

**PERNYATAAN KEASLIAN TULISAN**

Saya yang bertanda tangan di bawah ini :

Nama : Diki Elfira Martianingsih

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Program Studi : Ilmu Keperawatan

Fakultas Kedokteran Universitas Brawijaya,

Menyatakan dengan sebenarnya bahwa Tugas Akhir yang saya tulis ini benar-benar hasil karya saya sendiri, bukan merupakan pengambilalihan tulisan atau pikiran orang lain yang saya aku sebagai tulisan atau pikiran saya sendiri. Apabila di kemudian hari didapatkan bukti bahwa Tugas Akhir ini adalah hasil jiplakan, maka saya bersedia menerima sanksi atas perbuatan tersebut.

Malang, .....2013

Yang membuat pernyataan,

( Diki Elfira Martianingsih )

NIM. 0910720027

## Lampiran 1. Lembar Informasi

## PENJELASAN UNTUK MENGIKUTI PENELITIAN

1. Saya adalah Diki Elfira Martianingsih, mahasiswa Jurusan Ilmu Keperawatan Fakultas Kedokteran Universitas Brawijaya, dengan ini meminta Saudara untuk berpartisipasi dengan sukarela dalam penelitian yang berjudul “Pengaruh Intensitas Akses Jejaring Sosial terhadap Penurunan Tingkat Stres pada Mahasiswa Ilmu Keperawatan Universitas Brawijaya Malang”.
2. Tujuan dari penelitian ini adalah untuk mengetahui pengaruh intensitas akses jejaring sosial dengan tingkat stres mahasiswa Ilmu Keperawatan Universitas Brawijaya Malang.
3. Prosedur pengambilan data pada sampel dalam penelitian ini menggunakan kueioner. Responden diminta untuk mengisi tentang data demografis, kepemilikan dan akses jejaring sosial, serta perasaan stres yang dialami. Pengambilan data dalam penelitian ini membutuhkan waktu kurang lebih 30 menit.
4. Penelitian ini memberi manfaat dalam melakukan metode alternative koping stres melalui jejaring sosial serta mengetahui pengaruh intensitas akses jejaring sosial terhadap penurunan tingkat stres mahasiswa.
5. Jika Saudara tidak menyetujui cara yang dilakukan dalam penelitian ini, maka Saudara berhak tidak mengikuti penelitian ini sama sekali dan tidak dikenai sanksi apa pun.
6. Nama dan jati diri Saudara tidak akan dipublikasikan.

Peneliti

Diki Elfira Martianingsih

NIM. 090720027

Lampiran 2. Lembar Persetujuan Menjadi Responden

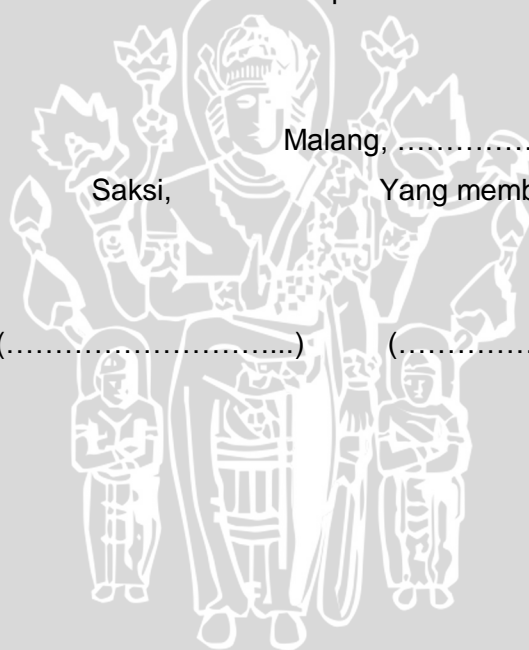
LEMBAR PERSETUJUAN MENJADI RESPONDEN PENELITIAN

Saya yang bertanda tangan di bawah ini menyatakan bahwa :

1. Saya telah memahami tentang tujuan, manfaat, prosedur, resiko, serta hak saya sebagai responden dari penelitian ini seperti yang telah disampaikan oleh peneliti.
2. Saya menyatakan, dengan ini bersedia/ tidak bersedia\* tanpa paksaan untuk ikut serta menjadi salah satu responden dalam penelitian yang berjudul “Pengaruh Intensitas Akses Jejaring Sosial terhadap Penurunan Tingkat Stres pada Mahasiswa Ilmu Keperawatan Universitas Brawijaya Malang”

Peneliti, (Diki Elfira M. ) NIM. 0910720027  
 Saksi, (.....)  
 Yang membuat pernyataan, Malang, .....2013

\*coret yang tidak perlu





Lampiran 3. Lembar Kuesioner Data Demografi

Nama Initial : Angkatan :  
 Semester : Kelas : Reguler/ K3LN  
 Jenis kelamin : perempuan/ Laki-laki Usia :  
 Daerah asal : Kos/ kontrak/ rumah/ lain-lain: .....

Pada satu minggu terakhir ini, apakah Saudara merasa mengalami tekanan atau mendapatkan masalah selama menjadi mahasiswa Ilmu Keperawatan ?

- ( ) iya
- ( ) Tidak

Jika iya, mohon tuliskan masalah yang Saudara hadapi menurut pengalaman Saudara (misalnya, masalah karena keluarga yang sakit, masalah nilai mata kuliah yang tidak terlalu baik):

- a.....
- b.....
- c.....
- d.....
- e.....

Mohon urutkan masalah yang Saudara hadapi di atas berdasarkan yang paling membuat Saudara merasa tertekan karenanya :

.....



## Lampiran 4. Kuesioner Tingkat Stres

Kuesioner ini terdiri dari berbagai pernyataan yang sesuai dengan pengalaman Saudara dalam menghadapi situasi hidup sehari-hari. Terdapat empat pilihan jawaban yang disediakan untuk setiap pernyataan yaitu:

- 0 : Tidak sesuai dengan responden sama sekali (tidak pernah)  
 1 : Sesuai dengan responden sampai tingkat tertentu (kadang-kadang)  
 2 : Sesuai dengan responden pada tingkat yang masih dapat dipertimbangkan (sering dirasakan)  
 3 : Sangat sesuai dengan responden (hampir setiap saat/ selalu)

Selanjutnya, Saudara diminta untuk menjawab dengan cara **memberi tanda centang (V)** pada salah satu kolom yang paling sesuai dengan pengalaman Saudara selama seminggu ini. Tidak ada jawaban yang benar ataupun salah, karena itu isilah sesuai dengan keadaan diri Saudara yang sesungguhnya, yaitu berdasarkan jawaban pertama yang terlintas dalam pikiran Saudara.

| No  | PERNYATAAN  | 0 | 1 | 2 | 3 |
|-----|---|---|---|---|---|
|     | Ketika saya mendapatkan banyak masalah dan/atau tekanan yang terjadi selama menjadi mahasiswa Ilmu Keperawatan selama seminggu terakhir ini, saya : |   |   |   |   |
| 1.  | Saya merasa bahwa diri saya menjadi marah karena hal-hal sepele.  |   |   |   |   |
| 2.  | Saya cenderung bereaksi berlebihan terhadap suatu situasi.  |   |   |   |   |
| 3.  | Saya merasa sulit untuk bersantai.  |   |   |   |   |
| 4.  | Saya menemukan diri saya mudah merasa kesal.  |   |   |   |   |
| 5.  | Saya merasa telah menghabiskan banyak energi untuk merasa cemas.  |   |   |   |   |
| 6.  | Saya menemukan diri saya menjadi tidak sabar ketika mengalami penundaan (misalnya: kemacetan lalu lintas, menunggu sesuatu).                        |   |   |   |   |
| 7.  | Saya merasa bahwa saya mudah tersinggung.   |   |   |   |   |
| 8.  | Saya merasa sulit untuk beristirahat.   |   |   |   |   |
| 9.  | Saya merasa bahwa saya sangat mudah marah.  |   |   |   |   |
| 10. | Saya merasa sulit untuk tenang setelah sesuatu membuat saya kesal.  |   |   |   |   |
| 11. | Saya sulit untuk sabar dalam menghadapi gangguan terhadap hal yang sedang saya lakukan.   |   |   |   |   |
| 12. | Saya sedang merasa gelisah.   |   |   |   |   |
| 13. | Saya tidak dapat memaklumi hal apapun yang menghalangi saya untuk menyelesaikan hal yang sedang saya lakukan.                                       |   |   |   |   |
| 14. | Saya menemukan diri saya mudah gelisah.   |   |   |   |   |

## Lampiran 5. Kuesioner Akses Jejaring Sosial

1. Apakah anda memiliki akun jejaring sosial (Facebook, twitter, blogger, dan sebagainya)?

( ) Ya ( ) Tidak

Jika tidak, maka Saudara tidak perlu mengisi pertanyaan selanjutnya.

2. Sejak kapan anda memilikinya ?

( ) SD ( ) SMP ( ) SMA ( ) Kuliah

3. Anda mengakses jejaring :

(1) setiap hari (3) 2 hari sekali (5) 3 hari sekali (7) 4 hari sekali  
(2) saat mengalami masalah (4) saat ingin saja (6) lain-  
lain : .....

4. Berapa kali anda mengakses jejaring sosial dalam sehari (misal: 3-5kali,2 kali sehari, dan seterusnya )?

.....

5. Berapa lama Anda mengakses jejaring sosial dalam satu kali akses (misal : 5 menit, 2 jam, 3-4 jam, dan seterusnya)?

.....

6. Mengapa Anda mengakses jejaring sosial ?

(1) berbagi cerita (4) berbagi dan/ atau mencari informasi  
(2) mengungkapkan perasaan (5) membaca kabar dari teman  
(3) mengunggah foto, video, dan multimedia lain  
(6) lain – lain (sebutkan) .....

7. Bagaimana perasaan Anda setelah mengakses jejaring sosial ?

.....



Lampiran 6. Data Hasil Penelitian Skor Stres dan Akses Jejaring Sosial

| Skor Stres Pre | Skor Stres Pos | Frekuensi pre | Frekuensi Pos | Lama Pre | Lama Pos |
|----------------|----------------|---------------|---------------|----------|----------|
| 14             | 11             | 3             | 3             | 15       | 15       |
| 15             | 11             | 5             | 5             | 120      | 30       |
| 15             | 16             | 6             | 6             | 5        | 5        |
| 15             | 12             | 6             | 6             | 30       | 2        |
| 22             | 21             | 3             | 3             | 3        | 3        |
| 25             | 18             | 2             | 1             | 1440     | 1440     |
| 25             | 17             | 1             | 1             | 60       | 60       |
| 12             | 16             | 2             | 1             | 15       | 60       |
| 19             | 16             | 1             | 5             | 300      | 60       |
| 15             | 13             | 1             | 1             | 15       | 60       |
| 19             | 26             | 2             | 2             | 60       | 120      |
| 10             | 14             | 1             | 1             | 15       | 15       |
| 9              | 10             | 1             | 3             | 10       | 15       |
| 28             | 22             | 10            | 10            | 10       | 10       |
| 13             | 12             | 2             | 2             | 120      | 120      |
| 23             | 22             | 2             | 2             | 60       | 10       |
| 10             | 11             | 2             | 2             | 90       | 60       |
| 16             | 15             | 2             | 2             | 60       | 60       |
| 11             | 10             | 3             | 3             | 120      | 120      |
| 7              | 9              | 5             | 5             | 120      | 60       |
| 24             | 22             | 3             | 3             | 240      | 240      |
| 9              | 10             | 1             | 1             | 15       | 15       |
| 40             | 35             | 1             | 1             | 120      | 120      |
| 24             | 22             | 3             | 3             | 15       | 15       |
| 26             | 22             | 3             | 3             | 30       | 30       |
| 12             | 11             | 3             | 3             | 10       | 10       |
| 17             | 19             | 3             | 3             | 5        | 5        |
| 19             | 23             | 5             | 5             | 60       | 60       |
| 15             | 17             | 5             | 5             | 20       | 20       |
| 21             | 21             | 1             | 1             | 30       | 30       |
| 17             | 19             | 1             | 1             | 180      | 180      |
| 5              | 9              | 1             | 1             | 15       | 15       |
| 28             | 25             | 3             | 3             | 10       | 120      |
| 21             | 3              | 3             | 5             | 5        | 10       |
| 9              | 8              | 1             | 1             | 3        | 3        |
| 7              | 3              | 3             | 3             | 5        | 5        |

|    |    |   |   |     |     |
|----|----|---|---|-----|-----|
| 6  | 5  | 3 | 3 | 5   | 60  |
| 24 | 21 | 5 | 5 | 120 | 120 |
| 31 | 28 | 5 | 5 | 30  | 30  |
| 18 | 11 | 1 | 1 | 5   | 5   |
| 12 | 9  | 1 | 2 | 120 | 60  |
| 25 | 3  | 2 | 2 | 10  | 10  |
| 13 | 28 | 4 | 5 | 60  | 60  |
| 12 | 7  | 2 | 3 | 5   | 10  |
| 16 | 9  | 2 | 4 | 10  | 10  |
| 24 | 16 | 2 | 2 | 10  | 30  |
| 16 | 15 | 4 | 1 | 720 | 5   |
| 22 | 12 | 1 | 1 | 120 | 5   |
| 26 | 24 | 3 | 3 | 60  | 60  |
| 16 | 9  | 1 | 1 | 120 | 120 |
| 9  | 13 | 2 | 2 | 30  | 30  |
| 29 | 27 | 5 | 2 | 200 | 5   |
| 23 | 18 | 3 | 3 | 30  | 30  |
| 32 | 38 | 1 | 1 | 30  | 30  |
| 21 | 24 | 1 | 1 | 120 | 240 |
| 19 | 17 | 2 | 3 | 60  | 60  |
| 16 | 18 | 2 | 2 | 5   | 5   |
| 15 | 14 | 3 | 3 | 120 | 120 |
| 21 | 18 | 2 | 2 | 10  | 5   |
| 10 | 2  | 1 | 1 | 60  | 60  |
| 22 | 18 | 3 | 3 | 10  | 60  |
| 15 | 18 | 3 | 3 | 120 | 30  |
| 26 | 6  | 3 | 3 | 10  | 60  |
| 20 | 11 | 4 | 1 | 30  | 30  |
| 17 | 10 | 3 | 3 | 5   | 5   |
| 20 | 11 | 3 | 3 | 10  | 5   |
| 24 | 17 | 4 | 4 | 60  | 60  |
| 30 | 29 | 2 | 1 | 120 | 60  |
| 6  | 2  | 5 | 3 | 10  | 120 |
| 21 | 1  | 1 | 1 | 180 | 180 |
| 7  | 5  | 1 | 2 | 120 | 180 |
| 15 | 17 | 1 | 1 | 60  | 60  |
| 14 | 14 | 3 | 3 | 5   | 15  |
| 18 | 18 | 1 | 1 | 60  | 60  |
| 9  | 17 | 1 | 1 | 120 | 30  |
| 2  | 1  | 3 | 3 | 120 | 120 |
| 11 | 7  | 1 | 1 | 120 | 120 |





|    |    |    |    |     |     |
|----|----|----|----|-----|-----|
| 16 | 7  | 7  | 5  | 45  | 10  |
| 12 | 19 | 2  | 4  | 180 | 180 |
| 36 | 31 | 5  | 5  | 15  | 15  |
| 11 | 7  | 5  | 5  | 60  | 60  |
| 16 | 6  | 5  | 5  | 10  | 10  |
| 4  | 16 | 5  | 1  | 60  | 5   |
| 28 | 27 | 2  | 4  | 120 | 120 |
| 19 | 25 | 6  | 5  | 40  | 10  |
| 23 | 20 | 2  | 1  | 210 | 120 |
| 11 | 10 | 1  | 1  | 5   | 5   |
| 19 | 17 | 4  | 4  | 180 | 180 |
| 28 | 16 | 3  | 3  | 5   | 5   |
| 17 | 15 | 5  | 3  | 5   | 10  |
| 28 | 22 | 4  | 3  | 60  | 15  |
| 22 | 17 | 1  | 2  | 30  | 30  |
| 18 | 12 | 3  | 3  | 60  | 180 |
| 21 | 19 | 1  | 1  | 15  | 15  |
| 19 | 16 | 3  | 3  | 180 | 180 |
| 10 | 13 | 2  | 4  | 20  | 30  |
| 16 | 22 | 3  | 5  | 5   | 60  |
| 20 | 21 | 1  | 1  | 60  | 60  |
| 17 | 14 | 1  | 1  | 15  | 15  |
| 12 | 5  | 2  | 10 | 120 | 10  |
| 13 | 12 | 2  | 1  | 120 | 120 |
| 20 | 18 | 1  | 1  | 60  | 60  |
| 13 | 15 | 2  | 2  | 15  | 15  |
| 7  | 10 | 1  | 1  | 120 | 180 |
| 5  | 7  | 5  | 1  | 15  | 15  |
| 12 | 31 | 5  | 5  | 15  | 15  |
| 11 | 12 | 1  | 1  | 10  | 10  |
| 17 | 21 | 1  | 10 | 15  | 60  |
| 11 | 9  | 3  | 3  | 120 | 120 |
| 20 | 22 | 1  | 2  | 120 | 120 |
| 16 | 14 | 2  | 2  | 120 | 120 |
| 20 | 13 | 10 | 4  | 15  | 60  |
| 24 | 21 | 1  | 2  | 5   | 2   |
| 13 | 14 | 2  | 2  | 120 | 120 |
| 23 | 21 | 2  | 3  | 5   | 5   |
| 17 | 1  | 2  | 2  | 120 | 120 |
| 21 | 19 | 1  | 1  | 60  | 60  |
| 30 | 29 | 1  | 1  | 2   | 60  |

|    |    |    |    |     |     |
|----|----|----|----|-----|-----|
| 7  | 6  | 1  | 1  | 5   | 5   |
| 15 | 14 | 1  | 2  | 180 | 120 |
| 18 | 3  | 3  | 2  | 30  | 60  |
| 32 | 9  | 1  | 1  | 5   | 5   |
| 15 | 9  | 3  | 3  | 30  | 30  |
| 18 | 16 | 3  | 3  | 180 | 180 |
| 23 | 20 | 3  | 3  | 180 | 180 |
| 15 | 13 | 10 | 10 | 10  | 10  |
| 14 | 7  | 3  | 3  | 120 | 180 |
| 18 | 17 | 3  | 3  | 5   | 5   |
| 8  | 5  | 5  | 1  | 15  | 15  |
| 23 | 12 | 1  | 1  | 60  | 60  |
| 40 | 35 | 5  | 3  | 2   | 15  |
| 39 | 38 | 1  | 2  | 15  | 120 |
| 17 | 11 | 1  | 5  | 5   | 5   |
| 35 | 33 | 1  | 1  | 180 | 180 |
| 20 | 14 | 3  | 3  | 120 | 120 |
| 9  | 4  | 3  | 3  | 30  | 30  |
| 14 | 6  | 5  | 3  | 5   | 120 |
| 25 | 21 | 2  | 2  | 30  | 30  |
| 15 | 12 | 2  | 2  | 60  | 60  |
| 6  | 2  | 3  | 3  | 5   | 5   |
| 19 | 22 | 3  | 3  | 10  | 10  |
| 14 | 8  | 3  | 3  | 60  | 120 |
| 18 | 16 | 6  | 3  | 2   | 2   |
| 24 | 20 | 3  | 2  | 180 | 120 |
| 16 | 19 | 2  | 2  | 120 | 120 |
| 19 | 28 | 4  | 3  | 30  | 30  |
| 23 | 21 | 1  | 1  | 60  | 30  |
| 16 | 19 | 1  | 1  | 120 | 120 |
| 14 | 11 | 2  | 1  | 60  | 30  |
| 20 | 10 | 2  | 3  | 30  | 15  |
| 30 | 28 | 3  | 3  | 120 | 120 |
| 13 | 12 | 2  | 2  | 120 | 120 |
| 6  | 8  | 3  | 3  | 10  | 15  |
| 13 | 18 | 10 | 10 | 60  | 60  |
| 16 | 13 | 1  | 1  | 15  | 15  |
| 17 | 15 | 2  | 3  | 60  | 60  |
| 14 | 12 | 2  | 2  | 60  | 60  |
| 23 | 22 | 1  | 1  | 120 | 120 |
| 13 | 12 | 1  | 1  | 5   | 5   |

|    |    |    |    |     |     |
|----|----|----|----|-----|-----|
| 8  | 5  | 2  | 2  | 60  | 60  |
| 18 | 19 | 1  | 1  | 5   | 10  |
| 31 | 29 | 1  | 1  | 180 | 180 |
| 9  | 3  | 1  | 1  | 15  | 15  |
| 22 | 17 | 1  | 1  | 5   | 5   |
| 17 | 16 | 2  | 3  | 30  | 30  |
| 15 | 13 | 1  | 1  | 120 | 60  |
| 10 | 6  | 1  | 1  | 5   | 5   |
| 15 | 14 | 5  | 1  | 15  | 15  |
| 17 | 14 | 1  | 1  | 10  | 15  |
| 12 | 14 | 1  | 3  | 180 | 15  |
| 11 | 12 | 1  | 5  | 15  | 10  |
| 13 | 14 | 3  | 3  | 5   | 5   |
| 16 | 14 | 1  | 1  | 15  | 15  |
| 31 | 27 | 2  | 2  | 5   | 5   |
| 20 | 20 | 1  | 1  | 60  | 60  |
| 10 | 9  | 15 | 15 | 5   | 5   |
| 12 | 7  | 3  | 3  | 5   | 5   |
| 27 | 28 | 8  | 8  | 5   | 5   |
| 17 | 9  | 21 | 21 | 5   | 5   |
| 18 | 16 | 2  | 2  | 30  | 5   |
| 12 | 15 | 2  | 2  | 10  | 10  |
| 10 | 4  | 3  | 3  | 5   | 30  |
| 16 | 28 | 3  | 3  | 45  | 45  |
| 14 | 15 | 2  | 2  | 60  | 60  |
| 5  | 3  | 2  | 2  | 60  | 60  |
| 13 | 16 | 3  | 3  | 60  | 60  |
| 11 | 16 | 3  | 3  | 60  | 180 |
| 18 | 11 | 1  | 1  | 180 | 15  |
| 19 | 14 | 3  | 2  | 5   | 5   |
| 15 | 17 | 3  | 3  | 30  | 30  |
| 15 | 11 | 1  | 1  | 60  | 5   |
| 6  | 2  | 1  | 1  | 60  | 60  |
| 16 | 13 | 3  | 3  | 60  | 60  |
| 8  | 10 | 3  | 3  | 10  | 20  |
| 20 | 20 | 3  | 3  | 5   | 30  |
| 6  | 8  | 5  | 5  | 30  | 30  |
| 11 | 13 | 1  | 1  | 60  | 60  |
| 33 | 33 | 1  | 1  | 60  | 60  |
| 22 | 22 | 1  | 1  | 10  | 10  |
| 11 | 10 | 10 | 10 | 15  | 15  |



|    |    |    |    |     |     |
|----|----|----|----|-----|-----|
| 25 | 26 | 2  | 2  | 5   | 5   |
| 29 | 25 | 1  | 1  | 60  | 60  |
| 22 | 15 | 1  | 1  | 15  | 5   |
| 10 | 10 | 1  | 1  | 15  | 15  |
| 16 | 13 | 1  | 1  | 10  | 10  |
| 16 | 19 | 10 | 10 | 5   | 5   |
| 26 | 24 | 1  | 1  | 60  | 60  |
| 25 | 22 | 1  | 1  | 30  | 30  |
| 20 | 23 | 1  | 1  | 5   | 5   |
| 32 | 31 | 2  | 2  | 30  | 30  |
| 25 | 24 | 3  | 3  | 60  | 60  |
| 8  | 9  | 1  | 1  | 30  | 30  |
| 20 | 23 | 1  | 1  | 5   | 5   |
| 32 | 31 | 2  | 2  | 30  | 30  |
| 25 | 29 | 3  | 3  | 60  | 30  |
| 23 | 32 | 1  | 2  | 60  | 30  |
| 9  | 6  | 1  | 1  | 120 | 15  |
| 18 | 23 | 2  | 2  | 5   | 5   |
| 13 | 15 | 1  | 1  | 60  | 60  |
| 24 | 26 | 1  | 1  | 30  | 30  |
| 14 | 18 | 6  | 6  | 30  | 60  |
| 15 | 7  | 3  | 4  | 15  | 15  |
| 26 | 25 | 3  | 3  | 15  | 15  |
| 24 | 24 | 3  | 3  | 240 | 240 |
| 28 | 22 | 1  | 1  | 120 | 120 |
| 13 | 2  | 10 | 1  | 10  | 15  |
| 13 | 15 | 3  | 1  | 5   | 60  |
| 20 | 15 | 1  | 1  | 60  | 60  |
| 24 | 23 | 5  | 3  | 10  | 10  |
| 10 | 16 | 1  | 1  | 120 | 120 |



Lampiran 7. Data Uji Validitas dan Reliabilitas DASS dengan SPSS 17.0 for Windows

**Correlations**

|                                      | P1     | P2     | P3     | P4     | P5     | P6     | P7     | P8     | P9     | P10    | P11   | P12    | P13   | P14    | total   |
|--------------------------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|--------|-------|--------|---------|
| P1 Pearson Correlation               | 1      | .370*  | .049   | .492** | .284   | .101   | .627** | .149   | .609** | .274   | .060  | .495** | .465* | .128   | .568**  |
| P1 Sig. (2-tailed)                   |        | .048   | .800   | .007   | .136   | .601   | .000   | .440   | .000   | .150   | .759  | .006   | .011  | .509   | .001    |
| P1 Sum of Squares and Cross-products | 20.690 | 8.379  | .966   | 10.069 | 5.655  | 2.069  | 12.586 | 3.103  | 13.000 | 6.276  | .897  | 9.000  | 7.724 | 2.379  | 102.793 |
| P1 Covariance                        | .739   | .299   | .034   | .360   | .202   | .074   | .450   | .111   | .464   | .224   | .032  | .321   | .276  | .085   | 3.671   |
| P1 N                                 | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29    | 29     | 29    | 29     | 29      |
| P2 Pearson Correlation               | .370*  | 1      | .277   | .632** | .244   | .140   | .418*  | .141   | .300   | .581** | .170  | .000   | .355  | .479** | .579**  |
| P2 Sig. (2-tailed)                   | .048   |        | .146   | .000   | .203   | .468   | .024   | .466   | .114   | .001   | .379  | 1.000  | .059  | .009   | .001    |
| P2 Sum of Squares and Cross-products | 8.379  | 24.759 | 5.931  | 14.138 | 5.310  | 3.138  | 9.172  | 3.207  | 7.000  | 14.552 | 2.793 | .000   | 6.448 | 9.759  | 114.586 |
| P2 Covariance                        | .299   | .884   | .212   | .505   | .190   | .112   | .328   | .115   | .250   | .520   | .100  | .000   | .230  | .349   | 4.092   |
| P2 N                                 | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29    | 29     | 29    | 29     | 29      |
| P3 Pearson Correlation               | .049   | .277   | 1      | .356   | .346   | .511** | .243   | .474** | .247   | .350   | .467* | .290   | .154  | .336   | .556**  |
| P3 Sig. (2-tailed)                   | .800   | .146   |        | .058   | .066   | .005   | .204   | .009   | .196   | .063   | .011  | .127   | .426  | .074   | .002    |
| P3 Sum of Squares and Cross-products | .966   | 5.931  | 18.552 | 6.897  | 6.517  | 9.897  | 4.621  | 9.345  | 5.000  | 7.586  | 6.655 | 5.000  | 2.414 | 5.931  | 95.310  |
| P3 Covariance                        | .034   | .212   | .663   | .246   | .233   | .353   | .165   | .334   | .179   | .271   | .238  | .179   | .086  | .212   | 3.404   |
| P3 N                                 | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29    | 29     | 29    | 29     | 29      |
| P4 Pearson Correlation               | .492** | .632** | .356   | 1      | .608** | .456*  | .694** | .258   | .522** | .567** | .315  | .334   | .315  | .605** | .796**  |
| P4 Sig. (2-tailed)                   | .007   | .000   | .058   |        | .000   | .013   | .000   | .177   | .004   | .001   | .096  | .077   | .096  | .001   | .000    |
| P4 Sum of Squares and Cross-products | 10.069 | 14.138 | 6.897  | 20.207 | 11.966 | 9.207  | 13.759 | 5.310  | 11.000 | 12.828 | 4.690 | 6.000  | 5.172 | 11.138 | 142.379 |

|    |                                   |        |       |        |        |        |        |        |        |        |        |        |        |       |        |         |
|----|-----------------------------------|--------|-------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|--------|---------|
|    | Covariance                        | .360   | .505  | .246   | .722   | .427   | .329   | .491   | .190   | .393   | .458   | .167   | .214   | .185  | .398   | 5.085   |
|    | N                                 | 29     | 29    | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29    | 29     | 29      |
| P5 | Pearson Correlation               | .284   | .244  | .346   | .608** | 1      | .506** | .270   | .222   | .243   | .538** | .314   | .285   | .322  | .519** | .626**  |
|    | Sig. (2-tailed)                   | .136   | .203  | .066   | .000   |        | .005   | .157   | .247   | .203   | .003   | .097   | .133   | .089  | .004   | .000    |
|    | Sum of Squares and Cross-products | 5.655  | 5.310 | 6.517  | 11.966 | 19.172 | 9.966  | 5.207  | 4.448  | 5.000  | 11.862 | 4.552  | 5.000  | 5.138 | 9.310  | 109.103 |
|    | Covariance                        | .202   | .190  | .233   | .427   | .685   | .356   | .186   | .159   | .179   | .424   | .163   | .179   | .183  | .333   | 3.897   |
|    | N                                 | 29     | 29    | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29    | 29     | 29      |
| P6 | Pearson Correlation               | .101   | .140  | .511** | .456*  | .506** | 1      | .391*  | .404*  | .332   | .390*  | .584** | .389*  | .376* | .605** | .667**  |
|    | Sig. (2-tailed)                   | .601   | .468  | .005   | .013   | .005   |        | .036   | .030   | .078   | .036   | .001   | .037   | .044  | .001   | .000    |
|    | Sum of Squares and Cross-products | 2.069  | 3.138 | 9.897  | 9.207  | 9.966  | 20.207 | 7.759  | 8.310  | 7.000  | 8.828  | 8.690  | 7.000  | 6.172 | 11.138 | 119.379 |
|    | Covariance                        | .074   | .112  | .353   | .329   | .356   | .722   | .277   | .297   | .250   | .315   | .310   | .250   | .220  | .398   | 4.264   |
|    | N                                 | 29     | 29    | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29    | 29     | 29      |
| P7 | Pearson Correlation               | .627** | .418* | .243   | .694** | .270   | .391*  | 1      | .254   | .870** | .407*  | .401*  | .510** | .371* | .397*  | .756**  |
|    | Sig. (2-tailed)                   | .000   | .024  | .204   | .000   | .157   | .036   |        | .183   | .000   | .028   | .031   | .005   | .048  | .033   | .000    |
|    | Sum of Squares and Cross-products | 12.586 | 9.172 | 4.621  | 13.759 | 5.207  | 7.759  | 19.448 | 5.138  | 18.000 | 9.034  | 5.862  | 9.000  | 5.966 | 7.172  | 132.724 |
|    | Covariance                        | .450   | .328  | .165   | .491   | .186   | .277   | .695   | .183   | .643   | .323   | .209   | .321   | .213  | .256   | 4.740   |
|    | N                                 | 29     | 29    | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29    | 29     | 29      |
| P8 | Pearson Correlation               | .149   | .141  | .474** | .258   | .222   | .404*  | .254   | 1      | .326   | .314   | .266   | .328   | .405* | .491** | .549**  |
|    | Sig. (2-tailed)                   | .440   | .466  | .009   | .177   | .247   | .030   | .183   |        | .084   | .097   | .163   | .083   | .029  | .007   | .002    |
|    | Sum of Squares and Cross-products | 3.103  | 3.207 | 9.345  | 5.310  | 4.448  | 8.310  | 5.138  | 20.966 | 7.000  | 7.241  | 4.034  | 6.000  | 6.759 | 9.207  | 100.069 |
|    | Covariance                        | .111   | .115  | .334   | .190   | .159   | .297   | .183   | .749   | .250   | .259   | .144   | .214   | .241  | .329   | 3.574   |
|    | N                                 | 29     | 29    | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29     | 29    | 29     | 29      |
| P9 | Pearson Correlation               | .609** | .300  | .247   | .522** | .243   | .332   | .870** | .326   | 1      | .381   | .322   | .586** | .468  | .365   | .723**  |



|     |                                   |        |        |       |        |        |        |        |       |        |        |        |        |        |        |         |
|-----|-----------------------------------|--------|--------|-------|--------|--------|--------|--------|-------|--------|--------|--------|--------|--------|--------|---------|
|     | Sig. (2-tailed)                   | .000   | .114   | .196  | .004   | .203   | .078   | .000   | .084  |        | .041   | .089   | .001   | .011   | .052   | .000    |
|     | Sum of Squares and Cross-products | 13.000 | 7.000  | 5.000 | 11.000 | 5.000  | 7.000  | 18.000 | 7.000 | 22.000 | 9.000  | 5.000  | 11.000 | 8.000  | 7.000  | 135.000 |
|     | Covariance                        | .464   | .250   | .179  | .393   | .179   | .250   | .643   | .250  | .786   | .321   | .179   | .393   | .286   | .250   | 4.821   |
|     | N                                 | 29     | 29     | 29    | 29     | 29     | 29     | 29     | 29    | 29     | 29     | 29     | 29     | 29     | 29     | 29      |
| P10 | Pearson Correlation               | .274   | .581** | .350  | .567** | .538** | .390*  | .407*  | .314  | .381*  | 1      | .466*  | .248   | .528** | .658** | .742**  |
|     | Sig. (2-tailed)                   | .150   | .001   | .063  | .001   | .003   | .036   | .028   | .097  | .041   |        | .011   | .194   | .003   | .000   | .000    |
|     | Sum of Squares and Cross-products | 6.276  | 14.552 | 7.586 | 12.828 | 11.862 | 8.828  | 9.034  | 7.241 | 9.000  | 25.310 | 7.759  | 5.000  | 9.690  | 13.552 | 148.517 |
|     | Covariance                        | .224   | .520   | .271  | .458   | .424   | .315   | .323   | .259  | .321   | .904   | .277   | .179   | .346   | .484   | 5.304   |
|     | N                                 | 29     | 29     | 29    | 29     | 29     | 29     | 29     | 29    | 29     | 29     | 29     | 29     | 29     | 29     | 29      |
| P11 | Pearson Correlation               | .060   | .170   | .467* | .315   | .314   | .584** | .401*  | .266  | .322   | .466*  | 1      | .226   | .351   | .501** | .576**  |
|     | Sig. (2-tailed)                   | .759   | .379   | .011  | .096   | .097   | .001   | .031   | .163  | .089   | .011   |        | .237   | .062   | .006   | .001    |
|     | Sum of Squares and Cross-products | .897   | 2.793  | 6.655 | 4.690  | 4.552  | 8.690  | 5.862  | 4.034 | 5.000  | 7.759  | 10.966 | 3.000  | 4.241  | 6.793  | 75.931  |
|     | Covariance                        | .032   | .100   | .238  | .167   | .163   | .310   | .209   | .144  | .179   | .277   | .392   | .107   | .151   | .243   | 2.712   |
|     | N                                 | 29     | 29     | 29    | 29     | 29     | 29     | 29     | 29    | 29     | 29     | 29     | 29     | 29     | 29     | 29      |
| P12 | Pearson Correlation               | .495** | .000   | .290  | .334   | .285   | .389*  | .510** | .328  | .586** | .248   | .226   | 1      | .411*  | .366   | .590**  |
|     | Sig. (2-tailed)                   | .006   | 1.000  | .127  | .077   | .133   | .037   | .005   | .083  | .001   | .194   | .237   |        | .027   | .051   | .001    |
|     | Sum of Squares and Cross-products | 9.000  | .000   | 5.000 | 6.000  | 5.000  | 7.000  | 9.000  | 6.000 | 11.000 | 5.000  | 3.000  | 16.000 | 6.000  | 6.000  | 94.000  |
|     | Covariance                        | .321   | .000   | .179  | .214   | .179   | .250   | .321   | .214  | .393   | .179   | .107   | .571   | .214   | .214   | 3.357   |
|     | N                                 | 29     | 29     | 29    | 29     | 29     | 29     | 29     | 29    | 29     | 29     | 29     | 29     | 29     | 29     | 29      |
| P13 | Pearson Correlation               | .465*  | .355   | .154  | .315   | .322   | .376*  | .371*  | .405* | .468*  | .528** | .351   | .411*  | 1      | .365   | .637**  |
|     | Sig. (2-tailed)                   | .011   | .059   | .426  | .096   | .089   | .044   | .048   | .029  | .011   | .003   | .062   | .027   |        | .052   | .000    |
|     | Sum of Squares and Cross-products | 7.724  | 6.448  | 2.414 | 5.172  | 5.138  | 6.172  | 5.966  | 6.759 | 8.000  | 9.690  | 4.241  | 6.000  | 13.310 | 5.448  | 92.483  |

|       |                                   |         |         |        |         |         |         |         |         |         |         |        |        |        |         |          |
|-------|-----------------------------------|---------|---------|--------|---------|---------|---------|---------|---------|---------|---------|--------|--------|--------|---------|----------|
|       | Covariance                        | .276    | .230    | .086   | .185    | .183    | .220    | .213    | .241    | .286    | .346    | .151   | .214   | .475   | .195    | 3.303    |
|       | N                                 | 29      | 29      | 29     | 29      | 29      | 29      | 29      | 29      | 29      | 29      | 29     | 29     | 29     | 29      | 29       |
| P14   | Pearson Correlation               | .128    | .479**  | .336   | .605**  | .519**  | .605**  | .397    | .491**  | .365    | .658**  | .501** | .366   | .365   | 1       | .746**   |
|       | Sig. (2-tailed)                   | .509    | .009    | .074   | .001    | .004    | .001    | .033    | .007    | .052    | .000    | .006   | .051   | .052   |         | .000     |
|       | Sum of Squares and Cross-products | 2.379   | 9.759   | 5.931  | 11.138  | 9.310   | 11.138  | 7.172   | 9.207   | 7.000   | 13.552  | 6.793  | 6.000  | 5.448  | 16.759  | 121.586  |
|       | Covariance                        | .085    | .349    | .212   | .398    | .333    | .398    | .256    | .329    | .250    | .484    | .243   | .214   | .195   | .599    | 4.342    |
|       | N                                 | 29      | 29      | 29     | 29      | 29      | 29      | 29      | 29      | 29      | 29      | 29     | 29     | 29     | 29      | 29       |
| Total | Pearson Correlation               | .568**  | .579**  | .556** | .796**  | .626**  | .667**  | .756**  | .549**  | .723**  | .742**  | .576** | .590** | .637** | .746**  | 1        |
|       | Sig. (2-tailed)                   | .001    | .001    | .002   | .000    | .000    | .000    | .000    | .002    | .000    | .000    | .001   | .001   | .000   | .000    |          |
|       | Sum of Squares and Cross-products | 102.793 | 114.586 | 95.310 | 142.379 | 109.103 | 119.379 | 132.724 | 100.069 | 135.000 | 148.517 | 75.931 | 94.000 | 92.483 | 121.586 | 1583.862 |
|       | Covariance                        | 3.671   | 4.092   | 3.404  | 5.085   | 3.897   | 4.264   | 4.740   | 3.574   | 4.821   | 5.304   | 2.712  | 3.357  | 3.303  | 4.342   | 56.567   |
|       | N                                 | 29      | 29      | 29     | 29      | 29      | 29      | 29      | 29      | 29      | 29      | 29     | 29     | 29     | 29      | 29       |

\*. Correlation is significant at the 0.05 level (2-tailed).

\*\* . Correlation is significant at the 0.01 level (2-tailed).

**Reliability Statistics**

| Cronbach's Alpha | Cronbach's Alpha Based on Standardized Items | N of Items |
|------------------|--|------------|
| .874             | .926   | 16         |

**Summary Item Statistics**

|                         | Mean  | Minimum | Maximum | Range  | Maximum / Minimum | Variance | N of Items |
|-------------------------|-------|---------|---------|--------|-------------------|----------|------------|
| Item Means              | 2.009 | .759    | 8.241   | 7.483  | 10.864            | 5.568    | 16         |
| Item Variances          | 2.558 | .392    | 17.404  | 17.012 | 44.440            | 26.613   | 16         |
| Inter-Item Covariances  | .772  | .000    | 12.615  | 12.615 | 1.000E20          | 1.804    | 16         |
| Inter-Item Correlations | .439  | .000    | .870    | .870   | 1.000E20          | .033     | 16         |

**Item Statistics**

|     | Mean   | Std. Deviation | N  |
|-----|--------|----------------|----|
| P1  | 1.1034 | .85960         | 29 |
| P2  | 1.2069 | .94034         | 29 |
| P3  | 1.3448 | .81398         | 29 |
| P4  | 1.3103 | .84951         | 29 |
| P5  | 1.4483 | .82748         | 29 |
| P6  | 1.3103 | .84951         | 29 |
| P7  | 1.1379 | .83342         | 29 |
| P8  | .9655  | .86531         | 29 |
| P9  | 1.0000 | .88641         | 29 |
| P10 | 1.2414 | .95076         | 29 |
| P11 | 1.0345 | .62580         | 29 |
| P12 | 1.0000 | .75593         | 29 |
| P13 | .7586  | .68947         | 29 |
| P14 | 1.2069 | .77364         | 29 |
| Y1  | 7.8276 | 3.73276        | 29 |
| Y2  | 8.2414 | 4.17180        | 29 |



Lampiran 8. Data Uji Statistik Wilcoxon dengan SPSS 17.0 for Windows

**Descriptive Statistics**

|            | N   | Mean    | Std. Deviation | Minimum | Maximum |
|------------|-----|---------|----------------|---------|---------|
| Skor awal  | 230 | 17.6304 | 7.23878        | 2.00    | 40.00   |
| Skor akhir | 230 | 15.7652 | 7.81816        | 1.00    | 38.00   |

**Ranks**

|                           | N                | Mean Rank | Sum of Ranks |
|---------------------------|------------------|-----------|--------------|
| Skor awal -<br>Skor akhir | 153 <sup>a</sup> | 114.38    | 17500.00     |
|                           | 68 <sup>b</sup>  | 103.40    | 7031.00      |
|                           | 9 <sup>c</sup>   |           |              |
| Total                     | 230              |           |              |

- a. Skor akhir < Skor awal
- b. Skor akhir > Skor awal
- c. Skor akhir = Skor awal

**Test Statistics<sup>b</sup>**

|                        | Skor akhir - Skor awal |
|------------------------|------------------------|
| Z                      | -5.517 <sup>a</sup>    |
| Asymp. Sig. (2-tailed) | .000                   |

- a. Based on positive ranks.
- b. Based on 230 sampled tables with starting seed 2000000.