**KUESIONER PENGELOLAAN DIRI**

Nama : ……………………………..

Kelas : ……………………………..

Jenis Kelamin : ……………………………..

Petunjuk pengisian :

1. Isi Nama, Kelas dan Jenis Kelamin

2. Bacalah dengan seksama dan pilih salah satu jawaban yang tepat disetiap

butir pertanyaan

3. Perhatikan tiap-tiap nomor dari daftar, jika diantara pertanyaan-pertanyaan

Tersebut sesuai dengan kondisi siswa/I maka berilah tanda cekhlist (√) pada

pilihan jawaban yang disediakan dengan alternative : SS, S, KS, TS, STS

4. Jika ada hal-hal yang belum jelas dapat kamu tanyakan sebelum mengerjakan

daftar tersebut

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **No.** | **Pertanyaan** | **Alternatif Jawaban** | | | | |
| **SS** | **S** | **KS** | **TS** | **STS** |
| 1. | Saya merasa bangga sebagai siswa |  |  |  |  |  |
| 2. | Saya merasa senang bersekolah disini |  |  |  |  |  |
| 3. | Saya ingin orang lain memuji saya |  |  |  |  |  |
| 4. | Saya tetap bersemangat dalam menjalankan tugas saya sebagai siswa |  |  |  |  |  |
| 5. | Saya termasuk orang yang mudah marah |  |  |  |  |  |
| 6. | Saya bersekolah disini karena keinginan orang tua/keluarga |  |  |  |  |  |
| 7. | Saya menyadari Allah senantiasa memberikan kebaikankepada hamba-Nya |  |  |  |  |  |
| 8. | Sungguh Allah itu maha pemurah |  |  |  |  |  |
| 9. | Limpahan materi yang saya dapatkan merupakan wujud kasih sayang Allah |  |  |  |  |  |
| 10. | Meyakini bahwa Allah akan mempermudahkan saya untuk meraih impian dan kesuksesan |  |  |  |  |  |
| 11. | Saya percaya bahwa semua pertolongan datangnya dariAllah |  |  |  |  |  |
| 12. | Saya mencoba mendekatkan diri kepada Allah dengan cara bertaqwa |  |  |  |  |  |
| 13. | Ketika bangun tidur saya tidak lupa untuk selalu bersyukur |  |  |  |  |  |
| 14. | Saya bahagia tumbuh dikeluarga yang begitu menyayangi saya |  |  |  |  |  |
| 15. | Saya merasa percaya diri ketika mau mengungkapkan pendapat |  |  |  |  |  |
| 16. | Saya merasa tidak percaya ketika mau mengungkapkan pendapat |  |  |  |  |  |
| 17. | Saya suka memberi ide-ide terhadap tugas ketika teman saya bingung. |  |  |  |  |  |
| 18. | Setiap ada tugas kelompok saya jarang punya ide yang bisa saya ungkapkan ke teman-teman |  |  |  |  |  |
| 19. | Saya tidak akan menolong teman yang membutuhkan bantuan apabila dia tidak meminta |  |  |  |  |  |
| 20. | Saya memiliki cita-cita yang teramat susah untuk di wujudkan |  |  |  |  |  |
| 21. | Saya mempunyai bakat dan minat yang sesuai dengan cita-cita saya |  |  |  |  |  |
| 22. | Orang tua tidak mendukung sepenuhnya terhadap cita-cita saya |  |  |  |  |  |
| 23. | Saya mempunyai cita-cita yang selalu di dukung oleh orang tua |  |  |  |  |  |
| 24. | Saya tidak mempunyai bakat dan minat yang sesuai dengan cita-cita saya |  |  |  |  |  |
| 25. | Saya tidak membeda-bedakan teman hanya karena teman tersebut miskin |  |  |  |  |  |
| 26. | Saya selalu menyapa semua orang ketika berjumpa |  |  |  |  |  |
| 27. | Mudah bergaul atau berteman dengan siapa aja |  |  |  |  |  |
| 28. | Tidak merendahkan atau menghina teman yang memiliki kekurangan |  |  |  |  |  |
| 29. | Menghargai atau menghormati pilihan atau pendapat semua teman |  |  |  |  |  |
| 30. | Saya memakai seragam sekolah sesuai aturan |  |  |  |  |  |
| 31. | Saya tidak memakai kelengkapan (atribut) seragam sekolah |  |  |  |  |  |
| 32. | Saya selalu datang ke sekolah tepat waktu |  |  |  |  |  |
| 33. | Saya tidak fokus memperhatikan ketika guru menerangkan |  |  |  |  |  |
| 34. | Saya mencatat materi yang diterangkan guru |  |  |  |  |  |
| 35. | Suka menunda untuk melaksanakan sholat wajib |  |  |  |  |  |
| 36. | Saya lebih mudah memahami pelajaran setelah guru menggunakan media pembelajaran |  |  |  |  |  |
| 37. | Saya merasa bosan jika kegiatan belajar mengajar tidak menggunakan media pembelajaran |  |  |  |  |  |
| 38. | Saya merasa tegang atau takut selama mengikuti kegiatan belajar matematika |  |  |  |  |  |
| 39. | Saya lebih bersemangat mengikuti pelajaran matematika yang menggunakan media pelajaran |  |  |  |  |  |
| 40. | Saya lebih mudah memahami materi dengan langsung praktek daripada teori |  |  |  |  |  |

***Keterangan :***

SS : Sangat Setuju

S : Setuju

KS : Kurang Setuju

TS : Tidak Setuju

STS : Sangat Tidak Setuju

**KUESIONER *COPING STRESS***

Nama : ……………………………..

Kelas : ……………………………..

Jenis Kelamin : ……………………………..

Petunjuk pengisian :

1. Isi Nama, Kelas dan Jenis Kelamin

2. Bacalah dengan seksama dan pilih salah satu jawaban yang tepat disetiap

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3. Perhatikan tiap-tiap nomor dari daftar, jika diantara pertanyaan-pertanyaan

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pilihan jawaban yang disediakan dengan alternative : SS, S, KS, TS, STS

4. Jika ada hal-hal yang belum jelas dapat kamu tanyakan sebelum mengerjakan

daftar tersebut.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **No.** | **Pertanyaan** | **Alternatif Jawaban** | | | | |
| **SS** | **S** | **KS** | **TS** | **STS** |
| 1. | Taqdir Allah itu sudah jelas |  |  |  |  |  |
| 2. | Bagi saya menutup aurat sudah menjadi kewajiban saya karena saya wanita muslim |  |  |  |  |  |
| 3. | Saya lebih suka bersahabat dengan lawan jenis |  |  |  |  |  |
| 4. | Saya tidak suka bermain dengan lawan jenis |  |  |  |  |  |
| 5. | Saya bersyukur terlahir sebagai perempuan |  |  |  |  |  |
| 6. | Saya bersyukur terlahir sebagai laki-laki |  |  |  |  |  |
| 7. | Setelah lulus dari SMA saya akan senang jika diterima di Perguruan tinggi |  |  |  |  |  |
| 8. | Saya merasa senang ketika diajak teman membicarakan masalah perguruan tinggi |  |  |  |  |  |
| 9. | Saya ingin melanjutkan studi ke Perguruan tinggi karena memperoleh dukungan dari Orangtua |  |  |  |  |  |
| 10. | Saya minat melanjutkan studi ke Perguruan tinggi karena itu merupakan cita-cita saya sejak kecil |  |  |  |  |  |
| 11. | Saya ingin mengembangkan pengetahuan saya melalui Perguruan Tinggi |  |  |  |  |  |
| 12. | Saya tidak berminat untuk melanjutkan studi saya ke Perguruan Tinggi |  |  |  |  |  |
| 13. | Saling menghormati dan mendukung sesama remaja |  |  |  |  |  |
| 14. | Membuka hubungan baru dengan teman |  |  |  |  |  |
| 15. | Saya bisa mengendalikan emosi saya sendiri |  |  |  |  |  |
| 16. | Lingkungan sekitar mempengaruhi sikap saya |  |  |  |  |  |
| 17. | Teman sebaya tidak mempengaruhi perilaku dalam kepribadian saya |  |  |  |  |  |
| 18. | Dalam menghadapi masalah saya melakukannya dengan perasaan emosi |  |  |  |  |  |
| 19. | Saya selalu memberikan contoh yang baik kepada teman |  |  |  |  |  |
| 20. | Saya suka bersosialisasi dirumah, disekolah ataupun di masyarakat |  |  |  |  |  |
| 21. | Teman merupakan hal yang terpenting dalam hidup saya |  |  |  |  |  |
| 22. | Menurut saya teman tidak begitu penting bagi saya |  |  |  |  |  |
| 23. | Saya dan teman saya suka bertukar pendapat mengenai pelajaran di dalam kelas |  |  |  |  |  |
| 24. | Saya memberikan dukungan kepada teman saya dalam kegiatan sekolah |  |  |  |  |  |
| 25. | Saya ingin menjadi yang terbaik dalam presentasi dibanding dengan teman-teman |  |  |  |  |  |
| 26. | Teman-teman saya selalu antusias ketika berbagi pendapat dan masalah, baik masalah pribadinya maupun sesama teman saya |  |  |  |  |  |
| 27. | Ketika saya mengerjakan tugas, saya dibantu oleh teman-teman saya |  |  |  |  |  |
| 28. | Saya merasa kurang dapat memahami makna dari masalah yang saya alami |  |  |  |  |  |
| 29. | Berandai-andai membuat saya banyak kehilangan waktu, sehingga itu tidak saya lakukan |  |  |  |  |  |
| 30. | Saya cenderung terus memikirkan masalah yang menimpa |  |  |  |  |  |
| 31. | Saya sedih ketika mngetahui penyebab masalah yang datang adalah saya |  |  |  |  |  |
| 32. | Saya menyelesaikan masalah tanpa menundanya |  |  |  |  |  |
| 33. | Saya bangga dengan pekerjaan orang tua saya |  |  |  |  |  |
| 34. | Saya ingin bekerja seperti apa yang Orang tua kerjakan sekarang |  |  |  |  |  |
| 35. | Saya diberi fasilitas yang lengkap oleh orang tua |  |  |  |  |  |
| 36. | Orang tua saya selalu memberikan apa yang saya inginkan/kehendaki |  |  |  |  |  |
| 37. | Saya kesekolah dengan uang saku secukupnya saja |  |  |  |  |  |
| 38. | Saya selalu dapat membeli segala sesuatu yang saya inginkan |  |  |  |  |  |
| 39. | Saya sangat senang tinggal bersama keluarga di rumah sendiri |  |  |  |  |  |
| 40. | Orang tua saya mempunyai kendaraan bermotor/sepeda motor |  |  |  |  |  |

***Keterangan :***

SS : Sangat Setuju

S : Setuju

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**Lampiran 1: Variabel Pengelolaan Diri (X)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **No Responden** | **Nomor Item Peryataan** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  |
| **Total X** |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 1 2 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 |  |
| 1 | 3 | 2 | 4 | 4 | 4 | 2 | 3 | 4 | 4 | 5 | 3 | 2 | 4 | 4 | 4 | 2 | 3 | 4 | 4 | 5 | 3 | 2 | 4 | 4 | 4 | 2 | 3 | 4 | 4 | 5 | 3 | 2 | 4 | 2 | 3 | 2 | 3 | 4 | 4 | 5 | 137 |
| 2 | 2 | 3 | 4 | 4 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 4 | 4 | 5 | 3 | 5 | 4 | 2 | 2 | 2 | 3 | 4 | 4 | 5 | 3 | 5 | 4 | 2 | 2 | 2 | 3 | 4 | 4 | 5 | 3 | 5 | 4 | 2 | 2 | 130 |
| 3 | 2 | 3 | 4 | 5 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 4 | 5 | 5 | 3 | 4 | 4 | 5 | 2 | 2 | 3 | 4 | 5 | 5 | 3 | 4 | 4 | 5 | 2 | 2 | 3 | 4 | 5 | 5 | 3 | 4 | 4 | 5 | 2 | 140 |
| 4 | 2 | 5 | 4 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 4 | 3 | 4 | 2 | 2 | 2 | 5 | 4 | 4 | 5 | 4 | 3 | 4 | 2 | 2 | 128 |
| 5 | 2 | 4 | 4 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 2 | 2 | 4 | 4 | 4 | 3 | 4 | 3 | 4 | 2 | 2 | 122 |
| 6 | 2 | 3 | 4 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 4 | 5 | 4 | 2 | 2 | 2 | 3 | 4 | 4 | 5 | 4 | 5 | 4 | 2 | 2 | 128 |
| 7 | 2 | 3 | 4 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 4 | 5 | 4 | 2 | 2 | 2 | 3 | 4 | 4 | 5 | 4 | 5 | 4 | 2 | 2 | 122 |
| 8 | 2 | 5 | 4 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 4 | 5 | 4 | 2 | 2 | 2 | 5 | 4 | 4 | 3 | 4 | 5 | 4 | 2 | 2 | 124 |
| 9 | 2 | 3 | 4 | 4 | 5 | 4 | 5 | 4 | 2 | 2 | 2 | 3 | 4 | 4 | 5 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 4 | 5 | 4 | 2 | 2 | 2 | 3 | 4 | 4 | 5 | 4 | 5 | 4 | 2 | 2 | 130 |
| 10 | 2 | 5 | 4 | 5 | 5 | 5 | 5 | 4 | 5 | 2 | 2 | 5 | 4 | 5 | 5 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 5 | 5 | 4 | 5 | 2 | 2 | 5 | 4 | 5 | 5 | 5 | 5 | 4 | 5 | 2 | 151 |
| 11 | 2 | 5 | 4 | 4 | 5 | 4 | 5 | 4 | 2 | 2 | 2 | 5 | 4 | 4 | 5 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 4 | 5 | 4 | 2 | 2 | 2 | 5 | 4 | 4 | 5 | 4 | 5 | 4 | 2 | 2 | 136 |
| 12 | 2 | 5 | 4 | 4 | 5 | 4 | 5 | 4 | 2 | 2 | 2 | 5 | 4 | 4 | 5 | 4 | 5 | 4 | 2 | 2 | 2 | 5 | 4 | 4 | 5 | 4 | 5 | 4 | 2 | 2 | 2 | 5 | 4 | 4 | 5 | 4 | 5 | 4 | 2 | 2 | 148 |
| 13 | 2 | 5 | 4 | 4 | 5 | 4 | 5 | 4 | 2 | 2 | 2 | 5 | 4 | 4 | 5 | 4 | 5 | 4 | 2 | 2 | 2 | 5 | 4 | 4 | 5 | 4 | 5 | 4 | 2 | 2 | 2 | 5 | 4 | 4 | 5 | 4 | 5 | 4 | 2 | 2 | 148 |
| 14 | 3 | 5 | 4 | 4 | 4 | 4 | 5 | 4 | 3 | 3 | 3 | 5 | 4 | 4 | 4 | 4 | 5 | 4 | 3 | 3 | 3 | 5 | 4 | 4 | 4 | 4 | 5 | 4 | 3 | 3 | 3 | 5 | 4 | 4 | 4 | 4 | 5 | 4 | 3 | 3 | 156 |
| 15 | 3 | 5 | 4 | 4 | 4 | 4 | 5 | 4 | 3 | 3 | 3 | 5 | 4 | 4 | 4 | 4 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 5 | 4 | 3 | 3 | 128 |
| 16 | 3 | 5 | 4 | 4 | 5 | 4 | 5 | 4 | 3 | 3 | 3 | 5 | 4 | 4 | 5 | 4 | 5 | 4 | 3 | 3 | 3 | 5 | 4 | 4 | 5 | 4 | 5 | 4 | 3 | 3 | 3 | 5 | 4 | 4 | 5 | 4 | 5 | 4 | 3 | 3 | 160 |
| 17 | 3 | 3 | 4 | 4 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 4 | 3 | 4 | 3 | 3 | 136 |
| 18 | 3 | 5 | 4 | 4 | 5 | 4 | 3 | 4 | 3 | 3 | 3 | 5 | 4 | 4 | 5 | 4 | 3 | 4 | 3 | 3 | 3 | 5 | 4 | 4 | 5 | 4 | 3 | 4 | 3 | 3 | 3 | 5 | 4 | 4 | 5 | 4 | 3 | 4 | 3 | 3 | 152 |
| 19 | 3 | 5 | 4 | 4 | 5 | 4 | 3 | 4 | 3 | 3 | 3 | 5 | 4 | 4 | 5 | 4 | 3 | 4 | 3 | 3 | 3 | 5 | 4 | 4 | 5 | 4 | 3 | 4 | 3 | 3 | 3 | 5 | 4 | 4 | 5 | 4 | 3 | 4 | 3 | 3 | 152 |
| 20 | 3 | 5 | 4 | 4 | 5 | 4 | 5 | 4 | 3 | 3 | 3 | 5 | 4 | 4 | 5 | 4 | 5 | 4 | 3 | 3 | 3 | 5 | 4 | 4 | 5 | 4 | 5 | 4 | 3 | 3 | 3 | 5 | 4 | 4 | 5 | 4 | 5 | 4 | 3 | 3 | 160 |
| 21 | 3 | 5 | 4 | 4 | 5 | 4 | 3 | 3 | 3 | 3 | 3 | 5 | 4 | 4 | 5 | 4 | 3 | 3 | 3 | 3 | 3 | 5 | 4 | 4 | 5 | 4 | 3 | 3 | 3 | 3 | 3 | 5 | 4 | 4 | 5 | 4 | 3 | 3 | 3 | 3 | 148 |
| 22 | 3 | 5 | 4 | 4 | 5 | 4 | 3 | 4 | 3 | 3 | 3 | 5 | 4 | 4 | 5 | 4 | 3 | 4 | 3 | 3 | 3 | 5 | 4 | 4 | 5 | 4 | 2 | 3 | 4 | 3 | 3 | 5 | 4 | 4 | 5 | 4 | 3 | 4 | 3 | 3 | 151 |
| 23 | 3 | 5 | 4 | 4 | 5 | 4 | 3 | 4 | 3 | 3 | 3 | 5 | 4 | 4 | 5 | 4 | 3 | 4 | 3 | 3 | 3 | 5 | 2 | 3 | 5 | 4 | 3 | 4 | 3 | 3 | 3 | 5 | 4 | 4 | 5 | 4 | 3 | 4 | 3 | 3 | 149 |
| 24 | 5 | 2 | 3 | 2 | 3 | 4 | 3 | 4 | 5 | 5 | 5 | 2 | 4 | 4 | 3 | 4 | 3 | 4 | 5 | 5 | 5 | 2 | 4 | 4 | 3 | 4 | 3 | 4 | 5 | 5 | 5 | 2 | 4 | 4 | 3 | 4 | 3 | 4 | 5 | 5 | 153 |
| 25 | 3 | 2 | 3 | 2 | 3 | 4 | 3 | 4 | 3 | 5 | 3 | 2 | 4 | 4 | 3 | 4 | 3 | 4 | 3 | 5 | 3 | 2 | 4 | 4 | 3 | 4 | 3 | 4 | 3 | 5 | 3 | 2 | 4 | 4 | 3 | 4 | 3 | 4 | 3 | 5 | 137 |
| 26 | 3 | 2 | 3 | 2 | 3 | 4 | 3 | 4 | 5 | 5 | 3 | 2 | 4 | 4 | 3 | 4 | 3 | 4 | 3 | 2 | 3 | 2 | 4 | 4 | 3 | 4 | 3 | 4 | 5 | 5 | 3 | 2 | 4 | 4 | 3 | 4 | 3 | 4 | 5 | 5 | 140 |
| 27 | 5 | 2 | 3 | 2 | 5 | 4 | 3 | 4 | 5 | 5 | 5 | 2 | 4 | 4 | 5 | 4 | 3 | 4 | 5 | 5 | 5 | 2 | 4 | 4 | 5 | 4 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 138 |
| 28 | 5 | 2 | 3 | 2 | 5 | 4 | 3 | 4 | 5 | 5 | 5 | 2 | 4 | 4 | 5 | 4 | 3 | 4 | 5 | 5 | 5 | 2 | 4 | 4 | 5 | 4 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 138 |
| 29 | 5 | 2 | 3 | 2 | 5 | 4 | 2 | 4 | 5 | 5 | 5 | 2 | 4 | 4 | 5 | 4 | 2 | 4 | 5 | 5 | 5 | 2 | 4 | 4 | 5 | 4 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 135 |
| 30 | 5 | 2 | 3 | 2 | 5 | 4 | 2 | 4 | 3 | 5 | 5 | 2 | 4 | 4 | 5 | 4 | 2 | 4 | 3 | 5 | 5 | 2 | 4 | 4 | 5 | 4 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 131 |
| 31 | 5 | 2 | 3 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 102 |
| 32 | 5 | 2 | 4 | 4 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 105 |
| 33 | 5 | 2 | 4 | 4 | 2 | 4 | 2 | 4 | 5 | 5 | 5 | 2 | 4 | 4 | 2 | 4 | 2 | 4 | 5 | 5 | 5 | 2 | 4 | 4 | 2 | 4 | 2 | 4 | 5 | 5 | 5 | 2 | 4 | 4 | 2 | 4 | 2 | 4 | 5 | 5 | 148 |
| 34 | 5 | 2 | 4 | 4 | 2 | 4 | 2 | 4 | 5 | 5 | 5 | 2 | 4 | 4 | 2 | 4 | 2 | 4 | 5 | 5 | 5 | 2 | 4 | 4 | 2 | 4 | 2 | 4 | 5 | 5 | 5 | 2 | 4 | 4 | 2 | 4 | 2 | 4 | 5 | 5 | 148 |
| 35 | 5 | 2 | 4 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 4 | 4 | 2 | 4 | 4 | 4 | 5 | 5 | 5 | 2 | 4 | 4 | 2 | 4 | 4 | 4 | 5 | 5 | 140 |
| 36 | 5 | 2 | 4 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 4 | 4 | 2 | 4 | 4 | 4 | 5 | 5 | 5 | 2 | 4 | 4 | 2 | 4 | 4 | 4 | 5 | 5 | 140 |
| 37 | 3 | 5 | 4 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 4 | 4 | 5 | 4 | 3 | 4 | 3 | 3 | 3 | 5 | 4 | 4 | 5 | 4 | 3 | 4 | 3 | 3 | 138 |
| 38 | 3 | 5 | 4 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 5 | 2 | 3 | 4 | 3 | 3 | 3 | 5 | 4 | 4 | 5 | 4 | 3 | 4 | 3 | 3 | 133 |
| 39 | 5 | 2 | 4 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 4 | 4 | 3 | 4 | 3 | 4 | 5 | 5 | 5 | 2 | 4 | 4 | 3 | 4 | 3 | 4 | 5 | 5 | 140 |
| 40 | 3 | 2 | 4 | 4 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 4 | 4 | 3 | 4 | 3 | 4 | 3 | 5 | 3 | 2 | 4 | 4 | 3 | 4 | 3 | 4 | 3 | 5 | 127 |
| 41 | 3 | 2 | 4 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 4 | 4 | 3 | 4 | 3 | 4 | 5 | 5 | 3 | 2 | 4 | 4 | 3 | 4 | 3 | 4 | 5 | 5 | 136 |
| 42 | 5 | 2 | 4 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 4 | 4 | 5 | 4 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 4 | 3 | 4 | 5 | 5 | 130 |
| 43 | 5 | 2 | 4 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 4 | 4 | 5 | 4 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 4 | 3 | 4 | 5 | 5 | 130 |
| 44 | 5 | 2 | 4 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 4 | 4 | 5 | 4 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 4 | 2 | 4 | 5 | 5 | 128 |
| 45 | 5 | 2 | 4 | 4 | 2 | 3 | 4 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 4 | 4 | 5 | 4 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 4 | 2 | 4 | 3 | 5 | 123 |
| 46 | 5 | 2 | 4 | 4 | 2 | 3 | 4 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 111 |
| 47 | 5 | 2 | 4 | 4 | 2 | 3 | 4 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 111 |
| 48 | 5 | 2 | 4 | 4 | 2 | 3 | 4 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 4 | 4 | 2 | 4 | 2 | 4 | 5 | 5 | 5 | 2 | 4 | 4 | 2 | 4 | 2 | 4 | 5 | 5 | 133 |
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| ∑X | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 6807 |

**Variabel Coping Stress (Y)**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **No Responden** | **Nomor Item Peryataan** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  |
| **Total X** |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 1 2 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 |  |
| 1 | 4 | 4 | 5 | 4 | 4 | 4 | 5 | 5 | 4 | 2 | 3 | 4 | 5 | 4 | 4 | 4 | 5 | 5 | 3 | 4 | 4 | 4 | 5 | 4 | 4 | 4 | 5 | 5 | 4 | 5 | 4 | 4 | 5 | 4 | 4 | 4 | 5 | 5 | 4 | 5 | 170 |
| 2 | 4 | 3 | 4 | 5 | 4 | 4 | 5 | 5 | 5 | 2 | 3 | 3 | 4 | 5 | 4 | 4 | 5 | 5 | 3 | 4 | 4 | 3 | 4 | 5 | 4 | 4 | 5 | 5 | 5 | 5 | 4 | 3 | 4 | 5 | 4 | 4 | 5 | 5 | 5 | 5 | 169 |
| 3 | 4 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 4 | 2 | 3 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 4 | 5 | 4 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 4 | 5 | 4 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 4 | 5 | 172 |
| 4 | 4 | 4 | 5 | 5 | 4 | 4 | 5 | 4 | 4 | 2 | 3 | 4 | 5 | 5 | 4 | 4 | 5 | 4 | 4 | 5 | 4 | 4 | 5 | 5 | 4 | 4 | 5 | 4 | 4 | 5 | 4 | 4 | 5 | 5 | 4 | 4 | 5 | 4 | 4 | 5 | 172 |
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| 7 | 4 | 4 | 5 | 4 | 4 | 4 | 5 | 4 | 4 | 2 | 3 | 4 | 5 | 4 | 4 | 4 | 5 | 4 | 4 | 5 | 4 | 4 | 5 | 4 | 4 | 4 | 5 | 4 | 4 | 5 | 4 | 4 | 5 | 4 | 4 | 4 | 5 | 4 | 4 | 5 | 168 |
| 8 | 4 | 4 | 5 | 3 | 2 | 4 | 5 | 4 | 4 | 2 | 3 | 4 | 5 | 4 | 4 | 4 | 5 | 4 | 4 | 5 | 4 | 4 | 5 | 4 | 4 | 4 | 5 | 4 | 4 | 5 | 4 | 4 | 5 | 4 | 4 | 4 | 5 | 4 | 4 | 5 | 165 |
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| 35 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 156 |
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| 44 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 5 | 4 | 4 | 4 | 4 | 5 | 3 | 4 | 3 | 4 | 5 | 2 | 3 | 4 | 4 | 5 | 3 | 4 | 4 | 4 | 3 | 4 | 3 | 4 | 4 | 5 | 3 | 4 | 4 | 4 | 5 | 4 | 156 |
| 45 | 4 | 4 | 4 | 4 | 3 | 4 | 3 | 4 | 5 | 2 | 4 | 4 | 4 | 5 | 5 | 4 | 3 | 4 | 5 | 2 | 3 | 4 | 4 | 5 | 5 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 4 | 5 | 5 | 4 | 3 | 4 | 5 | 2 | 155 |
| 46 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 5 | 2 | 4 | 2 | 3 | 4 | 4 | 4 | 3 | 4 | 5 | 2 | 3 | 4 | 4 | 5 | 4 | 4 | 2 | 3 | 3 | 4 | 3 | 4 | 4 | 5 | 4 | 4 | 4 | 4 | 5 | 2 | 148 |
| 47 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 156 |
| 48 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 2 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 151 |
| 49 | 4 | 2 | 3 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 3 | 4 | 4 | 4 | 3 | 2 | 3 | 4 | 4 | 4 | 4 | 5 | 4 | 4 | 4 | 4 | 3 | 4 | 3 | 4 | 4 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 149 |
| 50 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 5 | 4 | 4 | 4 | 4 | 5 | 3 | 4 | 3 | 4 | 5 | 4 | 4 | 4 | 4 | 5 | 3 | 4 | 4 | 4 | 5 | 2 | 3 | 4 | 4 | 5 | 3 | 4 | 4 | 4 | 5 | 4 | 159 |
| ∑X | | | | | | | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 7776 |

**Lampiran 2: Hasil Output SPSS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Model Summary** | | | | |
| Model | R | R Square | Adjusted R Square | Std. Error of the Estimate |
| 1 | .970a | .942 | .941 | 1.914 |
| a. Predictors: (Constant), Pengelolaan Diri (X) | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **ANOVAa** | | | | | | |
| Model | | Sum of Squares | df | Mean Square | F | Sig. |
| 1 | Regression | 2846.604 | 1 | 2846.604 | 776.896 | .000b |
| Residual | 175.876 | 48 | 3.664 |  |  |
| Total | 3022.480 | 49 |  |  |  |
| a. Dependent Variable: Coping Stress (Y) | | | | | | |
| b. Predictors: (Constant), Pengelolaan Diri (X) | | | | | | |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Coefficientsa** | | | | | | |
| Model | | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. |
| B | Std. Error | Beta |
| 1 | (Constant) | 76.259 | 2.857 |  | 26.696 | .000 |
| Pengelolaan Diri (X) | .582 | .021 | .970 | 27.873 | .000 |
| a. Dependent Variable: Coping Stress (Y) | | | | | | |