





## **LAMPIRAN A**

### **Skala Penelitian**

- A-1 PERILAKU *EMOTION FOCUSED COPING*
- A-2 TIPE KEPRIBADIAN



# **LAMPIRAN A-1**

## **Skala Penelitian**

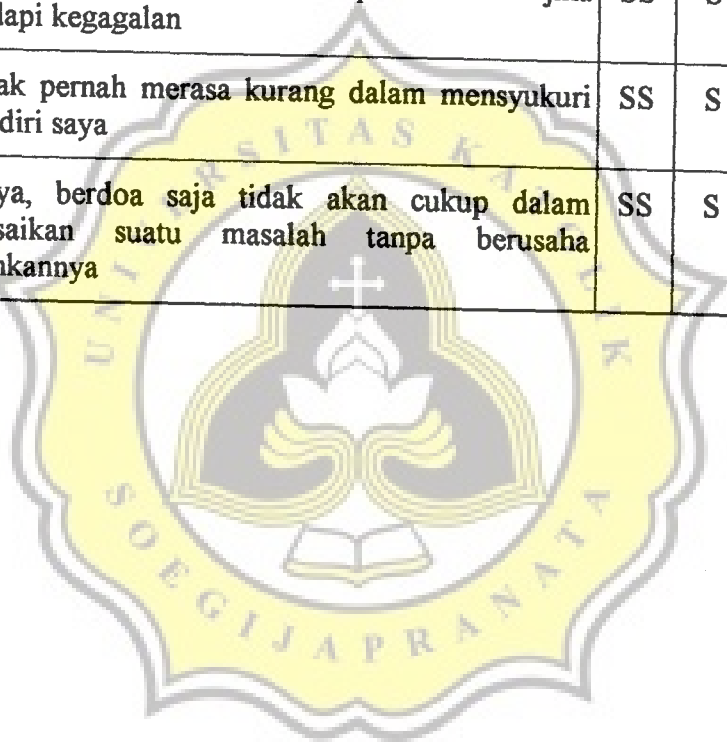
*PERILAKU EMOTION FOCUSED COPING*

## SKALA I

| No | Pernyataan  | Jawaban |   |    |     |
|----|---|---------|---|----|-----|
|    |   | SS      | S | TS | STS |
| 1  | Jika sedang mengalami kesedihan, saya senantiasa menceritakan kepada sahabat saya         | SS      | S | TS | STS |
| 2  | Saya sering mudah merasa marah jika sedang menghadapi banyak masalah                      | SS      | S | TS | STS |
| 3  | Saya sering meninggalkan masalah untuk, menenangkan diri                                  | SS      | S | TS | STS |
| 4  | Saya sering terlibat dalam permasalahan orang lain secara mendalam                        | SS      | S | TS | STS |
| 5  | Menurut saya rekreasi adalah cara yang tepat untuk melupakan masalah                      | SS      | S | TS | STS |
| 6  | Saya sering menyalahkan diri sendiri jika tidak dapat mengerjakan suatu tugas             | SS      | S | TS | STS |
| 7  | Saya percaya bahwa suatu masalah pasti ada hikmahnya                                      | SS      | S | TS | STS |
| 8  | Saya merasa tidak puas dengan apa yang telah saya capai                                   | SS      | S | TS | STS |
| 9  | Saya sering berdoa jika sedang mengalami kegalauan hati                                   | SS      | S | TS | STS |
| 10 | Saya lebih suka menyelesaikan masalah seorang diri  | SS      | S | TS | STS |
| 11 | Saya cukup bersabar dalam menghadapi setiap masalah                                       | SS      | S | TS | STS |
| 12 | Saya ingin menyelesaikan masalah secepat mungkin  | SS      | S | TS | STS |
| 13 | Saya akan tetap ikut ujian walaupun persiapan saya tidak matang                           | SS      | S | TS | STS |
| 14 | Saya akan mencari tahu mengapa teman-teman menjauhi saya                                  | SS      | S | TS | STS |
| 15 | Saya tidak pernah menyesali diri atas segala hal yang pernah saya alami di masa yang lalu | SS      | S | TS | STS |

| No | Pernyataan   | Jawaban |   |    |     |
|----|--|---------|---|----|-----|
|    |  | SS      | S | TS | STS |
| 16 | Saya merasa apa saja yang saya lakukan selalu salah  | SS      | S | TS | STS |
| 17 | Saya cukup percaya diri dalam pergaulan sehari-hari  | SS      | S | TS | STS |
| 18 | Menurut saya, berdoa adalah salah satu bentuk penyelesaian masalah yang irrasional                         | SS      | S | TS | STS |
| 19 | Dukungan dari teman-teman sangat membantu saya dalam mengatasi permasalahan yang saya hadapi               | SS      | S | TS | STS |
| 20 | Saya merasa bahwa apa yang saya lakukan tidak akan merubah apapun  | SS      | S | TS | STS |
| 21 | Jika sedang menghadapi masalah yang berat saya sering membayangkan hal-hal yang menyenangkan               | SS      | S | TS | STS |
| 22 | Jika mengalami kegagalan saya akan mengurung diri di kamar   | SS      | S | TS | STS |
| 23 | Saya biasanya merokok atau makan lebih banyak dari biasanya apabila punya banyak masalah                   | SS      | S | TS | STS |
| 24 | Saya sadar bahwa setiap permasalahan yang saya hadapi merupakan tanggung jawab saya                        | SS      | S | TS | STS |
| 25 | Saya berusaha mencari hikmah yang terkandung dalam permasalahan yang saya hadapi                           | SS      | S | TS | STS |
| 26 | Banyak hal yang perlu saya lakukan untuk melakukan perubahan dalam diri saya                               | SS      | S | TS | STS |
| 27 | Tuhan pasti dapat membantu saya dalam menghadapi segala masalah  | SS      | S | TS | STS |
| 28 | Menurut saya, dengan turut campurnya banyak pihak, penyelesaian masalah secara efektif tidak akan tercapai | SS      | S | TS | STS |
| 29 | Jika menghadapi suatu masalah maka saya akan terus berusaha mencari jalan keluarnya                        | SS      | S | TS | STS |
| 30 | Saya akan berusaha melakukan apa saja untuk menebus kesalahan yang telah saya perbuat                      | SS      | S | TS | STS |

| No | Pernyataan   | Jawaban |   |    |     |
|----|--|---------|---|----|-----|
| 31 | Jika dimarahi orang tua saya akan berusaha berbicara baik-baik dengan mereka                           | SS      | S | TS | STS |
| 32 | Beban masalah yang saya hadapi tidak akan berkurang walaupun banyak pihak yang mendukung saya          | SS      | S | TS | STS |
| 33 | Menurut saya, tindakan menyalahkan diri sendiri bukan merupakan pemecahan masalah yang efektif         | SS      | S | TS | STS |
| 34 | Kadang-kadang saya merasa putus asa jika menghadapi kegagalan  | SS      | S | TS | STS |
| 35 | Saya tidak pernah merasa kurang dalam mensyukuri keadaan diri saya                                     | SS      | S | TS | STS |
| 36 | Bagi saya, berdoa saja tidak akan cukup dalam menyelesaikan suatu masalah tanpa berusaha memecahkannya | SS      | S | TS | STS |

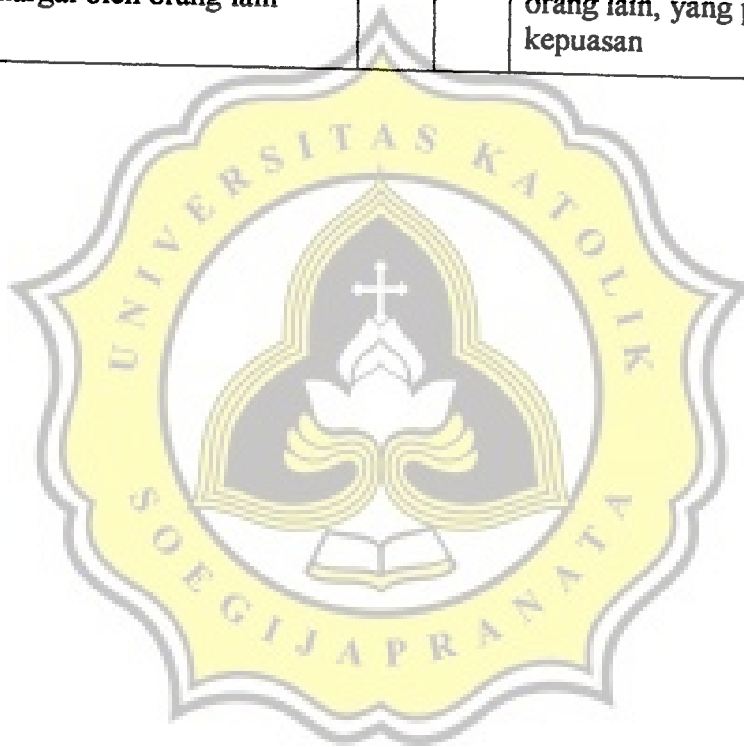


## SKALA II

Pada umumnya saya bersikap :

|    |   |      |      |   |
|----|---|------|------|---|
| 1  | Tidak pernah terlambat, disiplin terhadap waktu, tertib pada janji  | .... | .... | Santai dalam hal waktu maupun janji   |
| 2  | Dalam kehidupan dan sekolah, saya merasa tidak perlu bersaing   | .... | .... | Dalam kehidupan dan sekolah saya sadar akan pentingnya suatu persaingan                   |
| 3  | Dapat menanggapi orang lain berbicara dengan penuh perhatian, sambil mengangguk dan menyambung pembicaraan  | .... | .... | Hanya jadi pendengar yang baik, bersikap tenang, sabar dalam menghadapi lawan bicara      |
| 4  | Ingin selalu mengikuti pergaulan yang luas di dalam lingkungan  | .... | .... | Bergaul seperlunya saja   |
| 5  | Suka menahan perasaan jika tersinggung tidak ingin menonjolkan diri   | +    | .... | Terus terang menyatakan perasaan jika tersinggung dan ingin agar dihargai oleh orang lain |
| 6  | Kurang serius dalam menyelesaikan tugas yang penting selesai  | .... | .... | Serius, sungguh-sungguh dalam melaksanakan tugas  |
| 7  | Memiliki perhatian dan minat yang banyak dalam berbagai hal   | .... | .... | Perhatian yang terbatas pada hal-hal yang tertentu saja                                   |
| 8  | Merasa puas dengan hasil yang sudah diperoleh   | .... | .... | Tidak mudah merasa puas dan selalu didorong oleh ambisi                                   |
| 9  | Apabila ada tugas, saya akan selalu tergesa-gesa  | .... | .... | Tidak pernah merasa dikejar waktu walau mendesak  |
| 10 | Saya dapat merasakan permasalahan yang dikemukakan teman saya dan ikut sedih dengan permasalahan orang lain | .... | .... | Saya tidak terbawa perasaan, apabila ada teman saya yang sedang punya masalah             |

|    |  |      |      |  |
|----|--|------|------|--|
| 11 | Bertindak dan bekerja serba cepat                            | .... | .... | Apabila ada tugas, saya akan tenang dan tidak tergesa-gesa   |
| 12 | Dapat menunggu dengan sabar                                  | .... | .... | Tidak sabar menunggu   |
| 13 | Mengerjakan satu pekerjaan pada satu waktu, satu per satu    | .... | .... | Mencoba mengerjakan banyak pekerjaan sekaligus, pada suatu saat dan tidak terpikir kerja selanjutnya |
| 14 | Ingin agar kerja saya diketahui dan dihargai oleh orang lain | .... | .... | Tidak memikirkan penilaian orang lain, yang penting kepuasan   |







## **LAMPIRAN B**

### **Data Uji Coba**

PERILAKU *EMOTION FOCUSED COPING*

## EMOTION FOCUSED COPING

| No. | X01 | X02 | X03 | X04 | X05 | X06 | X07 | X08 | X09 | X10 | X11 | X12 | X13 | X14 | X15 | X16 | X17 |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 1   | 2   | 2   | 2   | 2   | 2   | 3   | 2   | 3   | 2   | 1   | 2   | 2   | 3   | 2   | 3   | 2   | 2   |
| 2   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 2   | 3   | 2   | 3   | 2   |
| 3   | 3   | 3   | 3   | 3   | 4   | 3   | 2   | 3   | 2   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 3   |
| 4   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 2   |
| 5   | 1   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 2   | 1   | 2   | 3   | 2   | 2   | 2   | 3   | 1   |
| 6   | 3   | 3   | 3   | 3   | 4   | 1   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   |
| 7   | 3   | 3   | 3   | 3   | 4   | 2   | 3   | 4   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 3   |
| 8   | 3   | 3   | 4   | 3   | 3   | 2   | 2   | 3   | 2   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   |
| 9   | 2   | 1   | 3   | 3   | 2   | 3   | 1   | 2   | 1   | 1   | 2   | 3   | 3   | 2   | 4   | 1   | 1   |
| 10  | 4   | 3   | 4   | 3   | 3   | 3   | 2   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 4   |
| 11  | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   |
| 12  | 3   | 3   | 3   | 3   | 4   | 2   | 2   | 3   | 2   | 3   | 3   | 3   | 4   | 3   | 4   | 4   | 2   |
| 13  | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   |
| 14  | 3   | 3   | 4   | 3   | 4   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 4   | 3   | 4   | 3   | 3   |
| 15  | 2   | 2   | 3   | 3   | 3   | 3   | 2   | 3   | 2   | 2   | 2   | 2   | 3   | 3   | 3   | 2   | 2   |
| 16  | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 4   | 4   | 1   | 3   | 2   | 3   | 3   | 3   |
| 17  | 2   | 1   | 3   | 3   | 3   | 3   | 1   | 3   | 2   | 3   | 3   | 3   | 2   | 2   | 3   | 2   | 2   |
| 18  | 2   | 2   | 3   | 1   | 4   | 3   | 2   | 1   | 3   | 1   | 3   | 4   | 2   | 1   | 4   | 3   | 3   |
| 19  | 3   | 1   | 4   | 1   | 4   | 4   | 1   | 4   | 1   | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 1   |
| 20  | 4   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 4   | 2   | 3   | 3   | 4   | 3   | 2   |
| 21  | 2   | 3   | 3   | 3   | 4   | 1   | 3   | 2   | 4   | 4   | 3   | 3   | 3   | 3   | 4   | 3   | 3   |
| 22  | 3   | 2   | 3   | 3   | 2   | 3   | 2   | 2   | 3   | 2   | 3   | 3   | 2   | 2   | 4   | 3   | 2   |
| 23  | 3   | 3   | 4   | 2   | 4   | 2   | 3   | 2   | 3   | 2   | 3   | 4   | 3   | 3   | 2   | 4   | 1   |
| 24  | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   |
| 25  | 2   | 2   | 3   | 3   | 2   | 3   | 2   | 3   | 3   | 4   | 3   | 3   | 3   | 2   | 4   | 2   | 2   |
| 26  | 3   | 1   | 3   | 1   | 1   | 4   | 1   | 1   | 1   | 4   | 1   | 1   | 4   | 1   | 1   | 2   | 1   |
| 27  | 2   | 2   | 3   | 3   | 2   | 3   | 2   | 2   | 3   | 2   | 3   | 3   | 2   | 3   | 3   | 3   | 2   |
| 28  | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 4   | 3   | 3   |
| 29  | 4   | 3   | 4   | 3   | 2   | 2   | 2   | 3   | 3   | 3   | 3   | 2   | 2   | 2   | 3   | 3   | 2   |
| 30  | 3   | 2   | 3   | 3   | 3   | 2   | 2   | 2   | 3   | 2   | 3   | 3   | 3   | 2   | 3   | 2   | 2   |
| 31  | 3   | 1   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 4   | 3   | 3   | 4   | 3   | 2   |
| 32  | 2   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 2   | 2   | 3   | 2   | 3   |
| 33  | 3   | 2   | 3   | 2   | 3   | 3   | 2   | 3   | 3   | 2   | 2   | 3   | 2   | 2   | 3   | 2   | 2   |
| 34  | 2   | 2   | 2   | 2   | 3   | 2   | 2   | 2   | 2   | 2   | 3   | 3   | 2   | 3   | 3   | 2   | 2   |
| 35  | 1   | 2   | 3   | 2   | 4   | 1   | 1   | 1   | 3   | 1   | 2   | 2   | 1   | 1   | 1   | 1   | 1   |
| 36  | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 4   | 4   | 3   | 3   | 3   | 2   | 1   |
| 37  | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 2   | 3   | 2   | 3   | 3   | 3   | 3   | 4   | 2   | 3   |
| 38  | 3   | 3   | 4   | 3   | 3   | 2   | 2   | 3   | 3   | 4   | 3   | 3   | 3   | 1   | 3   | 1   | 3   |
| 39  | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 3   |
| 40  | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 4   | 3   | 2   |

EMOTION FOCUSED COPING

| No. | X01 | X02 | X03 | X04 | X05 | X06 | X07 | X08 | X09 | X10 | X11 | X12 | X13 | X14 | X15 | X16 | X17 |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 41  | 3   | 2   | 3   | 3   | 3   | 2   | 2   | 3   | 3   | 3   | 3   | 3   | 2   | 2   | 3   | 3   | 2   |
| 42  | 3   | 4   | 1   | 1   | 2   | 3   | 1   | 3   | 3   | 3   | 1   | 3   | 2   | 3   | 3   | 3   | 3   |
| 43  | 2   | 2   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 4   | 3   | 3   | 3   | 2   | 3   | 3   | 3   |
| 44  | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   |
| 45  | 3   | 3   | 3   | 3   | 3   | 1   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 3   |
| 46  | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   |
| 47  | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 4   | 3   | 3   | 4   | 3   | 3   |
| 48  | 4   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 4   | 3   | 4   | 4   | 3   | 3   | 3   | 3   | 3   |
| 49  | 4   | 4   | 4   | 4   | 3   | 4   | 3   | 3   | 4   | 3   | 4   | 4   | 4   | 4   | 4   | 3   | 4   |
| 50  | 3   | 2   | 3   | 2   | 3   | 3   | 2   | 2   | 3   | 3   | 3   | 3   | 1   | 3   | 3   | 2   | 2   |
| 51  | 3   | 2   | 2   | 2   | 2   | 2   | 2   | 2   | 3   | 2   | 3   | 2   | 2   | 2   | 3   | 2   | 1   |
| 52  | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 1   | 2   | 3   | 3   | 2   | 3   |
| 53  | 4   | 2   | 3   | 4   | 2   | 4   | 3   | 3   | 4   | 4   | 4   | 4   | 2   | 4   | 3   | 4   | 4   |
| 54  | 3   | 1   | 3   | 1   | 1   | 2   | 2   | 3   | 2   | 3   | 2   | 2   | 3   | 3   | 3   | 3   | 2   |
| 55  | 3   | 4   | 3   | 4   | 4   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 4   | 1   | 3   | 4   | 3   |
| 56  | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 4   | 3   | 4   | 4   | 3   | 3   | 4   | 2   | 3   |
| 57  | 4   | 4   | 4   | 4   | 4   | 4   | 3   | 4   | 4   | 3   | 4   | 4   | 4   | 4   | 4   | 3   | 3   |
| 58  | 3   | 3   | 3   | 3   | 4   | 4   | 2   | 3   | 3   | 3   | 4   | 4   | 3   | 3   | 4   | 3   | 3   |
| 59  | 3   | 3   | 3   | 3   | 4   | 3   | 2   | 3   | 4   | 4   | 4   | 4   | 3   | 3   | 4   | 4   | 4   |
| 60  | 2   | 2   | 2   | 2   | 3   | 2   | 2   | 2   | 2   | 3   | 3   | 2   | 2   | 2   | 2   | 3   | 2   |
| 61  | 1   | 2   | 3   | 2   | 3   | 2   | 2   | 2   | 3   | 3   | 3   | 3   | 2   | 2   | 4   | 2   | 1   |
| 62  | 3   | 2   | 3   | 2   | 2   | 2   | 2   | 2   | 3   | 2   | 3   | 3   | 2   | 2   | 3   | 2   | 3   |
| 63  | 2   | 3   | 3   | 3   | 3   | 3   | 2   | 4   | 4   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   |
| 64  | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 2   | 3   | 4   | 3   | 3   |
| 65  | 4   | 3   | 1   | 3   | 3   | 3   | 4   | 4   | 4   | 3   | 4   | 4   | 4   | 3   | 3   | 3   | 4   |
| 66  | 3   | 3   | 4   | 3   | 3   | 2   | 4   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 2   | 2   |
| 67  | 2   | 1   | 2   | 3   | 4   | 4   | 1   | 1   | 1   | 2   | 1   | 1   | 2   | 2   | 1   | 2   | 1   |
| 68  | 3   | 3   | 3   | 3   | 3   | 2   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 2   | 3   |
| 69  | 3   | 3   | 3   | 3   | 3   | 1   | 3   | 3   | 4   | 4   | 4   | 3   | 4   | 3   | 4   | 3   | 4   |
| 70  | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 2   |
| 71  | 2   | 2   | 3   | 2   | 2   | 2   | 2   | 2   | 2   | 3   | 2   | 3   | 3   | 2   | 3   | 2   | 2   |
| 72  | 2   | 3   | 2   | 2   | 3   | 2   | 2   | 2   | 3   | 3   | 3   | 4   | 2   | 2   | 3   | 2   | 2   |
| 73  | 2   | 2   | 2   | 2   | 2   | 1   | 2   | 2   | 2   | 2   | 3   | 2   | 2   | 2   | 3   | 2   | 2   |
| 74  | 2   | 2   | 1   | 1   | 2   | 1   | 1   | 1   | 3   | 4   | 3   | 3   | 1   | 4   | 4   | 2   | 2   |
| 75  | 2   | 2   | 3   | 2   | 3   | 3   | 2   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 2   |
| 76  | 3   | 2   | 3   | 3   | 2   | 3   | 2   | 3   | 3   | 2   | 2   | 2   | 3   | 3   | 3   | 2   | 2   |
| 77  | 2   | 1   | 2   | 3   | 3   | 1   | 1   | 1   | 3   | 3   | 3   | 3   | 1   | 1   | 4   | 3   | 2   |
| 78  | 3   | 3   | 3   | 3   | 3   | 1   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   |
| 79  | 3   | 1   | 3   | 3   | 3   | 2   | 3   | 3   | 4   | 3   | 4   | 4   | 3   | 3   | 4   | 3   | 3   |
| 80  | 1   | 2   | 3   | 2   | 2   | 3   | 1   | 3   | 3   | 3   | 3   | 2   | 4   | 4   | 4   | 4   | 1   |

EMOTION FOCUSED COPING

| No. | X18 | X19 | X20 | X21 | X22 | X23 | X24 | X25 | X26 | X27 | X28 | X29 | X30 | X31 | X32 | X33 | X34 |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 1   | 2   | 2   | 3   | 3   | 3   | 3   | 2   | 2   | 2   | 2   | 2   | 3   | 2   | 2   | 2   | 3   | 3   |
| 2   | 2   | 1   | 2   | 3   | 4   | 3   | 3   | 3   | 2   | 2   | 4   | 3   | 3   | 2   | 3   | 4   | 3   |
| 3   | 3   | 2   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 2   | 3   |
| 4   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 2   | 2   | 3   | 3   | 3   |
| 5   | 4   | 1   | 3   | 3   | 4   | 2   | 4   | 1   | 4   | 4   | 4   | 3   | 4   | 1   | 4   | 4   | 2   |
| 6   | 3   | 4   | 3   | 4   | 3   | 4   | 2   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 4   | 3   |
| 7   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 3   | 1   |
| 8   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 3   |
| 9   | 1   | 2   | 1   | 2   | 4   | 2   | 2   | 2   | 1   | 1   | 1   | 2   | 1   | 1   | 1   | 2   | 3   |
| 10  | 3   | 4   | 3   | 4   | 3   | 4   | 3   | 4   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 4   | 3   |
| 11  | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 2   | 1   |
| 12  | 3   | 3   | 3   | 4   | 4   | 4   | 3   | 2   | 3   | 3   | 4   | 2   | 3   | 3   | 3   | 3   | 3   |
| 13  | 2   | 2   | 2   | 3   | 3   | 3   | 2   | 2   | 3   | 3   | 4   | 3   | 2   | 3   | 3   | 3   | 3   |
| 14  | 3   | 3   | 3   | 4   | 4   | 4   | 3   | 3   | 3   | 3   | 4   | 3   | 2   | 3   | 3   | 4   | 4   |
| 15  | 2   | 2   | 1   | 3   | 3   | 2   | 2   | 2   | 2   | 2   | 3   | 3   | 3   | 2   | 2   | 2   | 3   |
| 16  | 3   | 1   | 2   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 1   |
| 17  | 2   | 2   | 2   | 3   | 3   | 3   | 3   | 2   | 2   | 3   | 4   | 1   | 3   | 1   | 1   | 2   | 3   |
| 18  | 2   | 3   | 2   | 4   | 4   | 1   | 3   | 1   | 2   | 2   | 3   | 2   | 3   | 2   | 2   | 2   | 2   |
| 19  | 4   | 1   | 4   | 4   | 4   | 4   | 4   | 4   | 1   | 3   | 3   | 1   | 4   | 1   | 4   | 1   | 3   |
| 20  | 3   | 3   | 3   | 2   | 4   | 3   | 2   | 2   | 3   | 4   | 3   | 4   | 2   | 2   | 3   | 3   | 4   |
| 21  | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 4   | 3   | 3   | 2   | 4   | 3   | 3   | 4   | 3   |
| 22  | 2   | 1   | 3   | 4   | 4   | 3   | 3   | 2   | 2   | 3   | 2   | 3   | 2   | 1   | 2   | 2   | 3   |
| 23  | 3   | 1   | 3   | 2   | 4   | 3   | 3   | 4   | 2   | 4   | 2   | 3   | 3   | 1   | 3   | 2   | 4   |
| 24  | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 2   | 3   | 2   | 3   | 2   | 2   | 2   | 2   |
| 25  | 2   | 2   | 3   | 3   | 4   | 2   | 2   | 4   | 2   | 2   | 3   | 3   | 3   | 4   | 2   | 2   | 2   |
| 26  | 4   | 1   | 3   | 3   | 1   | 1   | 1   | 1   | 2   | 1   | 1   | 3   | 1   | 1   | 1   | 2   | 1   |
| 27  | 2   | 2   | 2   | 2   | 3   | 2   | 3   | 2   | 3   | 3   | 2   | 3   | 3   | 2   | 2   | 3   | 3   |
| 28  | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   |
| 29  | 2   | 2   | 3   | 3   | 4   | 3   | 2   | 1   | 3   | 4   | 4   | 3   | 3   | 3   | 3   | 3   | 4   |
| 30  | 3   | 2   | 3   | 3   | 3   | 2   | 2   | 2   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   |
| 31  | 3   | 2   | 4   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 2   | 3   | 3   |
| 32  | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 4   | 3   | 3   | 4   | 3   | 4   | 2   | 4   | 3   |
| 33  | 2   | 2   | 3   | 2   | 3   | 3   | 3   | 4   | 2   | 2   | 3   | 2   | 2   | 2   | 2   | 2   | 2   |
| 34  | 1   | 2   | 2   | 3   | 3   | 2   | 2   | 3   | 2   | 3   | 1   | 1   | 1   | 2   | 1   | 2   | 3   |
| 35  | 1   | 2   | 1   | 2   | 1   | 2   | 2   | 2   | 2   | 3   | 3   | 2   | 3   | 2   | 2   | 2   | 3   |
| 36  | 3   | 2   | 3   | 1   | 2   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 2   | 3   | 3   | 4   | 3   |
| 37  | 2   | 2   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 3   |
| 38  | 3   | 4   | 3   | 2   | 2   | 3   | 4   | 4   | 3   | 2   | 3   | 2   | 3   | 3   | 3   | 3   | 2   |
| 39  | 3   | 3   | 4   | 2   | 2   | 2   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   |
| 40  | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 1   | 2   | 3   | 3   | 1   | 3   | 1   | 3   | 2   | 3   |

EMOTION FOCUSED COPING

| No. | X18 | X19 | X20 | X21 | X22 | X23 | X24 | X25 | X26 | X27 | X28 | X29 | X30 | X31 | X32 | X33 | X34 |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 41  | 2   | 2   | 2   | 3   | 2   | 2   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 2   | 1   | 3   | 3   |
| 42  | 3   | 3   | 4   | 3   | 2   | 3   | 3   | 3   | 2   | 3   | 1   | 4   | 3   | 2   | 3   | 2   | 3   |
| 43  | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 4   | 3   | 2   | 3   | 4   | 3   | 3   | 3   | 3   | 2   |
| 44  | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 3   | 4   | 2   | 4   |
| 45  | 3   | 3   | 3   | 2   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   |
| 46  | 3   | 3   | 3   | 2   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 3   |
| 47  | 3   | 4   | 3   | 4   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   |
| 48  | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 4   | 3   | 3   | 3   | 3   |
| 49  | 3   | 3   | 4   | 4   | 4   | 2   | 4   | 4   | 4   | 4   | 4   | 3   | 3   | 3   | 3   | 4   | 4   |
| 50  | 4   | 2   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 2   | 2   | 2   | 2   | 3   | 3   |
| 51  | 3   | 1   | 2   | 2   | 3   | 2   | 2   | 2   | 2   | 3   | 2   | 2   | 2   | 2   | 3   | 3   | 2   |
| 52  | 3   | 4   | 2   | 3   | 2   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 4   | 1   | 3   | 2   |
| 53  | 2   | 2   | 4   | 4   | 1   | 1   | 4   | 4   | 4   | 1   | 4   | 3   | 1   | 3   | 1   | 4   | 1   |
| 54  | 3   | 2   | 3   | 2   | 3   | 3   | 2   | 3   | 2   | 3   | 3   | 2   | 2   | 2   | 2   | 3   | 2   |
| 55  | 4   | 3   | 3   | 4   | 3   | 3   | 3   | 1   | 3   | 3   | 4   | 3   | 2   | 3   | 3   | 3   | 3   |
| 56  | 3   | 3   | 3   | 4   | 4   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 3   | 2   | 4   | 3   |
| 57  | 4   | 3   | 4   | 3   | 4   | 4   | 4   | 3   | 4   | 4   | 4   | 4   | 3   | 4   | 4   | 4   | 4   |
| 58  | 3   | 3   | 3   | 3   | 4   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   |
| 59  | 3   | 2   | 4   | 4   | 4   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 2   | 2   | 3   | 3   |
| 60  | 2   | 2   | 2   | 2   | 3   | 3   | 3   | 1   | 2   | 3   | 2   | 2   | 2   | 2   | 2   | 2   | 3   |
| 61  | 2   | 2   | 3   | 3   | 4   | 3   | 2   | 2   | 3   | 3   | 1   | 2   | 2   | 2   | 1   | 3   | 3   |
| 62  | 2   | 2   | 3   | 3   | 3   | 2   | 2   | 3   | 2   | 3   | 2   | 2   | 2   | 3   | 2   | 3   | 2   |
| 63  | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   |
| 64  | 3   | 3   | 4   | 3   | 3   | 3   | 2   | 3   | 2   | 2   | 3   | 2   | 4   | 4   | 4   | 2   | 2   |
| 65  | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   |
| 66  | 3   | 4   | 3   | 4   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   |
| 67  | 2   | 1   | 2   | 3   | 3   | 3   | 3   | 1   | 2   | 2   | 2   | 1   | 2   | 2   | 2   | 2   | 2   |
| 68  | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 4   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 3   |
| 69  | 2   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 3   |
| 70  | 3   | 2   | 3   | 3   | 4   | 3   | 2   | 3   | 3   | 3   | 3   | 2   | 3   | 2   | 3   | 3   | 3   |
| 71  | 2   | 2   | 3   | 2   | 3   | 2   | 2   | 3   | 2   | 3   | 2   | 2   | 2   | 2   | 2   | 2   | 3   |
| 72  | 2   | 3   | 2   | 3   | 3   | 2   | 2   | 2   | 2   | 2   | 3   | 3   | 3   | 2   | 2   | 2   | 2   |
| 73  | 2   | 2   | 2   | 3   | 3   | 2   | 2   | 3   | 2   | 2   | 2   | 2   | 2   | 2   | 2   | 2   | 2   |
| 74  | 1   | 2   | 1   | 3   | 4   | 1   | 2   | 2   | 2   | 4   | 3   | 2   | 1   | 2   | 3   | 2   | 4   |
| 75  | 3   | 2   | 3   | 3   | 3   | 2   | 2   | 3   | 2   | 2   | 3   | 2   | 2   | 2   | 2   | 2   | 2   |
| 76  | 3   | 2   | 3   | 2   | 3   | 2   | 2   | 2   | 2   | 3   | 3   | 2   | 2   | 2   | 2   | 2   | 3   |
| 77  | 1   | 1   | 3   | 3   | 4   | 3   | 3   | 1   | 2   | 2   | 2   | 2   | 2   | 2   | 2   | 2   | 2   |
| 78  | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   |
| 79  | 3   | 3   | 3   | 4   | 4   | 3   | 3   | 3   | 4   | 4   | 4   | 2   | 3   | 1   | 4   | 4   | 1   |
| 80  | 4   | 1   | 4   | 4   | 4   | 4   | 1   | 3   | 3   | 3   | 3   | 1   | 3   | 1   | 4   | 3   | 1   |

EMOTION FOCUSED COPING

| No. | X35 | X36 | EFC |
|-----|-----|-----|-----|
| 41  | 3   | 2   | 92  |
| 42  | 3   | 2   | 94  |
| 43  | 3   | 3   | 104 |
| 44  | 4   | 4   | 110 |
| 45  | 3   | 3   | 103 |
| 46  | 4   | 3   | 107 |
| 47  | 4   | 3   | 113 |
| 48  | 4   | 3   | 117 |
| 49  | 4   | 2   | 129 |
| 50  | 3   | 2   | 95  |
| 51  | 2   | 3   | 81  |
| 52  | 3   | 3   | 101 |
| 53  | 4   | 3   | 109 |
| 54  | 2   | 3   | 87  |
| 55  | 2   | 3   | 109 |
| 56  | 4   | 3   | 116 |
| 57  | 4   | 3   | 135 |
| 58  | 4   | 2   | 112 |
| 59  | 4   | 4   | 118 |
| 60  | 3   | 3   | 82  |
| 61  | 4   | 3   | 88  |
| 62  | 3   | 2   | 88  |
| 63  | 3   | 2   | 107 |
| 64  | 3   | 4   | 109 |
| 65  | 4   | 2   | 114 |
| 66  | 3   | 2   | 111 |
| 67  | 2   | 3   | 71  |
| 68  | 3   | 3   | 105 |
| 69  | 3   | 3   | 114 |
| 70  | 3   | 3   | 102 |
| 71  | 3   | 3   | 84  |
| 72  | 4   | 3   | 89  |
| 73  | 3   | 3   | 78  |
| 74  | 4   | 3   | 83  |
| 75  | 3   | 3   | 91  |
| 76  | 2   | 3   | 88  |
| 77  | 3   | 3   | 80  |
| 78  | 3   | 3   | 105 |
| 79  | 4   | 3   | 112 |
| 80  | 3   | 3   | 98  |



## EMOTION FOCUSED COPING

| No. | X35 | X36 | EFC |
|-----|-----|-----|-----|
| 1   | 4   | 2   | 84  |
| 2   | 2   | 3   | 98  |
| 3   | 3   | 3   | 108 |
| 4   | 4   | 3   | 102 |
| 5   | 3   | 3   | 97  |
| 6   | 3   | 3   | 111 |
| 7   | 3   | 3   | 110 |
| 8   | 3   | 3   | 106 |
| 9   | 2   | 3   | 69  |
| 10  | 4   | 3   | 117 |
| 11  | 3   | 3   | 104 |
| 12  | 3   | 3   | 110 |
| 13  | 3   | 3   | 101 |
| 14  | 4   | 3   | 119 |
| 15  | 2   | 2   | 85  |
| 16  | 3   | 3   | 102 |
| 17  | 1   | 3   | 85  |
| 18  | 3   | 2   | 87  |
| 19  | 1   | 4   | 107 |
| 20  | 4   | 4   | 111 |
| 21  | 3   | 3   | 111 |
| 22  | 3   | 3   | 92  |
| 23  | 4   | 3   | 102 |
| 24  | 3   | 3   | 98  |
| 25  | 3   | 2   | 96  |
| 26  | 1   | 3   | 63  |
| 27  | 3   | 3   | 91  |
| 28  | 4   | 3   | 111 |
| 29  | 4   | 3   | 103 |
| 30  | 3   | 3   | 95  |
| 31  | 1   | 3   | 105 |
| 32  | 4   | 3   | 106 |
| 33  | 3   | 3   | 89  |
| 34  | 2   | 3   | 78  |
| 35  | 2   | 3   | 68  |
| 36  | 3   | 3   | 104 |
| 37  | 2   | 3   | 102 |
| 38  | 4   | 2   | 102 |
| 39  | 2   | 4   | 105 |
| 40  | 3   | 3   | 100 |





## **LAMPIRAN C**

# **Uji Validitas dan Reliabilitas**

*PERILAKU EMOTION FOCUSED COPING*



RELIABILITY ANALYSIS - SCALE (ALPHA)

Item-total Statistics Emotion Focused Coping (1)

|     | Scale<br>Mean<br>if Item<br>Deleted | Scale<br>Variance<br>if Item<br>Deleted | Corrected<br>Item-<br>Total<br>Correlation | Alpha<br>if Item<br>Deleted |
|-----|-------------------------------------|---|--|-----------------------------|
| X01 | 96.8250                             | 178.3234                                | .5622                                      | .9186                       |
| X02 | 97.0875                             | 175.8024                                | .6455                                      | .9175                       |
| X03 | 96.6250                             | 182.1867                                | .4080                                      | .9203                       |
| X04 | 96.8375                             | 178.8720                                | .5441                                      | .9189                       |
| X05 | 96.5875                             | 180.5745                                | .4255                                      | .9202                       |
| X06 | 96.9875                             | 185.7847                                | .1363*                                     | .9239                       |
| X07 | 97.2000                             | 176.4152                                | .6409                                      | .9176                       |
| X08 | 96.8125                             | 175.4201                                | .6570                                      | .9174                       |
| X09 | 96.6750                             | 178.1968                                | .5503                                      | .9187                       |
| X10 | 96.7625                             | 181.2973                                | .3735                                      | .9208                       |
| X11 | 96.5625                             | 177.0593                                | .6447                                      | .9177                       |
| X12 | 96.6000                             | 178.9013                                | .4944                                      | .9194                       |
| X13 | 96.8000                             | 178.8709                                | .4864                                      | .9195                       |
| X14 | 96.9000                             | 178.2937                                | .5320                                      | .9189                       |
| X15 | 96.3500                             | 180.6101                                | .4389                                      | .9200                       |
| X16 | 96.8750                             | 179.8323                                | .4823                                      | .9195                       |
| X17 | 97.1250                             | 174.9462                                | .6334                                      | .9175                       |
| X18 | 96.8750                             | 179.0981                                | .5081                                      | .9192                       |
| X19 | 97.1500                             | 177.2937                                | .5239                                      | .9190                       |
| X20 | 96.7125                             | 178.3340                                | .5719                                      | .9185                       |
| X21 | 96.5625                             | 182.3252                                | .3541                                      | .9210                       |
| X22 | 96.4375                             | 185.0340                                | .1875*                                     | .9230                       |
| X23 | 96.8250                             | 179.8424                                | .4667                                      | .9197                       |
| X24 | 96.8625                             | 180.8543                                | .4714                                      | .9197                       |
| X25 | 96.8500                             | 178.4076                                | .4482                                      | .9201                       |
| X26 | 96.8250                             | 175.9184                                | .6590                                      | .9174                       |
| X27 | 96.7375                             | 181.7403                                | .4140                                      | .9203                       |
| X28 | 96.6500                             | 176.8633                                | .5882                                      | .9182                       |
| X29 | 96.9500                             | 180.0481                                | .4356                                      | .9201                       |
| X30 | 96.8875                             | 179.9998                                | .4708                                      | .9197                       |
| X31 | 97.0750                             | 176.9816                                | .5046                                      | .9193                       |
| X32 | 96.9500                             | 178.2000                                | .5170                                      | .9191                       |
| X33 | 96.7500                             | 176.1646                                | .6109                                      | .9179                       |
| X34 | 96.8125                             | 185.2682                                | .1806*                                     | .9230                       |
| X35 | 96.5000                             | 178.7089                                | .4609                                      | .9198                       |
| X36 | 96.6625                             | 188.1505                                | .0773*                                     | .9230                       |

Reliability Coefficients

N of Cases = 80.0

N of Items = 36

Alpha = .9217

RELIABILITY ANALYSIS - SCALE (ALPHA)

Item-total Statistics Emotion Focused Coping (2)

|     | Scale<br>Mean<br>if Item<br>Deleted | Scale<br>Variance<br>if Item<br>Deleted | Corrected<br>Item-<br>Total<br>Correlation | Alpha<br>if Item<br>Deleted |
|-----|-------------------------------------|---|--|-----------------------------|
| X01 | 85.4750                             | 165.5690                                | .5538                                      | .9261                       |
| X02 | 85.7375                             | 162.7530                                | .6583                                      | .9247                       |
| X03 | 85.2750                             | 169.3918                                | .3923                                      | .9278                       |
| X04 | 85.4875                             | 165.9239                                | .5455                                      | .9262                       |
| X05 | 85.2375                             | 167.8290                                | .4123                                      | .9277                       |
| X07 | 85.8500                             | 163.2177                                | .6611                                      | .9248                       |
| X08 | 85.4625                             | 162.7581                                | .6499                                      | .9248                       |
| X09 | 85.3250                             | 164.8551                                | .5746                                      | .9258                       |
| X10 | 85.4125                             | 167.9163                                | .3925                                      | .9280                       |
| X11 | 85.2125                             | 164.2960                                | .6393                                      | .9251                       |
| X12 | 85.2500                             | 166.1899                                | .4830                                      | .9269                       |
| X13 | 85.4500                             | 166.1241                                | .4770                                      | .9270                       |
| X14 | 85.5500                             | 165.7696                                | .5116                                      | .9266                       |
| X15 | 85.0000                             | 168.0759                                | .4135                                      | .9277                       |
| X16 | 85.5250                             | 167.1639                                | .4659                                      | .9271                       |
| X17 | 85.7750                             | 161.5437                                | .6643                                      | .9246                       |
| X18 | 85.5250                             | 166.2272                                | .5046                                      | .9266                       |
| X19 | 85.8000                             | 163.7570                                | .5566                                      | .9260                       |
| X20 | 85.3625                             | 165.4745                                | .5694                                      | .9259                       |
| X21 | 85.2125                             | 169.3847                                | .3478                                      | .9284                       |
| X23 | 85.4750                             | 167.1892                                | .4498                                      | .9273                       |
| X24 | 85.5125                             | 167.8226                                | .4736                                      | .9270                       |
| X25 | 85.5000                             | 165.0633                                | .4682                                      | .9273                       |
| X26 | 85.4750                             | 162.7082                                | .6808                                      | .9245                       |
| X27 | 85.3875                             | 169.1517                                | .3874                                      | .9279                       |
| X28 | 85.3000                             | 163.9595                                | .5910                                      | .9256                       |
| X29 | 85.6000                             | 167.1291                                | .4329                                      | .9275                       |
| X30 | 85.5375                             | 166.9100                                | .4777                                      | .9269                       |
| X31 | 85.7250                             | 163.6196                                | .5278                                      | .9264                       |
| X32 | 85.6000                             | 165.3823                                | .5126                                      | .9266                       |
| X33 | 85.4000                             | 163.1038                                | .6231                                      | .9252                       |
| X35 | 85.1500                             | 165.7494                                | .4626                                      | .9272                       |

Reliability Coefficients

N of Cases = 80.0

N of Items = 32

Alpha = .9286



**LAMPIRAN D**  
**Data Penelitian**

## EMOTION FOCUSED COPING - Valid

| No. | X01 | X02 | X03 | X04 | X05 | X07 | X08 | X09 | X10 | X11 | X12 | X13 | X14 | X15 | X16 | X17 | X18 |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 1   | 2   | 2   | 2   | 2   | 2   | 2   | 3   | 2   | 1   | 2   | 2   | 3   | 2   | 3   | 2   | 2   | 2   |
| 2   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 2   | 3   | 2   | 3   | 2   | 2   |
| 3   | 3   | 3   | 3   | 3   | 4   | 2   | 3   | 2   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 3   |
| 4   | 3   | 2   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 2   | 3   |
| 5   | 1   | 3   | 3   | 3   | 3   | 2   | 3   | 2   | 1   | 2   | 3   | 2   | 2   | 2   | 3   | 1   | 4   |
| 6   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   |
| 7   | 3   | 3   | 3   | 3   | 4   | 3   | 4   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 3   |
| 8   | 3   | 3   | 4   | 3   | 3   | 2   | 3   | 2   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   |
| 9   | 2   | 1   | 3   | 3   | 2   | 1   | 2   | 1   | 1   | 2   | 3   | 3   | 2   | 4   | 1   | 1   | 1   |
| 10  | 4   | 3   | 4   | 3   | 3   | 2   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 4   | 3   |
| 11  | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   |
| 12  | 3   | 3   | 3   | 3   | 4   | 2   | 3   | 2   | 3   | 3   | 3   | 4   | 3   | 4   | 4   | 2   | 3   |
| 13  | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 2   |
| 14  | 3   | 3   | 4   | 3   | 4   | 3   | 4   | 3   | 3   | 3   | 3   | 4   | 3   | 4   | 3   | 3   | 3   |
| 15  | 2   | 2   | 3   | 3   | 3   | 2   | 3   | 2   | 2   | 2   | 2   | 3   | 3   | 3   | 2   | 2   | 2   |
| 16  | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 4   | 4   | 1   | 3   | 2   | 3   | 3   | 3   | 3   |
| 17  | 2   | 1   | 3   | 3   | 3   | 1   | 3   | 2   | 3   | 3   | 3   | 2   | 2   | 3   | 2   | 2   | 2   |
| 18  | 2   | 2   | 3   | 1   | 4   | 2   | 1   | 3   | 1   | 3   | 4   | 2   | 1   | 4   | 3   | 3   | 2   |
| 19  | 3   | 1   | 4   | 1   | 4   | 1   | 4   | 1   | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 1   | 4   |
| 20  | 4   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 4   | 2   | 3   | 3   | 4   | 3   | 2   | 3   |
| 21  | 2   | 3   | 3   | 3   | 4   | 3   | 2   | 4   | 4   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 3   |
| 22  | 3   | 2   | 3   | 3   | 2   | 2   | 2   | 3   | 2   | 3   | 3   | 2   | 2   | 4   | 3   | 2   | 2   |
| 23  | 3   | 3   | 4   | 2   | 4   | 3   | 2   | 3   | 2   | 3   | 4   | 3   | 3   | 2   | 4   | 1   | 3   |
| 24  | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   |
| 25  | 2   | 2   | 3   | 3   | 2   | 2   | 3   | 3   | 4   | 3   | 3   | 3   | 2   | 4   | 2   | 2   | 2   |
| 26  | 3   | 1   | 3   | 1   | 1   | 1   | 1   | 1   | 4   | 1   | 1   | 4   | 1   | 1   | 2   | 1   | 4   |
| 27  | 2   | 2   | 3   | 3   | 2   | 2   | 2   | 3   | 2   | 3   | 3   | 2   | 3   | 3   | 3   | 2   | 2   |
| 28  | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 4   | 3   | 3   | 3   |
| 29  | 4   | 3   | 4   | 3   | 2   | 2   | 3   | 3   | 3   | 3   | 2   | 2   | 2   | 3   | 3   | 2   | 2   |
| 30  | 3   | 2   | 3   | 3   | 3   | 2   | 2   | 3   | 2   | 3   | 3   | 3   | 2   | 3   | 2   | 2   | 3   |
| 31  | 3   | 1   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 4   | 3   | 3   | 4   | 3   | 2   | 3   |
| 32  | 2   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 2   | 2   | 3   | 2   | 3   | 3   |
| 33  | 3   | 2   | 3   | 2   | 3   | 2   | 3   | 3   | 2   | 2   | 3   | 2   | 2   | 3   | 2   | 2   | 2   |
| 34  | 2   | 2   | 2   | 2   | 3   | 2   | 2   | 2   | 2   | 3   | 3   | 2   | 3   | 3   | 2   | 2   | 1   |
| 35  | 1   | 2   | 3   | 2   | 4   | 1   | 1   | 3   | 1   | 2   | 2   | 1   | 1   | 1   | 1   | 1   | 1   |
| 36  | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 4   | 4   | 3   | 3   | 3   | 2   | 1   | 3   |
| 37  | 3   | 3   | 2   | 3   | 3   | 3   | 2   | 3   | 2   | 3   | 3   | 3   | 3   | 4   | 2   | 3   | 2   |
| 38  | 3   | 3   | 4   | 3   | 3   | 2   | 3   | 3   | 4   | 3   | 3   | 3   | 1   | 3   | 1   | 3   | 3   |
| 39  | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 3   |
| 40  | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 4   | 3   | 2   | 3   |

EMOTION FOCUSED COPING - Valid

| No. | X01 | X02 | X03 | X04 | X05 | X07 | X08 | X09 | X10 | X11 | X12 | X13 | X14 | X15 | X16 | X17 | X18 |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 41  | 3   | 2   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 2   | 2   | 3   | 3   | 2   | 2   |
| 42  | 3   | 4   | 1   | 1   | 2   | 1   | 3   | 3   | 3   | 1   | 3   | 2   | 3   | 3   | 3   | 3   | 3   |
| 43  | 2   | 2   | 3   | 3   | 3   | 3   | 2   | 3   | 4   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   |
| 44  | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   |
| 45  | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   |
| 46  | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   |
| 47  | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 4   | 3   | 3   | 4   | 3   | 3   | 3   |
| 48  | 4   | 3   | 3   | 3   | 4   | 3   | 3   | 4   | 3   | 4   | 4   | 3   | 3   | 3   | 3   | 3   | 3   |
| 49  | 4   | 4   | 4   | 4   | 3   | 3   | 3   | 4   | 3   | 4   | 4   | 4   | 4   | 4   | 3   | 4   | 3   |
| 50  | 3   | 2   | 3   | 2   | 3   | 2   | 2   | 3   | 3   | 3   | 3   | 1   | 3   | 3   | 2   | 2   | 4   |
| 51  | 3   | 2   | 2   | 2   | 2   | 2   | 2   | 3   | 2   | 3   | 2   | 2   | 2   | 3   | 2   | 1   | 3   |
| 52  | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 3   | 3   | 1   | 2   | 3   | 3   | 2   | 3   | 3   |
| 53  | 4   | 2   | 3   | 4   | 2   | 3   | 3   | 4   | 4   | 4   | 4   | 2   | 4   | 3   | 4   | 4   | 2   |
| 54  | 3   | 1   | 3   | 1   | 1   | 2   | 3   | 2   | 3   | 2   | 2   | 3   | 3   | 3   | 3   | 2   | 3   |
| 55  | 3   | 4   | 3   | 4   | 4   | 3   | 3   | 3   | 2   | 3   | 3   | 4   | 1   | 3   | 4   | 3   | 4   |
| 56  | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 4   | 3   | 4   | 4   | 3   | 3   | 4   | 2   | 3   | 3   |
| 57  | 4   | 4   | 4   | 4   | 4   | 3   | 4   | 4   | 3   | 4   | 4   | 4   | 4   | 4   | 3   | 3   | 4   |
| 58  | 3   | 3   | 3   | 3   | 4   | 2   | 3   | 3   | 3   | 4   | 4   | 3   | 3   | 4   | 3   | 3   | 3   |
| 59  | 3   | 3   | 3   | 3   | 4   | 2   | 3   | 4   | 4   | 4   | 4   | 3   | 3   | 4   | 4   | 4   | 3   |
| 60  | 2   | 2   | 2   | 2   | 3   | 2   | 2   | 2   | 3   | 3   | 2   | 2   | 2   | 2   | 3   | 2   | 2   |
| 61  | 1   | 2   | 3   | 2   | 3   | 2   | 2   | 3   | 3   | 3   | 3   | 2   | 2   | 4   | 2   | 1   | 2   |
| 62  | 3   | 2   | 3   | 2   | 2   | 2   | 2   | 3   | 2   | 3   | 3   | 2   | 2   | 3   | 2   | 3   | 2   |
| 63  | 2   | 3   | 3   | 3   | 3   | 2   | 4   | 4   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   |
| 64  | 3   | 3   | 3   | 3   | 4   | 3   | 4   | 3   | 3   | 3   | 3   | 2   | 3   | 4   | 3   | 3   | 3   |
| 65  | 4   | 3   | 1   | 3   | 3   | 4   | 4   | 4   | 3   | 4   | 4   | 4   | 3   | 3   | 3   | 4   | 3   |
| 66  | 3   | 3   | 4   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 2   | 2   | 3   |
| 67  | 2   | 1   | 2   | 3   | 4   | 1   | 1   | 1   | 2   | 1   | 1   | 2   | 2   | 1   | 2   | 1   | 2   |
| 68  | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 2   | 3   | 3   |
| 69  | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 4   | 4   | 3   | 4   | 3   | 4   | 3   | 4   | 2   |
| 70  | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 3   |
| 71  | 2   | 2   | 3   | 2   | 2   | 2   | 2   | 2   | 3   | 2   | 3   | 3   | 2   | 3   | 2   | 2   | 2   |
| 72  | 2   | 3   | 2   | 2   | 3   | 2   | 2   | 3   | 3   | 3   | 4   | 2   | 2   | 3   | 2   | 2   | 2   |
| 73  | 2   | 2   | 2   | 2   | 2   | 2   | 2   | 2   | 2   | 3   | 2   | 2   | 2   | 3   | 2   | 2   | 2   |
| 74  | 2   | 2   | 1   | 1   | 2   | 1   | 1   | 3   | 4   | 3   | 3   | 1   | 4   | 4   | 2   | 2   | 1   |
| 75  | 2   | 2   | 3   | 2   | 3   | 2   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 3   |
| 76  | 3   | 2   | 3   | 3   | 2   | 2   | 3   | 3   | 2   | 2   | 2   | 3   | 3   | 3   | 2   | 2   | 3   |
| 77  | 2   | 1   | 2   | 3   | 3   | 1   | 1   | 3   | 3   | 3   | 3   | 1   | 1   | 4   | 3   | 2   | 1   |
| 78  | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   |
| 79  | 3   | 1   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 4   | 4   | 3   | 3   | 4   | 3   | 3   | 3   |
| 80  | 1   | 2   | 3   | 2   | 2   | 1   | 3   | 3   | 3   | 3   | 2   | 4   | 4   | 4   | 4   | 1   | 4   |

## EMOTION FOCUSED COPING - Valid

| No. | X19 | X20 | X21 | X23 | X24 | X25 | X26 | X27 | X28 | X29 | X30 | X31 | X32 | X33 | X35 | EFC |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 1   | 2   | 3   | 3   | 3   | 2   | 2   | 2   | 2   | 2   | 3   | 2   | 2   | 2   | 3   | 4   | 73  |
| 2   | 1   | 2   | 3   | 3   | 3   | 3   | 2   | 2   | 4   | 3   | 3   | 2   | 3   | 4   | 2   | 85  |
| 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 2   | 3   | 95  |
| 4   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 2   | 2   | 3   | 3   | 4   | 90  |
| 5   | 1   | 3   | 3   | 2   | 4   | 1   | 4   | 4   | 4   | 3   | 4   | 1   | 4   | 4   | 3   | 85  |
| 6   | 4   | 3   | 4   | 4   | 2   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 4   | 3   | 101 |
| 7   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 3   | 3   | 101 |
| 8   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 95  |
| 9   | 2   | 1   | 2   | 2   | 2   | 2   | 1   | 1   | 1   | 2   | 1   | 1   | 1   | 2   | 2   | 56  |
| 10  | 4   | 3   | 4   | 4   | 3   | 4   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 4   | 4   | 105 |
| 11  | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 2   | 3   | 94  |
| 12  | 3   | 3   | 4   | 4   | 3   | 2   | 3   | 3   | 4   | 2   | 3   | 3   | 3   | 3   | 3   | 98  |
| 13  | 2   | 2   | 3   | 3   | 2   | 2   | 3   | 3   | 4   | 3   | 2   | 3   | 3   | 3   | 3   | 89  |
| 14  | 3   | 3   | 4   | 4   | 3   | 3   | 3   | 3   | 4   | 3   | 2   | 3   | 3   | 4   | 4   | 105 |
| 15  | 2   | 1   | 3   | 2   | 2   | 2   | 2   | 2   | 3   | 3   | 3   | 2   | 2   | 2   | 2   | 74  |
| 16  | 1   | 2   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 92  |
| 17  | 2   | 2   | 3   | 3   | 3   | 2   | 2   | 3   | 4   | 1   | 3   | 1   | 1   | 2   | 1   | 73  |
| 18  | 3   | 2   | 4   | 1   | 3   | 1   | 2   | 2   | 3   | 2   | 3   | 2   | 2   | 2   | 3   | 76  |
| 19  | 1   | 4   | 4   | 4   | 4   | 4   | 1   | 3   | 3   | 1   | 4   | 1   | 4   | 1   | 1   | 92  |
| 20  | 3   | 3   | 2   | 3   | 2   | 2   | 3   | 4   | 3   | 4   | 2   | 2   | 3   | 3   | 4   | 96  |
| 21  | 3   | 3   | 3   | 3   | 3   | 4   | 4   | 3   | 3   | 2   | 4   | 3   | 3   | 4   | 3   | 101 |
| 22  | 1   | 3   | 4   | 3   | 3   | 2   | 2   | 3   | 2   | 3   | 2   | 1   | 2   | 2   | 3   | 79  |
| 23  | 1   | 3   | 2   | 3   | 3   | 4   | 2   | 4   | 2   | 3   | 3   | 1   | 3   | 2   | 4   | 89  |
| 24  | 2   | 3   | 3   | 3   | 3   | 3   | 2   | 2   | 3   | 2   | 3   | 2   | 2   | 2   | 3   | 88  |
| 25  | 2   | 3   | 3   | 2   | 2   | 4   | 2   | 2   | 3   | 3   | 3   | 4   | 2   | 2   | 3   | 85  |
| 26  | 1   | 3   | 3   | 1   | 1   | 1   | 2   | 1   | 1   | 3   | 1   | 1   | 1   | 2   | 1   | 54  |
| 27  | 2   | 2   | 2   | 2   | 3   | 2   | 3   | 3   | 2   | 3   | 3   | 2   | 2   | 3   | 3   | 79  |
| 28  | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 4   | 99  |
| 29  | 2   | 3   | 3   | 3   | 2   | 1   | 3   | 4   | 4   | 3   | 3   | 3   | 3   | 3   | 4   | 90  |
| 30  | 2   | 3   | 3   | 2   | 2   | 2   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 84  |
| 31  | 2   | 4   | 3   | 4   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 2   | 3   | 1   | 93  |
| 32  | 3   | 3   | 3   | 3   | 2   | 3   | 4   | 3   | 3   | 4   | 3   | 4   | 2   | 4   | 4   | 94  |
| 33  | 2   | 3   | 2   | 3   | 3   | 4   | 2   | 2   | 3   | 2   | 2   | 2   | 2   | 2   | 3   | 78  |
| 34  | 2   | 2   | 3   | 2   | 2   | 3   | 2   | 3   | 1   | 1   | 1   | 2   | 1   | 2   | 2   | 67  |
| 35  | 2   | 1   | 2   | 2   | 2   | 2   | 2   | 3   | 3   | 2   | 3   | 2   | 2   | 2   | 2   | 60  |
| 36  | 2   | 3   | 1   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 2   | 3   | 3   | 4   | 3   | 93  |
| 37  | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 2   | 91  |
| 38  | 4   | 3   | 2   | 3   | 4   | 4   | 3   | 2   | 3   | 2   | 3   | 3   | 3   | 3   | 4   | 94  |
| 39  | 3   | 4   | 2   | 2   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 2   | 94  |
| 40  | 3   | 3   | 3   | 3   | 3   | 1   | 2   | 3   | 3   | 1   | 3   | 1   | 3   | 2   | 3   | 89  |



## EMOTION FOCUSED COPING - Valid

| No. | X19 | X20 | X21 | X23 | X24 | X25 | X26 | X27 | X28 | X29 | X30 | X31 | X32 | X33 | X35 | EFC |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 41  | 2   | 2   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 2   | 1   | 3   | 3   | 83  |
| 42  | 3   | 4   | 3   | 3   | 3   | 3   | 2   | 3   | 1   | 4   | 3   | 2   | 3   | 2   | 3   | 84  |
| 43  | 3   | 3   | 3   | 2   | 3   | 4   | 3   | 2   | 3   | 4   | 3   | 3   | 3   | 3   | 3   | 93  |
| 44  | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 4   | 2   | 4   | 4   | 98  |
| 45  | 3   | 3   | 2   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 93  |
| 46  | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 4   | 97  |
| 47  | 4   | 3   | 4   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 101 |
| 48  | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 4   | 3   | 3   | 3   | 3   | 4   | 104 |
| 49  | 3   | 4   | 4   | 2   | 4   | 4   | 4   | 4   | 4   | 3   | 3   | 3   | 3   | 4   | 4   | 115 |
| 50  | 2   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 2   | 2   | 2   | 3   | 3   | 3   | 84  |
| 51  | 1   | 2   | 2   | 2   | 2   | 2   | 2   | 3   | 2   | 2   | 2   | 3   | 3   | 2   | 2   | 70  |
| 52  | 4   | 2   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 4   | 1   | 3   | 2   | 3   | 90  |
| 53  | 2   | 4   | 4   | 1   | 4   | 4   | 4   | 1   | 4   | 3   | 1   | 3   | 1   | 4   | 4   | 100 |
| 54  | 2   | 3   | 2   | 3   | 2   | 3   | 2   | 3   | 3   | 2   | 2   | 2   | 3   | 2   | 2   | 76  |
| 55  | 3   | 3   | 4   | 3   | 3   | 1   | 3   | 3   | 4   | 3   | 2   | 3   | 3   | 3   | 2   | 97  |
| 56  | 3   | 3   | 4   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 3   | 2   | 4   | 4   | 103 |
| 57  | 3   | 4   | 3   | 4   | 4   | 3   | 4   | 4   | 4   | 4   | 3   | 4   | 4   | 4   | 4   | 120 |
| 58  | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 99  |
| 59  | 2   | 4   | 4   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 2   | 2   | 3   | 4   | 104 |
| 60  | 2   | 2   | 2   | 3   | 3   | 1   | 2   | 3   | 2   | 2   | 2   | 2   | 2   | 2   | 3   | 71  |
| 61  | 2   | 3   | 3   | 3   | 2   | 2   | 3   | 3   | 1   | 2   | 2   | 2   | 1   | 3   | 4   | 76  |
| 62  | 2   | 3   | 3   | 2   | 2   | 3   | 2   | 3   | 2   | 2   | 3   | 2   | 3   | 2   | 3   | 78  |
| 63  | 3   | 3   | 4   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 96  |
| 64  | 3   | 4   | 3   | 3   | 2   | 3   | 2   | 2   | 3   | 2   | 4   | 4   | 4   | 2   | 3   | 97  |
| 65  | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 103 |
| 66  | 4   | 3   | 4   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 4   | 3   | 3   | 101 |
| 67  | 1   | 2   | 3   | 3   | 3   | 1   | 2   | 2   | 2   | 1   | 2   | 2   | 2   | 2   | 2   | 59  |
| 68  | 3   | 3   | 3   | 3   | 3   | 2   | 4   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 94  |
| 69  | 3   | 3   | 4   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 104 |
| 70  | 2   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 2   | 3   | 2   | 3   | 3   | 3   | 89  |
| 71  | 2   | 3   | 2   | 2   | 2   | 3   | 2   | 3   | 2   | 2   | 2   | 2   | 2   | 2   | 3   | 73  |
| 72  | 3   | 2   | 3   | 2   | 2   | 2   | 2   | 2   | 3   | 3   | 3   | 2   | 2   | 2   | 4   | 79  |
| 73  | 2   | 2   | 3   | 2   | 2   | 3   | 2   | 2   | 2   | 2   | 2   | 2   | 2   | 2   | 3   | 69  |
| 74  | 2   | 1   | 3   | 1   | 2   | 2   | 2   | 4   | 3   | 2   | 1   | 2   | 3   | 2   | 4   | 71  |
| 75  | 2   | 3   | 3   | 2   | 2   | 3   | 2   | 2   | 3   | 2   | 2   | 2   | 2   | 2   | 3   | 80  |
| 76  | 2   | 3   | 2   | 2   | 2   | 2   | 2   | 3   | 3   | 2   | 2   | 2   | 2   | 2   | 2   | 76  |
| 77  | 1   | 3   | 3   | 3   | 3   | 1   | 2   | 2   | 2   | 2   | 2   | 2   | 2   | 2   | 3   | 70  |
| 78  | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 95  |
| 79  | 3   | 3   | 4   | 3   | 3   | 3   | 4   | 4   | 4   | 2   | 3   | 1   | 4   | 4   | 4   | 102 |
| 80  | 1   | 4   | 4   | 4   | 1   | 3   | 3   | 3   | 3   | 1   | 3   | 1   | 4   | 3   | 3   | 87  |

TIPE KEPRIBADIAN

| No. | X01 | X02 | X03 | X04 | X05 | X06 | X07 | X08 | X09 | X10 | X11 | X12 | X13 | X14 | TK     |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|--------|
| 1   | B   | B   | B   | A   | B   | B   | B   | A   | B   | B   | B   | B   | B   | B   | Tipe B |
| 2   | B   | B   | B   | A   | B   | B   | B   | A   | B   | B   | B   | B   | B   | B   | Tipe B |
| 3   | A   | A   | B   | A   | A   | B   | A   | B   | A   | A   | A   | A   | A   | A   | Tipe A |
| 4   | B   | A   | B   | B   | A   | B   | B   | B   | B   | B   | B   | B   | B   | B   | Tipe B |
| 5   | B   | B   | A   | B   | B   | B   | A   | B   | B   | B   | B   | A   | B   | B   | Tipe B |
| 6   | A   | B   | A   | A   | A   | B   | B   | A   | B   | B   | B   | A   | B   | B   | Tipe B |
| 7   | B   | A   | B   | B   | B   | B   | B   | A   | A   | B   | B   | B   | B   | B   | Tipe B |
| 8   | B   | B   | B   | A   | B   | B   | A   | B   | B   | B   | B   | B   | B   | B   | Tipe B |
| 9   | B   | B   | A   | B   | B   | A   | B   | A   | A   | A   | B   | B   | A   | B   | Tipe B |
| 10  | A   | A   | B   | A   | A   | A   | B   | B   | A   | A   | A   | A   | A   | A   | Tipe A |
| 11  | B   | B   | B   | B   | B   | B   | B   | A   | B   | B   | B   | B   | B   | B   | Tipe B |
| 12  | B   | B   | B   | B   | A   | B   | A   | B   | B   | B   | B   | B   | B   | B   | Tipe B |
| 13  | A   | A   | A   | B   | A   | A   | B   | B   | A   | A   | A   | A   | A   | A   | Tipe A |
| 14  | A   | A   | B   | A   | A   | A   | A   | B   | A   | A   | A   | B   | A   | A   | Tipe A |
| 15  | A   | A   | B   | A   | A   | A   | B   | A   | A   | A   | A   | A   | A   | A   | Tipe A |
| 16  | A   | A   | B   | A   | A   | A   | A   | B   | A   | A   | A   | A   | A   | A   | Tipe A |
| 17  | A   | A   | B   | A   | B   | A   | B   | A   | B   | A   | A   | A   | A   | A   | Tipe A |
| 18  | A   | A   | A   | A   | A   | A   | B   | B   | A   | B   | B   | B   | A   | B   | Tipe A |
| 19  | A   | B   | A   | A   | A   | A   | B   | A   | A   | A   | A   | A   | A   | A   | Tipe A |
| 20  | B   | B   | B   | A   | B   | B   | B   | B   | B   | B   | B   | A   | B   | A   | Tipe B |
| 21  | B   | A   | A   | A   | A   | A   | B   | B   | A   | B   | A   | B   | A   | A   | Tipe A |
| 22  | A   | B   | B   | B   | B   | B   | B   | B   | B   | B   | A   | B   | A   | B   | Tipe B |
| 23  | B   | A   | B   | B   | A   | B   | B   | A   | B   | B   | A   | B   | B   | A   | Tipe B |
| 24  | B   | A   | B   | B   | A   | A   | B   | A   | A   | B   | A   | A   | B   | A   | Tipe A |
| 25  | A   | A   | B   | B   | A   | A   | B   | A   | A   | B   | A   | A   | A   | B   | Tipe A |
| 26  | A   | A   | B   | B   | B   | B   | B   | B   | B   | B   | A   | B   | A   | B   | Tipe B |
| 27  | A   | A   | B   | B   | B   | B   | B   | B   | B   | B   | B   | A   | A   | A   | Tipe B |
| 28  | A   | A   | A   | B   | A   | A   | B   | B   | A   | B   | A   | B   | B   | A   | Tipe A |
| 29  | B   | B   | A   | A   | A   | B   | A   | B   | A   | B   | A   | B   | B   | B   | Tipe B |
| 30  | A   | B   | B   | B   | B   | B   | B   | A   | B   | B   | B   | A   | B   | B   | Tipe B |
| 31  | B   | A   | B   | A   | A   | B   | B   | A   | B   | B   | A   | B   | B   | A   | Tipe B |
| 32  | B   | A   | B   | B   | A   | B   | A   | A   | B   | A   | B   | A   | A   | A   | Tipe A |
| 33  | A   | A   | A   | A   | B   | A   | B   | A   | A   | A   | A   | B   | A   | A   | Tipe A |
| 34  | A   | B   | A   | B   | B   | A   | B   | A   | A   | B   | A   | B   | A   | A   | Tipe A |
| 35  | B   | A   | B   | A   | B   | B   | B   | B   | B   | B   | B   | A   | A   | B   | Tipe B |
| 36  | B   | B   | B   | B   | B   | B   | B   | B   | B   | B   | B   | A   | A   | A   | Tipe B |
| 37  | B   | A   | A   | B   | A   | B   | B   | A   | B   | B   | A   | A   | A   | A   | Tipe A |
| 38  | B   | A   | B   | A   | A   | A   | B   | B   | A   | A   | A   | A   | A   | A   | Tipe A |
| 39  | A   | A   | B   | B   | A   | A   | B   | A   | B   | A   | A   | A   | A   | A   | Tipe A |
| 40  | B   | B   | A   | B   | B   | B   | B   | B   | B   | B   | B   | A   | B   | A   | Tipe B |



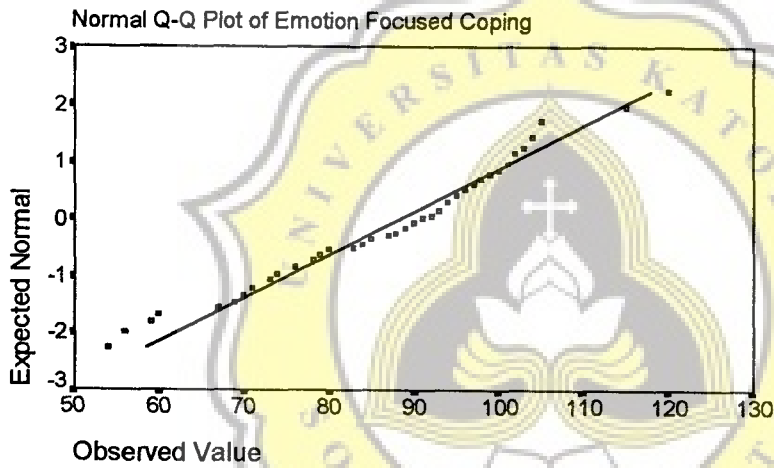
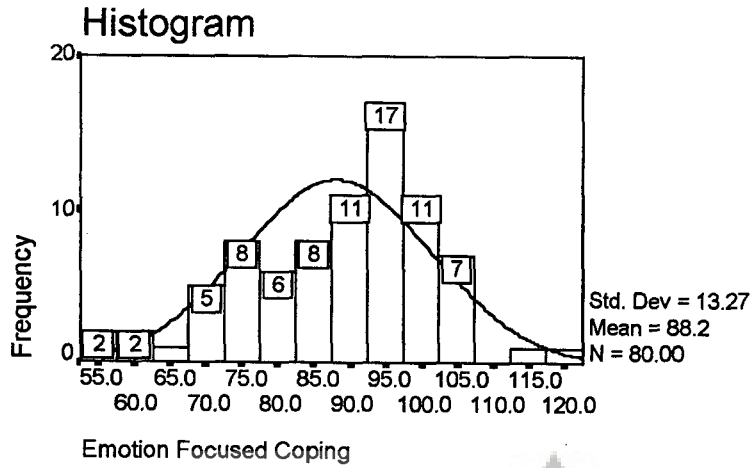
TIPE KEPRIBADIAN

| No. | X01 | X02 | X03 | X04 | X05 | X06 | X07 | X08 | X09 | X10 | X11 | X12 | X13 | X14 | TK     |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|--------|
| 41  | B   | A   | B   | B   | A   | B   | B   | A   | B   | B   | B   | A   | B   | A   | Tipe B |
| 42  | A   | A   | A   | B   | B   | B   | B   | A   | B   | A   | B   | A   | B   | B   | Tipe B |
| 43  | B   | A   | B   | A   | B   | B   | A   | A   | B   | A   | A   | A   | B   | A   | Tipe A |
| 44  | A   | B   | B   | A   | B   | B   | B   | B   | B   | B   | A   | B   | A   | B   | Tipe B |
| 45  | A   | B   | B   | B   | B   | B   | B   | B   | B   | B   | B   | B   | B   | A   | Tipe B |
| 46  | A   | B   | A   | B   | B   | A   | B   | A   | A   | B   | A   | A   | A   | A   | Tipe A |
| 47  | A   | A   | B   | A   | A   | B   | A   | A   | B   | B   | B   | A   | A   | B   | Tipe A |
| 48  | A   | B   | B   | B   | B   | B   | B   | B   | B   | A   | A   | B   | B   | B   | Tipe B |
| 49  | A   | B   | B   | B   | B   | B   | B   | B   | B   | B   | B   | B   | B   | A   | Tipe B |
| 50  | A   | B   | B   | A   | A   | A   | A   | B   | A   | B   | A   | B   | A   | B   | Tipe A |
| 51  | B   | B   | A   | A   | A   | B   | B   | A   | B   | B   | B   | B   | B   | B   | Tipe B |
| 52  | B   | B   | B   | B   | B   | B   | B   | B   | B   | B   | B   | A   | B   | A   | Tipe B |
| 53  | A   | A   | B   | A   | B   | A   | B   | B   | A   | A   | A   | A   | A   | A   | Tipe A |
| 54  | A   | B   | B   | B   | B   | A   | A   | B   | A   | B   | A   | B   | A   | B   | Tipe B |
| 55  | A   | A   | A   | A   | B   | A   | B   | A   | A   | A   | A   | A   | A   | A   | Tipe A |
| 56  | B   | A   | B   | B   | B   | B   | B   | B   | B   | B   | B   | B   | B   | A   | Tipe B |
| 57  | A   | B   | B   | A   | A   | A   | B   | A   | A   | A   | B   | A   | A   | A   | Tipe A |
| 58  | B   | A   | B   | B   | B   | B   | B   | B   | B   | B   | A   | A   | B   | B   | Tipe B |
| 59  | B   | A   | B   | A   | B   | A   | B   | B   | B   | B   | B   | B   | B   | B   | Tipe B |
| 60  | B   | B   | B   | B   | B   | A   | B   | A   | A   | B   | A   | B   | B   | A   | Tipe B |
| 61  | B   | A   | B   | B   | B   | B   | B   | B   | B   | B   | B   | B   | B   | B   | Tipe B |
| 62  | A   | A   | B   | B   | B   | A   | B   | B   | A   | B   | A   | B   | A   | B   | Tipe A |
| 63  | B   | A   | A   | B   | B   | B   | A   | A   | B   | B   | B   | B   | B   | B   | Tipe B |
| 64  | A   | B   | B   | A   | A   | A   | B   | B   | A   | A   | A   | A   | A   | A   | Tipe A |
| 65  | A   | A   | B   | A   | A   | A   | B   | A   | A   | B   | A   | B   | A   | B   | Tipe A |
| 66  | B   | A   | B   | A   | A   | A   | B   | B   | A   | B   | A   | B   | A   | A   | Tipe A |
| 67  | A   | A   | B   | B   | B   | A   | B   | B   | B   | B   | B   | B   | B   | B   | Tipe B |
| 68  | A   | A   | B   | A   | A   | A   | A   | B   | A   | B   | A   | B   | A   | B   | Tipe A |
| 69  | A   | A   | B   | A   | A   | A   | A   | B   | A   | B   | A   | B   | A   | B   | Tipe A |
| 70  | A   | A   | A   | A   | B   | A   | B   | A   | A   | B   | A   | B   | A   | A   | Tipe A |
| 71  | A   | B   | B   | A   | A   | A   | B   | B   | A   | A   | A   | A   | A   | A   | Tipe A |
| 72  | A   | A   | B   | A   | B   | A   | A   | B   | A   | B   | B   | B   | B   | B   | Tipe B |
| 73  | A   | B   | B   | B   | B   | A   | B   | B   | A   | B   | A   | B   | A   | B   | Tipe B |
| 74  | A   | A   | A   | A   | A   | B   | B   | A   | B   | B   | B   | A   | B   | B   | Tipe B |
| 75  | A   | A   | B   | A   | A   | A   | A   | B   | A   | A   | A   | A   | A   | A   | Tipe A |
| 76  | B   | B   | A   | B   | A   | B   | B   | A   | B   | B   | B   | B   | B   | B   | Tipe B |
| 77  | B   | B   | A   | B   | B   | B   | B   | B   | B   | B   | B   | B   | B   | B   | Tipe B |
| 78  | A   | A   | A   | B   | B   | A   | B   | B   | A   | A   | A   | A   | A   | A   | Tipe A |
| 79  | A   | A   | B   | A   | A   | A   | B   | A   | A   | A   | A   | A   | A   | A   | Tipe A |
| 80  | A   | A   | B   | A   | A   | B   | A   | A   | B   | A   | A   | A   | A   | A   | Tipe A |



# **LAMPIRAN E**

## **Uji Normalitas**



--- Kolmogorov - Smirnov Goodness of Fit Test

EFC Emotion Focused Coping

Test distribution - Normal

Mean: 88.21  
Standard Deviation: 13.27

Cases: 80

| Most extreme differences |          |          |       |            |
|--------------------------|----------|----------|-------|------------|
| Absolute                 | Positive | Negative | K-S Z | 2-Tailed P |
| .11116                   | .07796   | -.11116  | .9942 | .2762      |



**LAMPIRAN F**  
**Uji Homogenitas**

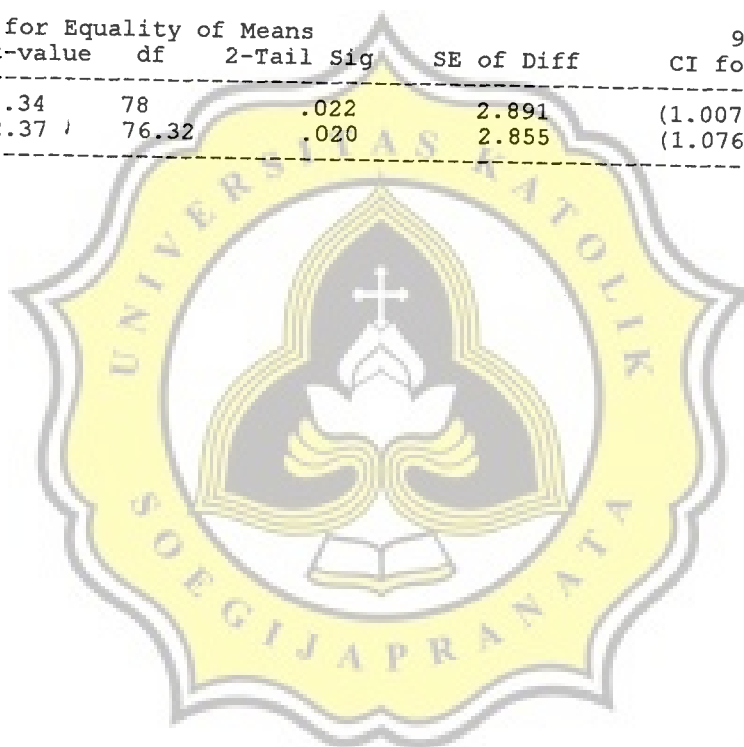
t-tests for independent samples of TK Tipe Kepribadian

| Variable                   | Number of Cases | Mean    | SD     | SE of Mean |
|----------------------------|-----------------|---------|--------|------------|
| EFC Emotion Focused Coping |                 |         |        |            |
| Type A                     | 38              | 91.7632 | 11.134 | 1.806      |
| Type B                     | 42              | 85.0000 | 14.327 | 2.211      |

Mean Difference = 6.7632

Levene's Test for Equality of Variances:  $F = 3.315$   $P = .072$

| t-test for Equality of Means |         |       |            |            | 95%             |
|------------------------------|---------|-------|------------|------------|-----------------|
| Variances                    | t-value | df    | 2-Tail Sig | SE of Diff | CI for Diff     |
| Equal                        | 2.34    | 78    | .022       | 2.891      | (1.007, 12.519) |
| Unequal                      | 2.37    | 76.32 | .020       | 2.855      | (1.076, 12.450) |





# **LAMPIRAN G**

## **Analisis Data**

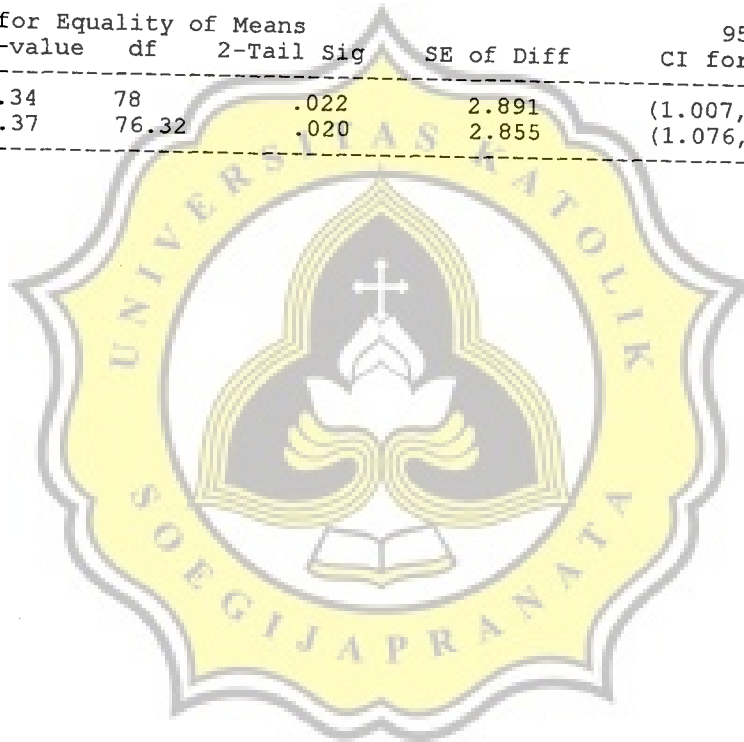
t-tests for independent samples of TK Tipe Kepribadian

| Variable                   | Number of Cases | Mean    | SD     | SE of Mean |
|----------------------------|-----------------|---------|--------|------------|
| EFC Emotion Focused Coping |                 |         |        |            |
| Tipe A                     | 38              | 91.7632 | 11.134 | 1.806      |
| Tipe B                     | 42              | 85.0000 | 14.327 | 2.211      |

Mean Difference = 6.7632

Levene's Test for Equality of Variances:  $F = 3.315$   $P = .072$

| t-test for Equality of Means |         |       |            |            | 95%             |
|------------------------------|---------|-------|------------|------------|-----------------|
| Variances                    | t-value | df    | 2-Tail Sig | SE of Diff | CI for Diff     |
| Equal                        | 2.34    | 78    | .022       | 2.891      | (1.007, 12.519) |
| Unequal                      | 2.37    | 76.32 | .020       | 2.855      | (1.076, 12.450) |





**LAMPIRAN H**

**Surat Ijin Penelitian**





**FAKULTAS PSIKOLOGI  
UNIVERSITAS KATOLIK SOEGIJAPRANATA**

Jl. Pawiyatan Luhur IV / 1 Bendan Duwur Semarang, 50234  
Telp. (024) 8316142 - 8441555 (hunting) Fax. (024) 8415429 - 8445265  
http://www.unika.ac.id e-mail:psikologi@unika.ac.id Po. Box. 8033/SM  
Badan Hukum : Yayasan Sandjojo

N o m o r : B.2.01/ ~~32~~/UKS.07/XI/03

29 Nopember 2003

Lamp. : -

H a l : Ijin Penelitian

Kepada : Yth, Kepala Sekolah  
SMU Setia Budi  
Di  
S e m a r a n g

Kami mohon bantuan dengan hormat kepada Bapak/Ibu, untuk berkenan memberikan ijin kepada mahasiswa/i Fakultas Psikologi Unika Soegijapranata Semarang dibawah ini :

N a m a : Maria Immaculata Keke Indraningtyas  
N I M / N I R M : 94.40.1806  
T e m p a t / T g l . L a h i r : Jakarta ,26 Agustus 1975  
A l a m a t : Jl. Tengku Umar 18  
Jatingaleh Semarang

Akan mengadakan Penelitian di SMU Setia Budi Jln. Wr.Supratman Semarang dalam Rangka Penyusunan Tugas Skripsi Tingkat Sarjana Dengan judul " *Berbedaan Perilaku Emotion Focussed Coping Pada Remaja Yang Berkepribadian Tipe A & Tipe B*"

Demikian atas bantuan serta kerja sama Bapak/Ibu, kami mengucapkan terima kasih.



Dekan M. Subarsono, MSi

Tembusan : Yth.

- Mhs yang bersangkutan



**LAMPIRAN I**

**Surat Bukti Penelitian**

YAYASAN PENDIDIKAN SETIABUDHI

## SMU SETIABUDHI

Jalan WR. Supratman no. 37 ☎ 7605783 Semarang ✉ 50149

---

### SURAT KETERANGAN

Nomor : 149 / U / I / XII / 2003

Yang bertanda tangan di bawah ini Kepala SMU Setiabudhi Semarang menerangkan bahwa :

Nama : Maria Immaculata Keke Indraningtyas  
NIM/NIRM : 94.40.1806  
Tempat/Tgl. Lahir : Jakarta, 26 Agustus 1975  
Alamat : Jl. Tengku Umar 18  
Jatingaleh Semarang

Telah mengadakan penelitian dengan judul **"Berbedaan Perilaku Emotion Focused Coping Pada Remaja Yang Berkepribadian Tipe A & Tipe B"** pada tanggal 3 Desember 2003 di **SMU SETIABUDHI SEMARANG**.

Demikian Surat Keterangan ini dibuat agar dipergunakan sebagaimana mestinya.



Semarang, 4 Desember 2003

Kepala Sekolah,  
SEMARANG

DISAMAKAN

Drs. HM Cholil Saleh

