225 | .103 | -.059 |
| | Sig. (2-tailed) | .911 | .063 | .111 | .078 | .401 | .026 | .338 | .509 | .177 | .921 | .947 | .587 | .317 | .391 | .011 | .731 | 1.000 | .571 | .607 | .597 | .453 | .092 | .163 | .527 | .717 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 80 | Pearson Correlation | .151 | .325* | .123 | .057 | .148 | .038 | -.010 | .365* | .318* | -.104 | .043 | .342* | .242 | -.117 | -.058 | .106 | .552** | .228 | .178 | .339* | .036 | .284 | .247 | -.082 | -.307 |
| | Sig. (2-tailed) | .351 | .041 | .450 | .727 | .362 | .814 | .953 | .021 | .045 | .523 | .793 | .031 | .132 | .473 | .722 | .515 | .000 | .156 | .273 | .033 | .828 | .076 | .124 | .616 | .054 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 |
| Skor Total | Pearson Correlation | .366** | .188 | -.280 | .214 | .212 | .480** | .465** | .280 | .322* | -.351* | .316* | .127 | .482** | .352** | .279 | .365** | .378** | .402** | .547** | .511** | .159 | .295 | .419** | .050 | -.151 |
| | Sig. (2-tailed) | .020 | .245 | .080 | .185 | .189 | .002 | .002 | .080 | .043 | .026 | .047 | .434 | .002 | .026 | .081 | .021 | .016 | .010 | .000 | .001 | .327 | .064 | .007 | .760 | .352 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 | 40 |

| Keterangan/Item | | 76 | 77 | 78 | 79 | 80 | Skor Total |
|-----------------|---------------------|-------|-------|--------|-------|--------|------------|
| Item 79 | Pearson Correlation | -.012 | -.153 | -.018 | 1 | .003 | -.183 |
| | Sig. (2-tailed) | .941 | .345 | .913 | | .986 | .257 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 |
| Item 80 | Pearson Correlation | -.005 | .326* | .652** | .003 | 1 | .414** |
| | Sig. (2-tailed) | .974 | .040 | .000 | .987 | | .008 |
| | N | 40 | 40 | 40 | 40 | 40 | 40 |
| Skor Total | Pearson Correlation | .189 | .248 | .287 | -.183 | .414** | |
| | Sig. (2-tailed) | .243 | .122 | .072 | .257 | .008 | |
| | N | 40 | 40 | 40 | 40 | 40 | 40 |

* : Correlation is significant at the 0,05 (2-tailed)
 ** : Correlation is significant at the 0,01 (2-tailed)

Lampiran 10

Nilai-Nilai r_{tabel} *Product Moment*

| N | Taraf Sig. | | N | Taraf Sig. | | N | Taraf Sig. | |
|----|------------|-------|----|------------|-------|------|------------|-------|
| | 5% | 1% | | 5% | 1% | | 5% | 1% |
| 3 | 0,997 | 0,999 | 27 | 0,381 | 0,487 | 55 | 0,266 | 0,345 |
| 4 | 0,950 | 0,990 | 28 | 0,374 | 0,478 | 60 | 0,254 | 0,330 |
| 5 | 0,878 | 0,959 | 29 | 0,367 | 0,470 | 65 | 0,244 | 0,317 |
| 6 | 0,811 | 0,917 | 30 | 0,361 | 0,463 | 70 | 0,235 | 0,306 |
| 7 | 0,754 | 0,874 | 31 | 0,355 | 0,456 | 75 | 0,227 | 0,296 |
| 8 | 0,707 | 0,834 | 32 | 0,349 | 0,449 | 80 | 0,220 | 0,286 |
| 9 | 0,666 | 0,798 | 33 | 0,344 | 0,442 | 85 | 0,213 | 0,278 |
| 10 | 0,632 | 0,765 | 34 | 0,339 | 0,436 | 90 | 0,207 | 0,270 |
| 11 | 0,602 | 0,735 | 35 | 0,334 | 0,430 | 95 | 0,202 | 0,263 |
| 12 | 0,576 | 0,708 | 36 | 0,329 | 0,424 | 100 | 0,195 | 0,256 |
| 13 | 0,553 | 0,684 | 37 | 0,325 | 0,418 | 125 | 0,176 | 0,230 |
| 14 | 0,532 | 0,661 | 38 | 0,320 | 0,413 | 150 | 0,159 | 0,210 |
| 15 | 0,514 | 0,641 | 39 | 0,316 | 0,408 | 175 | 0,148 | 0,194 |
| 16 | 0,497 | 0,623 | 40 | 0,312 | 0,403 | 200 | 0,138 | 0,181 |
| 17 | 0,482 | 0,606 | 41 | 0,308 | 0,398 | 300 | 0,113 | 0,148 |
| 18 | 0,468 | 0,590 | 42 | 0,304 | 0,393 | 400 | 0,098 | 0,128 |
| 19 | 0,456 | 0,575 | 43 | 0,301 | 0,389 | 500 | 0,088 | 0,115 |
| 20 | 0,444 | 0,561 | 44 | 0,297 | 0,384 | 600 | 0,080 | 0,105 |
| 21 | 0,433 | 0,549 | 45 | 0,294 | 0,380 | 700 | 0,074 | 0,097 |
| 22 | 0,423 | 0,537 | 46 | 0,291 | 0,376 | 800 | 0,070 | 0,091 |
| 23 | 0,413 | 0,526 | 47 | 0,288 | 0,372 | 900 | 0,065 | 0,086 |
| 24 | 0,404 | 0,515 | 48 | 0,284 | 0,368 | 1000 | 0,062 | 0,081 |
| 25 | 0,396 | 0,505 | 49 | 0,281 | 0,364 | | | |
| 26 | 0,388 | 0,496 | 50 | 0,279 | 0,361 | | | |

Lampiran 11

Hasil Uji Reliabilitas Kuesioner Stres dengan *Alpha Cronbach***Case Processing Summary**

| | | N | % |
|-------|-----------------------|----|-------|
| Cases | Valid | 39 | 100,0 |
| | Excluded ^a | 0 | ,0 |
| | Total | 39 | 100,0 |

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

| Cronbach's Alpha | N of Items |
|------------------|------------|
| ,908 | 48 |

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|---------|----------------------------|--------------------------------|----------------------------------|----------------------------------|
| Item_1 | 102,67 | 236,123 | ,542 | ,905 |
| Item_2 | 103,36 | 235,236 | ,524 | ,905 |
| Item_3 | 103,36 | 236,868 | ,452 | ,906 |
| Item_4 | 103,49 | 235,309 | ,483 | ,905 |
| Item_5 | 103,56 | 234,726 | ,519 | ,905 |
| Item_6 | 103,33 | 234,912 | ,453 | ,906 |
| Item_7 | 103,28 | 241,418 | ,288 | ,908 |
| Item_8 | 103,69 | 233,692 | ,487 | ,905 |
| Item_9 | 103,97 | 240,394 | ,351 | ,907 |
| Item_10 | 102,85 | 233,239 | ,514 | ,905 |
| Item_11 | 104,28 | 244,366 | ,214 | ,908 |
| Item_12 | 103,56 | 239,937 | ,356 | ,907 |
| Item_13 | 103,15 | 236,239 | ,432 | ,906 |
| Item_14 | 103,69 | 239,587 | ,282 | ,908 |
| Item_15 | 103,49 | 238,888 | ,393 | ,906 |
| Item_16 | 104,18 | 242,309 | ,327 | ,907 |
| Item_17 | 103,64 | 237,236 | ,409 | ,906 |

| | | | | |
|---------|--------|---------|------|------|
| Item_18 | 103,74 | 240,143 | ,374 | ,907 |
| Item_19 | 103,33 | 239,018 | ,359 | ,907 |
| Item_20 | 104,00 | 238,947 | ,319 | ,907 |
| Item_21 | 103,46 | 241,360 | ,316 | ,907 |
| Item_22 | 104,44 | 239,937 | ,387 | ,907 |
| Item_23 | 103,54 | 239,202 | ,301 | ,908 |
| Item_24 | 104,08 | 237,915 | ,415 | ,906 |
| Item_25 | 104,23 | 244,182 | ,206 | ,908 |
| Item_26 | 104,05 | 238,155 | ,411 | ,906 |
| Item_27 | 104,10 | 241,568 | ,328 | ,907 |
| Item_28 | 103,18 | 236,099 | ,417 | ,906 |
| Item_29 | 104,03 | 239,341 | ,445 | ,906 |
| Item_30 | 103,08 | 231,231 | ,581 | ,904 |
| Item_31 | 103,31 | 236,008 | ,491 | ,905 |
| Item_32 | 103,46 | 238,360 | ,327 | ,907 |
| Item_33 | 103,15 | 233,976 | ,546 | ,905 |
| Item_34 | 103,31 | 240,482 | ,332 | ,907 |
| Item_35 | 104,05 | 240,208 | ,421 | ,906 |
| Item_36 | 103,62 | 234,611 | ,438 | ,906 |
| Item_37 | 104,28 | 242,892 | ,254 | ,908 |
| Item_38 | 103,74 | 238,722 | ,311 | ,908 |
| Item_39 | 103,13 | 239,483 | ,337 | ,907 |
| Item_40 | 104,00 | 235,737 | ,511 | ,905 |
| Item_41 | 103,74 | 241,196 | ,281 | ,908 |
| Item_42 | 103,10 | 238,305 | ,244 | ,909 |
| Item_43 | 103,85 | 236,976 | ,388 | ,907 |
| Item_44 | 104,10 | 240,516 | ,333 | ,907 |
| Item_45 | 103,41 | 237,564 | ,507 | ,905 |
| Item_46 | 103,77 | 235,709 | ,546 | ,905 |
| Item_47 | 103,90 | 237,200 | ,487 | ,906 |
| Item_48 | 104,03 | 238,815 | ,388 | ,907 |

Lampiran 12

**Hasil Hitung Uji Normalitas *Pre Test* dan *Post Test*
dengan *One Sample Kolmogorov-Smirnov***

Case Processing Summary

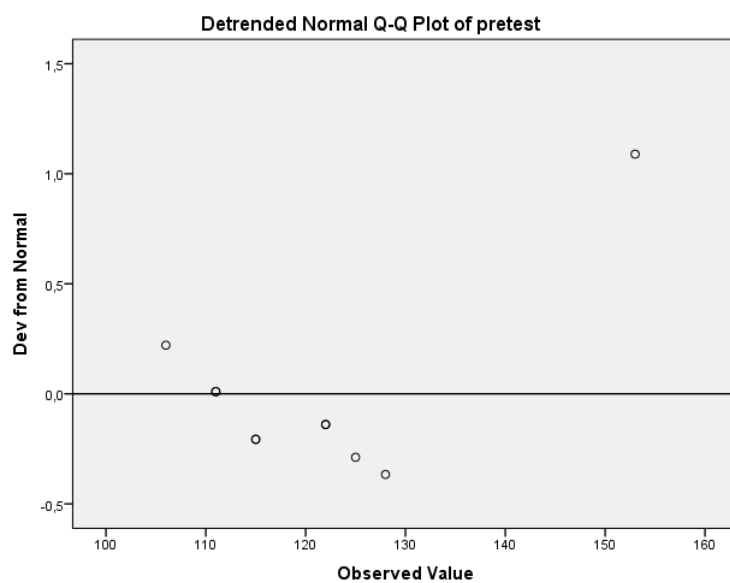
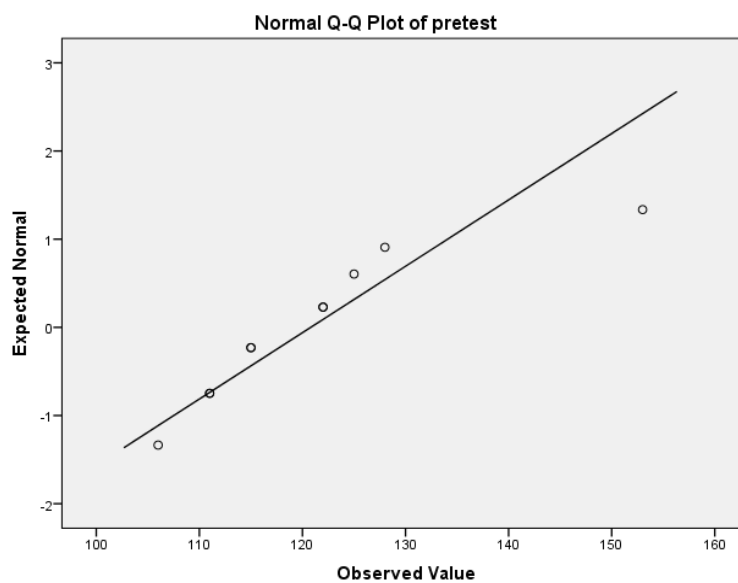
| | Cases | | | | | |
|-----------|-------|---------|---------|---------|-------|---------|
| | Valid | | Missing | | Total | |
| | N | Percent | N | Percent | N | Percent |
| Pre test | 10 | 100,0% | 0 | 0,0% | 10 | 100,0% |
| Post test | 10 | 100,0% | 0 | 0,0% | 10 | 100,0% |

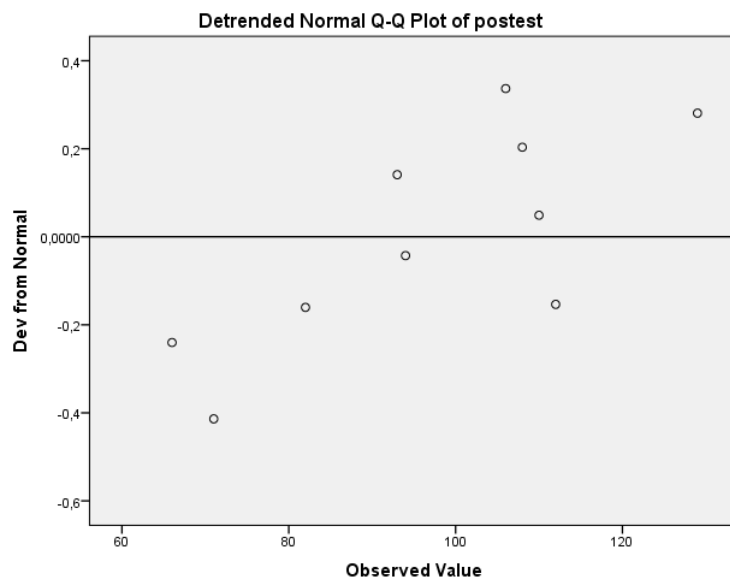
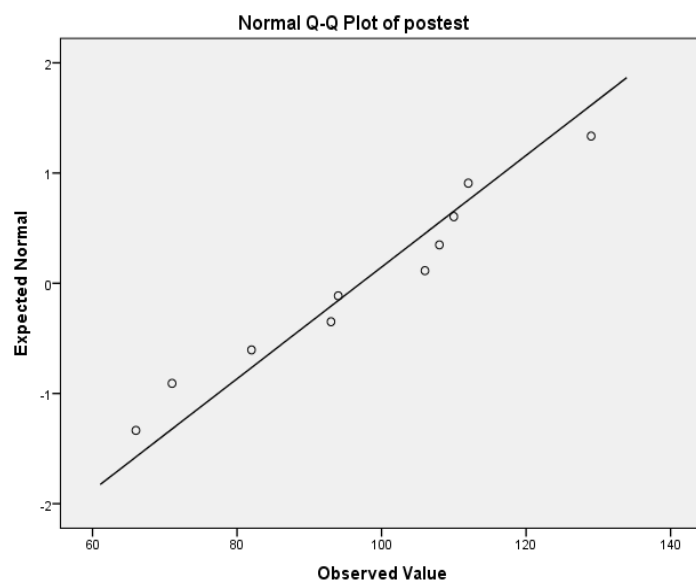
Tests of Normality

| | Kolmogorov-Smirnov ^a | | | Shapiro-Wilk | | |
|-----------|---------------------------------|----|-------|--------------|----|------|
| | Statistic | Df | Sig. | Statistic | df | Sig. |
| Pre test | ,194 | 10 | ,200* | ,848 | 10 | ,055 |
| Post test | ,174 | 10 | ,200* | ,958 | 10 | ,761 |

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction





Lampiran 13

**Hasil Hitung Uji Homogenitas *Pre Test* dan *Post Test*
dengan *One Way Anova***

Test of Homogeneity of Variances

skor stres

| Levene Statistic | df1 | df2 | Sig. |
|---------------------|-----|-----|------|
| 2,293 | 1 | 17 | ,148 |

ANOVA

skor stres

| | Sum of Squares | Df | Mean Square | F | Sig. |
|----------------|-------------------|----|-------------|--------|------|
| Between Groups | 6431,293 | 2 | 3215,646 | 37,146 | ,000 |
| Within Groups | 1471,657 | 17 | 86,568 | | |
| Total | 7902,950 | 19 | | | |

Lampiran 14

**Hasil Hitung Uji Beda Nilai *Gain Score* Sampel Penelitian
dengan *Mann Whitney***

| Ranks | | | | |
|--------------|---------------------|----|-----------|--------------|
| | Kelompok | N | Mean Rank | Sum of Ranks |
| Skor | Kelompok Eksperimen | 5 | 8,00 | 40,00 |
| | Kelompok Pembanding | 5 | 3,00 | 15,00 |
| | Total | 10 | | |

| Test Statistics^a | |
|------------------------------------|-------------------|
| | Skor |
| Mann-Whitney U | ,000 |
| Wilcoxon W | 15,000 |
| Z | -2,627 |
| Asymp. Sig. (2-tailed) | ,009 |
| Exact Sig. [2*(1-tailed Sig.)] | ,008 ^b |

a. Grouping Variable: Kelompok

b. Not corrected for ties.

Lampiran 15

**Hasil Hitung Uji Beda *Pre Test* dan *Post Test* Kelompok Eksperimen
dengan *Wilcoxon Signed Ranks Test***

| | | Ranks | | |
|--------------------|----------------|----------------|-----------|--------------|
| | | N | Mean Rank | Sum of Ranks |
| posttest - pretest | Negative Ranks | 5 ^a | 3,00 | 15,00 |
| | Positive Ranks | 0 ^b | ,00 | ,00 |
| | Ties | 0 ^c | | |
| | Total | 5 | | |

a. posttest < pretest

b. posttest > pretest

c. posttest = pretest

Test Statistics^a

| | posttest - pretest |
|----------------------------|-----------------------|
| Z | -2,032 ^b |
| Asymp. Sig. (2- tailed) | ,042 |

a. Wilcoxon Signed Ranks Test

b. Based on positive ranks.

Lampiran 16

**Hasil Hitung Efektivitas Terapi SEFT dari *Post Test* Kelompok Eksperimen
dengan Sumbangan Efektif Regresi Linier**

Variables Entered/Removed^a

| Model | Variables Entered | Variables Removed | Method |
|-------|-----------------------|-------------------|--------|
| 1 | Posttest ^b | . | Enter |

a. Dependent Variable: Pretest

b. All requested variables entered.

Model Summary

| Model | R | R Square | Adjusted R Square | Std. Error of the Estimate |
|-------|-------------------|----------|-------------------|----------------------------|
| 1 | ,939 ^a | ,883 | ,843 | 6,547 |

a. Predictors: (Constant), Posttest

Lampiran 17

Pernyataan Favorabel dan Unfavorabel Kuesioner Stres

| No. | Aspek | Indikator | Favorabel | Unfavorabel |
|-----|------------------|--|---|--|
| 1. | Gejala fisik | Sakit kepala, pusing, pening, tidur tidak teratur, insomnia (susah tidur), sakit punggung, terutama bagian bawah punggung, mencret-mencret dan radang usus besar, sulit buang air besar, sembelit, urat tegang-tegang terutama pada leher dan bahu, terganggu pencernaannya, berkeringat berlebihan, berubahnya selera makan dan lelah dan kehilangan daya energi. | <p>a. Saya pusing jika terlalu lama mengerjakan skripsi.</p> <p>b. Akhir-akhir ini nafsu makan saya menjadi berkurang.</p> <p>c. Saya kelelahan karena begadang mengerjakan skripsi.</p> <p>d. Akhir-akhir ini saya sering sakit perut ketika akan bimbingan skripsi.</p> <p>e. Saya merasakan pegal-pegal di sekujur tubuh ketika bangun tidur.</p> <p>f. Otot bahu dan leher saya terasa tegang saat menunggu dosen terlalu lama.</p> <p>g. Setiap selesai bimbingan tubuh saya terasa lemas.</p> | <p>a. Meskipun masih banyak yang harus direvisi, badan saya tetap segar dan bertenaga.</p> <p>b. Saya tidak mudah lelah meskipun saya begadang mengerjakan skripsi.</p> <p>c. <i>Deadline</i> pengumpulan skripsi tidak membuat pola tidur saya terganggu.</p> <p>d. Kondisi tubuh saya tetap prima meskipun saya sibuk mencari buku-buku referensi skripsi.</p> |
| 2. | Gejala emosional | Gelisah atau cemas, sedih, depresi, mudah menangis, merana jiwa dan hati/ <i>mood</i> berubah-ubah cepat, mudah panas dan marah, gugup, rasa harga diri menurun atau merasa tidak aman, terlalu peka dan mudah tersinggung, marah-marah, gampang menyerang orang dan bermusuhan, emosi | <p>a. Saya cemas ketika bimbingan dengan dosen pembimbing.</p> <p>b. Saya kesal ketika tidak bisa menjawab pertanyaan dari dosen pembimbing.</p> <p>c. Saya memarahi orang-orang yang mengganggu saya mengerjakan skripsi.</p> <p>d. Saya kecewa karena hasil kerja saya selalu disalahkan dosen pembimbing.</p> <p>e. Saya gelisah ketika menunggu dosen pembimbing yang belum datang.</p> | <p>a. Saya tetap semangat meskipun dosen pembimbing menyuruh saya melakukan revisi berulang kali.</p> <p>b. Saya bahagia karena dosen pembimbing memberikan pujian pada hasil kerja yang saya buat.</p> <p>c. Saya tetap percaya diri meskipun hasil kerja saya mendapatkan kritikan dari dosen pembimbing.</p> <p>d. Saya tetap tenang meskipun belum</p> |

| No. | Aspek | Indikator | Favorabel | Unfavorabel |
|-----|--------------------|--|--|--|
| | | mengering atau kehabisan sumber daya mental (<i>burn out</i>). | f. Saya depresi karena saya harus melakukan revisi skripsi berulang kali. | menemukan jurnal penelitian yang sesuai dengan skripsi saya. e. Saya senang saat dosen pembimbing memberikan saran dan kritik untuk penyusunan skripsi. f. Saya santai meskipun skripsi saya belum selesai saat mendekati ujian. |
| 3. | Gejala intelektual | Susah konsentrasi atau memusatkan pikiran, sulit membuat keputusan, mudah terlupa, pikiran kacau, daya ingat menurun, melamun secara berlebihan, pikiran dipenuhi oleh satu pikiran saja, produktivitas atau prestasi kerja menurun dan dalam kerja bertambah jumlah kekeliruan yang dibuat. | a. Akhir-akhir ini saya sulit untuk mengambil keputusan. b. Saya mudah lupa dengan penjelasan dosen pembimbing. c. Pikiran saya menjadi kacau ketika mengetahui teman-teman sudah banyak yang melakukan penelitian. d. Banyaknya revisi membuat saya semakin bingung untuk mengerjakan skripsi. e. Saya kurang konsentrasi ketika sedang mengerjakan skripsi. f. Saya sulit mengingat isi buku referensi yang saya gunakan. g. Saya mudah melamun memikirkan skripsi yang belum selesai. h. Ketika akan bimbingan skripsi, saya semakin banyak melakukan kesalahan dalam pengetikan. i. Mengerjakan revisi skripsi berulang kali membuat hasil kerja saya menurun. | a. Saya tetap fokus untuk mengerjakan skripsi dalam keadaan apa pun. b. Pikiran saya tetap tenang meskipun besok akan ujian skripsi. c. Saya dapat mengingat semua teori yang saya gunakan dalam penelitian. d. Saya membaca kembali hasil kerja yang telah saya ketik. e. Saya tidak mengalami kesulitan dalam mengambil keputusan pada saat perbaikan hasil penelitian. f. Saya dapat mengingat saran dan kritik dari dosen pembimbing. |

| No. | Aspek | Indikator | Favorabel | Unfavorabel |
|-----|----------------------|--|--|---|
| 4. | Gejala interpersonal | Kehilangan kepercayaan kepada orang lain, mudah menyalahkan orang lain, mudah membatalkan janji, suka mencari-cari kesalahan orang lain atau menyerang orang lain dengan kata-kata, mengambil sikap terlalu membentengi dan mempertahankan diri dan mendiamkan orang lain. | <ul style="list-style-type: none"> a. Saya diam ketika ditanya tentang skripsi saya. b. Saya mencaci maki teman-teman yang mengkritik hasil kerja yang telah saya buat. c. Saya menghindari bertemu orang-orang yang akan menanyakan hal-hal seputar skripsi. d. Ketika sedang mengerjakan skripsi, saya mendiamkan orang lain yang mengajak saya berbicara. e. Saya menghindari teman-teman yang akan meminta bantuan saya dalam melakukan penelitian. | <ul style="list-style-type: none"> a. Saya mendengarkan saran dari teman dan dosen pembimbing. b. Ketika saya kebingungan saat mengerjakan skripsi, saya bertanya kepada teman-teman. c. Dukungan orang tua, sahabat dan saudara, saya butuhkan saat mengerjakan skripsi. d. Saya menjalin komunikasi yang baik dengan dosen pembimbing. e. Saya berdiskusi dengan teman lain untuk saling memberi masukan dalam pengerjaan skripsi. |

Sumber: Adaptasi dari Teori Braham dalam Veithzal Rivai dan Arviyan Arifin

Lampiran 18

Kuesioner Stres**Identitas Responden**

Fakultas/Jurusan/Semester :
 Usia :
 Jenis kelamin :

Petunjuk Pengisian

Dibawah ini terdapat sejumlah pernyataan. Silahkan anda baca dan pahami baik-baik setiap pernyataan yang ada, berikan jawaban sesuai dengan diri anda. Berilah tanda centang (√) pada salah satu pilihan jawaban yang tersedia. Adapun pilihan jawaban adalah sebagai berikut :

SS : Sangat Setuju

S : Setuju

TS : Tidak Setuju

STS : Sangat Tidak Setuju

Setiap orang dapat mempunyai jawaban yang berbeda, karena itu pilihlah jawaban yang paling sesuai dengan diri anda. Karena tidak ada jawaban yang salah.

Jika sudah selesai cek kembali kolom identitas dan jawaban anda. Jangan sampai ada yang terlewatkan!

| No | Pernyataan | SS | S | TS | STS |
|----|--|----|---|----|-----|
| 1. | Saya merasa pusing jika berjam-jam mengerjakan skripsi. | | | | |
| 2. | Akhir-akhir ini saya sulit untuk mengambil keputusan. | | | | |
| 3. | Meskipun masih banyak yang harus direvisi, badan saya tetap segar dan bertenaga. | | | | |
| 4. | Saya cemas ketika bimbingan dengan dosen pembimbing skripsi. | | | | |
| 5. | Saya mudah lupa dengan penjelasan dosen pembimbing skripsi. | | | | |
| 6. | Saya tidak mudah lelah meskipun saya begadang mengerjakan skripsi. | | | | |
| 7. | Saya kesal ketika tidak bisa menjawab pertanyaan dari dosen pembimbing skripsi. | | | | |
| 8. | Saya tetap fokus untuk mengerjakan skripsi dalam keadaan apa pun. | | | | |
| 9. | Saya tetap semangat meskipun dosen pembimbing | | | | |

| No | Pernyataan | SS | S | TS | STS |
|-----|--|----|---|----|-----|
| | skripsi menyuruh saya melakukan revisi berulang kali. | | | | |
| 10. | Pikiran saya menjadi kacau ketika mengetahui teman-teman sudah banyak yang melakukan penelitian. | | | | |
| 11. | Saya mendengarkan saran dari teman dan dosen pembimbing skripsi. | | | | |
| 12. | Saya memarahi orang-orang yang mengganggu saya dalam mengerjakan skripsi. | | | | |
| 13. | Pikiran saya tetap tenang meskipun besok akan ujian skripsi. | | | | |
| 14. | Akhir-akhir ini nafsu makan saya menjadi berkurang. | | | | |
| 15. | Banyaknya revisi membuat saya semakin bingung untuk mengerjakan skripsi. | | | | |
| 16. | Ketika saya kebingungan saat mengerjakan skripsi, saya bertanya kepada teman-teman. | | | | |
| 17. | Saya dapat mengingat semua teori yang saya gunakan dalam penelitian. | | | | |
| 18. | Saya diam ketika ditanya tentang skripsi saya. | | | | |
| 19. | Saya kelelahan karena begadang mengerjakan skripsi. | | | | |
| 20. | Saya bahagia karena dosen pembimbing skripsi memberikan pujian pada hasil penyusunan skripsi yang saya buat. | | | | |
| 21. | Saya kurang konsentrasi ketika sedang mengerjakan skripsi. | | | | |
| 22. | Dukungan orang tua, sahabat dan saudara, saya butuhkan saat mengerjakan skripsi. | | | | |
| 23. | Saya kecewa karena hasil penyusunan skripsi saya selalu disalahkan dosen pembimbing skripsi. | | | | |
| 24. | Saya membaca kembali hasil penyusunan skripsi yang telah saya ketik. | | | | |
| 25. | Saya mencaci maki teman-teman yang mengkritik hasil penyusunan skripsi yang telah saya buat. | | | | |
| 26. | Akhir-akhir ini saya sering sakit perut ketika akan bimbingan skripsi. | | | | |
| 27. | Saya tetap percaya diri meskipun hasil penyusunan skripsi saya mendapatkan kritikan dari dosen pembimbing skripsi. | | | | |
| 28. | Saya sulit mengingat isi buku referensi yang saya gunakan. | | | | |
| 29. | Saya menjalin komunikasi yang baik dengan dosen pembimbing skripsi. | | | | |
| 30. | Saya gelisah ketika menunggu dosen pembimbing skripsi yang belum datang. | | | | |

| No | Pernyataan | SS | S | TS | STS |
|-----|--|----|---|----|-----|
| 31. | Saya tidak mengalami kesulitan dalam mengambil keputusan pada saat perbaikan hasil penelitian. | | | | |
| 32. | Saya merasakan pegal-pegal di sekujur tubuh ketika bangun tidur. | | | | |
| 33. | Saya tetap tenang meskipun belum menemukan jurnal penelitian yang sesuai dengan skripsi saya. | | | | |
| 34. | Saya mudah melamun memikirkan skripsi yang belum selesai. | | | | |
| 35. | Saya menghindari bertemu orang-orang yang akan menanyakan hal-hal seputar skripsi. | | | | |
| 36. | Otot bahu dan leher saya terasa tegang saat menunggu dosen pembimbing skripsi terlalu lama. | | | | |
| 37. | Saya senang saat dosen pembimbing skripsi memberikan saran dan kritik untuk penyusunan skripsi. | | | | |
| 38. | Ketika akan melakukan bimbingan skripsi, saya semakin banyak melakukan kesalahan dalam pengetikan. | | | | |
| 39. | <i>Deadline</i> pengumpulan skripsi tidak membuat pola tidur saya terganggu. | | | | |
| 40. | Saya dapat mengingat saran dan kritik dari dosen pembimbing skripsi. | | | | |
| 41. | Ketika sedang mengerjakan skripsi, saya mendiamkan orang lain yang mengajak saya berbicara. | | | | |
| 42. | Saya santai meskipun skripsi saya belum selesai saat mendekati ujian. | | | | |
| 43. | Mengerjakan revisi skripsi berulang kali membuat hasil penyusunan skripsi saya menurun. | | | | |
| 44. | Saya berdiskusi dengan teman lain untuk saling memberi masukan dalam pengerjaan skripsi. | | | | |
| 45. | Kondisi tubuh saya tetap prima meskipun saya sibuk mencari buku-buku referensi skripsi. | | | | |
| 46. | Saya depresi karena saya harus melakukan revisi skripsi berulang kali. | | | | |
| 47. | Setiap selesai bimbingan tubuh saya terasa lemas. | | | | |
| 48. | Saya menghindari teman-teman yang akan meminta bantuan saya dalam melakukan penelitian. | | | | |

Mohon cek kembali jawaban anda!

☺ **Terima Kasih** ☺

Lampiran 19

Contoh Pengisian Kuesioner Stres Oleh Sampel Penelitian**Identitas Responden**

Fakultas/Jurusan/Semester : FUAD / IAT / VIII
 Usia : 22 th
 Jenis kelamin : Laki-Laki

Petunjuk Pengisian

Dibawah ini terdapat sejumlah pernyataan. Silahkan anda baca dan pahami baik-baik setiap pernyataan yang ada, berikan jawaban sesuai dengan diri anda. Berilah tanda centang (✓) pada salah satu pilihan jawaban yang tersedia. Adapun pilihan jawaban adalah sebagai berikut :

SS : Sangat Setuju

S : Setuju

TS : Tidak Setuju

STS : Sangat Tidak Setuju

Setiap orang dapat mempunyai jawaban yang berbeda, karena itu pilihlah jawaban yang paling sesuai dengan diri anda. Karena tidak ada jawaban yang salah.

Jika sudah selesai cek kembali kolom identitas dan jawaban anda. Jangan sampai ada yang terlewatkan!

| No | Pernyataan | SS | S | TS | STS |
|-----|---|----|---|----|-----|
| 1. | Saya merasa pusing jika berjam-jam mengerjakan skripsi. | | | ✓ | |
| 2. | Akhir-akhir ini saya sulit untuk mengambil keputusan. | | | ✓ | |
| 3. | Meskipun masih banyak yang harus direvisi, badan saya tetap segar dan bertenaga. | ✓ | | | |
| 4. | Saya cemas ketika bimbingan dengan dosen pembimbing skripsi. | | | | ✓ |
| 5. | Saya mudah lupa dengan penjelasan dosen pembimbing skripsi. | | | | ✓ |
| 6. | Saya tidak mudah lelah meskipun saya begadang mengerjakan skripsi. | ✓ | | | |
| 7. | Saya kesal ketika tidak bisa menjawab pertanyaan dari dosen pembimbing skripsi. | | | ✓ | |
| 8. | Saya tetap fokus untuk mengerjakan skripsi dalam keadaan apa pun. | | ✓ | | |
| 9. | Saya tetap semangat meskipun dosen pembimbing skripsi menyuruh saya melakukan revisi berulang kali. | ✓ | | | |
| 10. | Pikiran saya menjadi kacau ketika mengetahui teman-teman sudah banyak yang melakukan penelitian. | | ✓ | | |
| 11. | Saya mendengarkan saran dari teman dan dosen pembimbing skripsi. | ✓ | | | |
| 12. | Saya memarahi orang-orang yang mengganggu saya dalam mengerjakan skripsi. | | | | ✓ |
| 13. | Pikiran saya tetap tenang meskipun besok akan ujian skripsi. | | ✓ | | |
| 14. | Akhir-akhir ini nafsu makan saya menjadi berkurang. | | | | ✓ |
| 15. | Banyaknya revisi membuat saya semakin bingung untuk mengerjakan skripsi. | | | ✓ | |
| 16. | Ketika saya kebingungan saat mengerjakan skripsi, saya bertanya kepada teman-teman. | | ✓ | | |
| 17. | Saya dapat mengingat semua teori yang saya gunakan dalam penelitian. | | ✓ | | |
| 18. | Saya diam ketika ditanya tentang skripsi saya. | | | ✓ | |

| No | Pernyataan | SS | S | TS | STS |
|-----|--|----|---|----|-----|
| 19. | Saya kelelahan karena begadang mengerjakan skripsi. | | | | ✓ |
| 20. | Saya bahagia karena dosen pembimbing skripsi memberikan pujian pada hasil penyusunan skripsi yang saya buat. | | ✓ | | |
| 21. | Saya kurang konsentrasi ketika sedang mengerjakan skripsi. | | | ✓ | |
| 22. | Dukungan orang tua, sahabat dan saudara, saya butuhkan saat mengerjakan skripsi. | | ✓ | | |
| 23. | Saya kecewa karena hasil penyusunan skripsi saya selalu disalahkan dosen pembimbing skripsi. | | | | ✓ |
| 24. | Saya membaca kembali hasil penyusunan skripsi yang telah saya ketik. | ✓ | | | |
| 25. | Saya mencaci maki teman-teman yang mengkritik hasil penyusunan skripsi yang telah saya buat. | | | ✓ | |
| 26. | Akhir-akhir ini saya sering sakit perut ketika akan bimbingan skripsi. | | | | ✓ |
| 27. | Saya tetap percaya diri meskipun hasil penyusunan skripsi saya mendapatkan kritikan dari dosen pembimbing skripsi. | | ✓ | | |
| 28. | Saya sulit mengingat isi buku referensi yang saya gunakan. | | | ✓ | |
| 29. | Saya menjalin komunikasi yang baik dengan dosen pembimbing skripsi. | | ✓ | | |
| 30. | Saya gelisah ketika menunggu dosen pembimbing skripsi yang belum datang. | | | ✓ | |
| 31. | Saya tidak mengalami kesulitan dalam mengambil keputusan pada saat perbaikan hasil penelitian. | | ✓ | | |
| 32. | Saya merasakan pegal-pegal di sekujur tubuh ketika bangun tidur. | | | | ✓ |
| 33. | Saya tetap tenang meskipun belum menemukan jurnal penelitian yang sesuai dengan skripsi saya. | ✓ | | | |
| 34. | Saya mudah melamun memikirkan skripsi yang belum selesai. | | | ✓ | |
| 35. | Saya menghindari bertemu orang-orang yang akan menanyakan hal-hal seputar skripsi. | | | ✓ | |
| 36. | Otot bahu dan leher saya terasa tegang saat menunggu dosen pembimbing skripsi terlalu lama. | | | | ✓ |
| 37. | Saya senang saat dosen pembimbing skripsi memberikan saran dan kritik untuk penyusunan skripsi. | ✓ | | | |
| 38. | Ketika akan melakukan bimbingan skripsi, saya semakin banyak melakukan kesalahan dalam pengetikan. | | | ✓ | |
| 39. | Deadline pengumpulan skripsi tidak membuat pola tidur saya terganggu. | | ✓ | | |
| 40. | Saya dapat mengingat saran dan kritik dari dosen pembimbing skripsi. | ✓ | | | |
| 41. | Ketika sedang mengerjakan skripsi, saya mendiamkan orang lain yang mengajak saya berbicara. | | | ✓ | |
| 42. | Saya santai meskipun skripsi saya belum selesai saat mendekati ujian. | | | | ✓ |
| 43. | Mengerjakan revisi skripsi berulang kali membuat hasil penyusunan skripsi saya menurun. | | | ✓ | |
| 44. | Saya berdiskusi dengan teman lain untuk saling memberi masukan dalam pengerjaan skripsi. | | ✓ | | |
| 45. | Kondisi tubuh saya tetap prima meskipun saya sibuk mencari buku-buku referensi skripsi. | | ✓ | | |
| 46. | Saya depresi karena saya harus melakukan revisi skripsi berulang kali. | | | ✓ | |
| 47. | Setiap selesai bimbingan tubuh saya terasa lemas. | | | ✓ | |
| 48. | Saya menghindari teman-teman yang akan meminta bantuan saya dalam melakukan penelitian. | | | ✓ | |

Mohon cek kembali jawaban anda!

☺ **Terima Kasih** ☺

Lampiran 20

Sertifikat Terapis

*Certificate of Completion*

This is to acknowledge that

AHMAD FAUZAN

participated in

SEFT TOTAL SOLUTION TRAINING

Angkatan 261

Yogyakarta, 25 - 26 Oktober 2014 | Cavinton Hotel

Ahmad Faiz Zainuddin
SEFT® Founder & Master Trainer

Lampiran 21

Fakultas Ushuluddin Adab dan Dakwah

Kartu Bimbingan Skripsi



NAMA : Naharin Surojya
 NIM : 2833123010
 JURUSAN : Tasawuf dan Psikoterapi
 PROGRAM STUDI :
 DOSEN PEMBIMBING : 1. Hj. Uswah Wardiana, M.Si
 2.
 JUDUL SKRIPSI : Efektivitas Terapi Spiritual Emotional Freedom Technique (SEFT) dalam Menurunkan Stres Akibat Pengurusan Skripsi pada Mahasiswa FUAD IAIN Tulungagung Angkatan Tahun 2012

| NO | TANGGAL | MATERI / MASALAH | TTD |
|-----|----------------|------------------|-----|
| 1. | 5 Januari 2016 | BAB I dan BAB II | UR |
| 2. | 2 Maret 2016 | BAB I | UR |
| 3. | 3 Maret 2016 | BAB I | UR |
| 4. | 8 Maret 2016 | BAB I dan BAB II | UR |
| 5. | 14 Maret 2016 | BAB I dan BAB II | UR |
| 6. | 21 Maret 2016 | BAB III | UR |
| 7. | 23 Maret 2016 | BAB III | UR |
| 8. | 18 April 2016 | BAB IV | UR |
| 9. | 22 April 2016 | BAB IV dan BAB V | UR |
| 10. | 25 April 2016 | BAB I - V | UR |
| 11. | | | |
| 12. | | | |

Catatan: Kartu agar dibawa waktu bimbingan untuk diisi oleh Pembimbing.



Ketua Jurusan

Khairatus Sa'diyah, M.Si
 NIP. 19761229 2010 2 004

Dosen Pembimbing

Hj. Uswah Wardiana, M.Si
 NIP. 19700209 19903 2 001

Lampiran 22



KEMENTERIAN AGAMA
 INSTITUT AGAMA ISLAM NEGERI TULUNGAGUNG
Fakultas Ushuluddin, Adab dan Dakwah

Jl. Mayor Sujadi Timur 46 Telp. (0355)321513, 321656 Fax. (0355) 321656 Tulungagung Jawa Timur 66221
 Website: fuad.iain-tulungagung.ac.id Email: fuad@iain-tulungagung.ac.id

Nomor : In.17/F.III/PP.00.9/ 005 /2016
 Lamp : ---
 Perihal : **PERMOHONAN IJIN PENELITIAN**

Tulungagung, 27 Januari 2016

Kepada Yth.
 Dekan FUAD IAIN Tulungagung
 Jl. Mayor Sujadi Timur N0.46

DiTULUNGAGUNG

Assalamu'alaikum wr. wb.

Dekan Fakultas Ushuluddin, Adab dan Dakwah Institut Agama Islam Negeri Tulungagung mengharapkan dengan hormat atas kesediaan Saudara, bahwa mahasiswa tersebut dibawah ini :

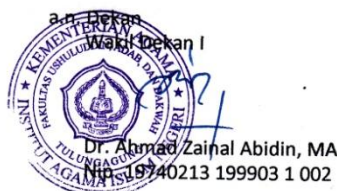
Nama : NAHARIN SUROYA
 NIM : 2833123010
 Semester : VIII (Delapan)
 Fakultas : Ushuluddin, Adab dan Dakwah
 Jurusan : TASAWUF PSIKOTERAPI

Mohon diberi ijin mengadakan Penelitian (Research) dalam rangka penyusunan skripsi dengan judul :

**EFEKTIVITAS TERAPI SPIRITUAL EMOTIONAL FREEDOM TECHNIQUE (SEFT)
 DALAM MENURUNKAN STRES AKIBAT SKRIPSI PADA MAHASISWA
 FAKULTAS USHULUDDIN, ADAB DAN DAKWAH IAIN TULUNGAGUNG
 ANGKATAN TAHUN 2012**

Demikian, atas kerjasamanya disampaikan terima kasih.

Wassalamu'alaikum wr. wb.



Lampiran 23



KEMENTERIAN AGAMA
INSTITUT AGAMA ISLAM NEGERI (IAIN) TULUNGAGUNG
Fakultas Ushuluddin, Adab dan Dakwah
 Jl. Mayor Sujadi Timur no.46 Telp.0355-321513 Tulungagung Jawa Timur 66221
 Website: fuad.iain-tulungagung.ac.id e-mail: fuad@iain-tulungagung.ac.id

SURAT KETERANGAN
TANDA BUKTI TELAH OBSERVASI

Nomor : In.17/F.III/PP.00.9/ **050** /2016


Yang bertanda tangan di bawah ini Dekan Fakultas Ushuluddin, Adab dan Dakwah IAIN Tulungagung, dengan ini menerangkan bahwa :

Nama : Naharin Suroyya
 NIM : 2833123010
 Jurusan/Fakultas : Tasawuf dan Psikoterapi/Ushuluddin, Adab dan Dakwah

Adalah benar nama tersebut di atas, telah melaksanakan kegiatan Observasi/Penelitian pada Fakultas Ushuluddin, Adab dan Dakwah terkait penyusunan Skripsi dengan judul "Efektivitas Terapi *Spiritual Emosional Freedom Teknik* (SEFT) dalam menurunkan stress akibat penyusunan Skripsi pada mahasiswa FUAD Tahun Angkatan 2012", terhitung mulai tanggal 12-14 April 2016.

Demikian Surat Keterangan ini dibuat dengan sebenar-benarnya untuk dapat digunakan sebagaimana mestinya.

Tulungagung, 18 April 2016

Dekan,

Dr. Abad Badruzaman, M.Ag
 NIP. 19730804 200012 1 002



Lampiran 24

Dokumentasi Penelitian



Populasi penelitian mengisi kuesioner stres



Foto responden, terapis dan peneliti



Kunjungan ke rumah populasi penelitian untuk pengisian kuesioner stres



Evaluasi setelah terapi SEFT



Pengantar sebelum terapi SEFT



Proses konseling sebelum terapi SEFT



Terapis dan responden 1 saat proses terapi SEFT



Terapis dan responden 4 saat proses terapi SEFT



Terapis dan responden 2 saat proses terapi SEFT



Terapis dan responden 5 saat proses terapi SEFT



Terapis dan responden 3 saat proses terapi SEFT

Lampiran 25

RIWAYAT HIDUP PENULIS

Naharin Suroyya terlahir sebagai anak kedua dari pasangan suami istri H.Ahmad Toha dan Muntamah. Kakak pertama bernama Muhamad Yusuf Saifudin. Penulis lahir di Tulungagung pada tanggal 17 November 1993. Lahir dan besar di RT. 014 RW. 006, Dsn Gading, Ds. Suruhan Lor, Kec. Bandung, Kab. Tulungagung.

Penulis mengawali pendidikannya di TK Dharma Wanita Suruhan Lor pada tahun 1997 dan lulus tahun 2000. Pada tahun 2000-2006 penulis melanjutkan pendidikan di SDN Suruhan Lor. Di SDN Suruhan Lor penulis pernah bergabung di organisasi PRAMUKA dan kesenian. Pada Tahun 2006-2009 penulis melanjutkan pendidikan ke MTsN Bandung. Di MTsN Bandung penulis pernah bergabung di organisasi PRAMUKA. Pada tahun 2009-2012 penulis melanjutkan pendidikan di MAN 2 Tulungagung. Di MAN 2 Tulungagung penulis pernah bergabung di organisasi PRAMUKA dan mengambil jurusan IPA. Pada tahun 2012-2016 penulis melanjutkan pencarian ilmunya di IAIN Tulungagung yang dulunya bernama STAIN Tulungagung dengan mengambil Jurusan Tasawuf dan Psikoterapi. Selama masa menjadi mahasiswa penulis pernah bergabung di Himpunan Mahasiswa Jurusan Tasawuf dan Psikoterapi (HMJ-TP).

Penulis bisa dihubungi di nomor handphone 085-735-874-401 atau melalui FB: arin oyya.