





LAMPIRAN A

Skala Penelitian

A-1 *Self Disclosure* (Pengungkapan Diri)

A-2 *Stress Mahasiswa Menyusun Skripsi*



LAMPIRAN A-1
Skala Penelitian
***Self-Disclosure* (Pengungkapan Diri)**

LEMBAR PERSETUJUAN DAN IDENTITAS

Semua informasi yang didapatkan melalui instrumen ini hanya akan digunakan untuk kepentingan penelitian dan dijamin kerahasiaannya. Oleh sebab itu Anda diminta untuk mengisi identitas menggunakan kode unik sesuai dengan petunjuk dibawah ini.

2 huruf inisial nama Anda

2 digit terakhir nomor *handphone* Anda

2 digit tanggal lahir Anda

Contoh : Hannauli Risdayanti, 081640939615, 28 Maret 1997,
maka kode uniknya ialah HR1528.

Saya yang bertanda tangan dibawah ini,

Kode unik :

Usia :

Pekerjaan/ Instansi :

Tinggal dengan
Alamat saat ini :

Domisili asal :

Besedia untuk menjadi responden dalam penelitian tentang *Self-disclosure* dan Stres mahasiswa dalam menyusun skripsi yang disusun oleh:

Nama peneliti : Hannauli Risdayanti
NIM : 15.E1.0252
Fakultas : Psikologi
Program Studi : Psikologi
Email : Hannauli993@gmail.com

Demikian persetujuan ini saya buat dalam kondisi sadar dan tanpa paksaan untuk dapat berpartisipasi dalam penelitian ini.

Skala *Self-Disclosure* pada mahasiswa

PENGANTAR

Berikut ini adalah skala *Self-disclosure* atau pengungkapan diri. Pengungkapan diri dikaitkan dengan kemampuan seseorang dalam mengungkapkan diri melalui informasi yang diberikan kepada orang lain. Tidak hanya itu saja, *self-disclosure* juga dapat meningkatkan keakraban, kepercayaan, dan kekeluargaan. Semakin intens informasi diri diungkapkan, maka makin tercipta pengertian antara seseorang dan orang lain. Dengan begitu, komunikasi akan berjalan dengan baik.

TUJUAN ANGKET

Angket ini bertujuan untuk mengetahui *self-disclosure* / keterbukaan anda dalam mendiskripsikan diri anda sendiri dan hubungan anda dengan orang lain dan pilihan media atau alat yang anda gunakan, seperti sosial media atau mencurahkan pada orang lain. Dalam angket ini terdapat lima puluh dua pernyataan. Peneliti meminta bantuan responden sekalian untuk menyatakan sikap anda terhadap beberapa statement dibawah ini.

Petunjuk pengisian:

1. Bacalah setiap Pernyataan dengan cermat.
2. Mohon tandai pernyataan berikut untuk mencerminkan cara Anda berkomunikasi kepada (target orang tertentu).
Pilihlah 1 (satu) diantara 7 (tujuh) pilihan jawaban yang mencerminkan bagaimana Anda berkomunikasi dengan orang lain dengan menunjukkan apakah anda:
 - 1) = Sangat Tidak Setuju
 - 2) = Tidak Setuju
 - 3) = Cukup Tidak Setuju
 - 4) = Ragu – Ragu
 - 5) = Cukup Setuju
 - 6) = Setuju
 - 7) = Sangat Setuju
3. Pilihlah jawaban yang paling sesuai dengan kondisi anda saat ini.
4. Semua jawaban anda BENAR, jika anda menjawab sesuai dengan kondisi saat ini.
5. Semua pernyataan HARUS dijawab.

Contoh Pengisian:

| No. | Pernyataan | Pilihan Jawaban | | | | | | |
|-----|--|-----------------|---|---|---|---|---|---|
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. | Saya berdoa terlebih dahulu apabila mau mengerjakan soal ujian | | | | | | | √ |

| NO. | Pernyataan | Pilihan Jawaban | | | | | | |
|-----|--|-----------------|---|---|---|---|---|---|
| | | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 1. | Saya kurang percaya diri jika harus mengatakan yang berhubungan dengan diri saya kepada orang lain | | | | | | | |
| 2. | Saya biasanya mengungkapkan hal-hal positif tentang diri saya sendiri | | | | | | | |
| 3. | Saat saya memulai pembicaraan, sering kali melakukan pengungkapan diri secara intim | | | | | | | |
| 4. | Saya secara sengaja bercerita tidak sesuai fakta agar saya mendapat bantuan dari orang lain | | | | | | | |
| 5. | Saya mengalami kesulitan dalam mengeluarkan pendapat | | | | | | | |
| 6. | Dalam percakapan biasanya saya mengungkapkan diri sesuai dengan realita dan secara terbuka | | | | | | | |
| 7. | Mudah sekali bagi saya untuk menceritakan keluh kesah kehidupan saya kepada orang terdekat | | | | | | | |
| 8. | Ketika teman saya berbicara dengan nada tinggi maka emosi saya terpancing | | | | | | | |
| 9. | Saya merasa malu jika harus bercerita apa adanya kepada orang lain | | | | | | | |
| 10. | Saya tidak suka bila harus bercerita tentang kehidupan kepada orang lain termasuk sahabat | | | | | | | |
| 11. | Saya menahan diri untuk tidak bercerita kepada orang lain, karena menurut saya sangat merugikan | | | | | | | |
| 12. | Saya harus mempersiapkan diri dalam kurun waktu yang lama sebelum bercerita kepada orang lain | | | | | | | |
| 13. | Saya sering kali menceritakan segala sesuatu tanpa berpikir panjang | | | | | | | |
| 14. | Saya sering melebih-lebihkan cara kesedihan dihadapan teman-teman | | | | | | | |
| 15. | Saya berniat untuk tidak pernah menampilkan perasaan dimuka umum | | | | | | | |
| 16. | Menurut saya memberikan informasi peribadi kepada orang lain merupakan hal | | | | | | | |

| | | | | | | | | |
|-----|--|--|--|--|--|--|--|--|
| | yang merugikan | | | | | | | |
| 17. | Saya memahami kekurangan dan kelebihan saya | | | | | | | |
| 18. | Saya sering berbohong kepada diri sendiri saat kondisi saya sedang tidak baik baik saja | | | | | | | |
| 19. | Saya sering memperlihatkan kemarahan saya kepada orang lain | | | | | | | |
| 20. | Saya jarang mengungkapkan keyakinan dan pendapat saya pribadi | | | | | | | |
| 21. | Kemampuan saya dalam berkomunikasi kepada orang lain tergolong rendah | | | | | | | |
| 22. | Sulit bagi saya untuk menentukan baik dan benar dalam sebuah pilihan | | | | | | | |
| 23. | Saya tidak merasa benar-benar tulus ketika mengungkapkan perasaan, emosi , perilaku pengalaman saya sendiri | | | | | | | |
| 24. | Saya selalu mempertimbangkan “segala sesuatu” sebelum memulai bercerita tentang kehidupan pribadi saya kepada orang lain | | | | | | | |
| 25. | Ketika saya mengungkapkan perasaan pribadi, saya selalu sadar dengan apa yang saya lakukan dan katakan | | | | | | | |
| 26. | Tidak mudah bagi saya untuk dapat bercerita kepada orang lain | | | | | | | |
| 27. | Ketika saya bercerita, tanpa sengaja saya melebih-lebihkannya | | | | | | | |
| 28. | Saya lebih suka jika orang lain mendengarkan cerita kehidupan saya daripada saya yang mendengarkan | | | | | | | |
| 29. | Saya memerlukan bantuan teman dalam mempertimbangkan hal-hal pribadi | | | | | | | |
| 30. | Saya dengan mudah dapat menemukan teman untuk curhat | | | | | | | |
| 31. | Saya suka menyendiri dan tidak ingin bersosialisasi dengan banyak orang | | | | | | | |
| 32. | Saya berusaha untuk tidak memperlihatkan bahwa keadaan saya sedang tidak baik-baik saja | | | | | | | |
| 33. | Saya sulit menemukan teman untuk curhat saat mengerjakan skripsi | | | | | | | |

| | | | | | | | | |
|-----|--|--|--|--|--|--|--|--|
| 34. | Saya suka memberitahu kehidupan pribadi saya kepada teman tanpa ada yang ditutup-tutupi | | | | | | | |
| 35. | Saya akan menceritakan kisah sedih dalam kehidupan saya agar saya mendapatkan perhatian | | | | | | | |
| 36. | Ketika saya ingin mengungkapkan diri, saya tidak dapat mengungkapkannya karena tidak cukup mengenal diri sendiri | | | | | | | |
| 37. | Saya biasanya mengungkapkan hal-hal negatif tentang diri saya | | | | | | | |
| 38. | Tidak lama bagi saya untuk membuka kisah pribadi saya kepada orang lain | | | | | | | |
| 39. | Ketika saya mengungkapkan perasaan saya tentang diri saya, saya secara sadar berniat untuk melakukannya | | | | | | | |
| 40. | Saya tidak selalu jujur dalam membuka diri | | | | | | | |
| 41. | Saya selalu berusaha menyelesaikan masalah pribadi saya sebelum bertanya pendapat kepada orang terdekat | | | | | | | |
| 42. | Saya melakukan segala cara agar teman-teman saya mau selalu bersama saya | | | | | | | |
| 43. | Saya secara tidak sengaja mengungkapkan diri tentang informasi pribadi | | | | | | | |
| 44. | Pernyataan saya tentang perasaan, emosi dan pengalaman saya sendiri selalu merupakan prespsi diri yang akurat | | | | | | | |
| 45. | Saya sering curhat kepada sahabat tentang masalah privasi | | | | | | | |
| 46. | Saya dapat bersikap tenang saat mempunyai masalah pribadi | | | | | | | |
| 47. | Saya akan berbohong saat menceritakan kehidupan pribadi saya kepada orang lain karena dapat membuat saya senang | | | | | | | |
| 48. | Saya kurang dalam mengenali diri ketika teman saya menanyakan tentang kehidupan pribadi saya | | | | | | | |
| 49. | Saya selalu jujur dalam mengungkapkan diri saya | | | | | | | |
| 50. | Sulit bagi saya untuk terbuka kepada semua orang | | | | | | | |

| | | | | | | | | |
|-----|---|--|--|--|--|--|--|--|
| 51. | Saya sering tidak yakin bahwa ekspresi perasaan, emosi, dan pengalaman merupakan cerminan diri saya yang sebenarnya | | | | | | | |
| 52. | Saya tidak ingin menceritakan kehidupan pribadi saya kepada orang lain dikarenakan tindakan yang sia sia | | | | | | | |





LAMPIRAN A-2
Skala Penelitian
Stress Mahasiswa Menyusun Skripsi

LEMBAR PERSETUJUAN DAN IDENTITAS

Semua informasi yang didapatkan melalui instrumen ini hanya akan digunakan untuk kepentingan penelitian dan dijamin kerahasiaannya. Oleh sebab itu Anda diminta untuk mengisi identitas menggunakan kode unik sesuai dengan petunjuk dibawah ini.

2 huruf inisial nama Anda

2 digit terakhir nomor *handphone* Anda

2 digit tanggal lahir Anda

Contoh : Hannauli Risdayanti, 081640939615, 28 Maret 1997, maka kode uniknya ialah HR1528.

Saya yang bertanda tangan dibawah ini,

Kode unik :

Usia :

Pekerjaan/ Instansi :

Tinggal dengan
Alamat saat ini :

Domisili asal :

Besedia untuk menjadi responden dalam penelitian tentang *Self-disclosure* dan Stres mahasiswa dalam menyusun skripsi yang disusun oleh:

| | |
|---------------|-------------------------|
| Nama peneliti | : Hannauli Risdayanti |
| NIM | : 15.E1.0252 |
| Fakultas | : Psikologi |
| Program Studi | : Psikologi |
| Email | : Hannauli993@gmail.com |

Demikian persetujuan ini saya buat dalam kondisi sadar dan tanpa paksaan untuk dapat berpartisipasi dalam penelitian ini

TES DASS

Petunjuk Pengisian Kuesioner:

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

- 0 : Tidak sesuai dengan saya sama sekali, atau tidak pernah.
- 1 : Sesuai dengan saya sampai tingkat tertentu, atau kadang-kadang.
- 2 : Sesuai dengan saya sampai batas yang dipertimbangkan, atau lumayan sering
- 3 : Sangat sesuai dengan saya, atau sering sekali.

Selanjutnya, Anda diminta untuk memilih salah satu dari empat pilihan yang tersedia di sebelah kanan pernyataan yang sesuai dengan keadaan diri Anda selama **satu minggu terakhir. Tidak ada jawaban yang benar atau salah** untuk setiap pernyataan. **Seluruh jawaban adalah benar** selama itu menggambarkan diri Anda. Apabila Anda ingin mengubah jawaban, Anda dapat memberikan dua garis mendatar (=) pada jawaban yang ingin Anda koreksi, kemudian Anda dapat mengganti jawaban yang lebih sesuai dengan diri Anda.

Contoh: Jawaban Awal

| 0 | 1 | 2 | 3 |
|---|---|---|---|
| | X | | |

Mengganti

| 0 | 1 | 2 | 3 |
|---|---|---|--------------|
| | X | | X |

—

Saya tegaskan kembali bahwa **tidak ada jawaban yang salah**, semua jawaban yang anda berikan adalah benar, sehingga Anda tidak perlu ragu untuk menentukan jawaban yang paling sesuai dengan diri Anda. Bila Anda telah mengerjakan, saya mohon kesediaan Anda untuk memeriksa kembali sehingga tidak ada pernyataan yang terlewatkan.

Saya mengucapkan terima kasih atas kerjasama dan bantuan yang Anda berikan.

SELAMAT MENGERJAKAN

| No. | PERNYATAAN | 0 | 1 | 2 | 3 |
|-----|--|---|---|---|---|
| 1. | Saya merasa bahwa saya mudah tersinggung | | | | |
| 2. | Saya mudah merasa kecewa | | | | |
| 3. | Saya merasa telah menghabiskan banyak energi untuk merasa gugup | | | | |
| 4. | Saya merasa bahwa diri saya menjadi kesal karena hal-hal sepele | | | | |
| 5. | Saya menemukan diri saya mudah gelisah | | | | |
| 6. | Saya cenderung bereaksi berlebihan terhadap suatu situasi | | | | |
| 7. | Saya merasa sulit untuk beristirahat | | | | |
| 8. | Saya merasa sulit tenang setelah sesuatu membuat saya kesal | | | | |
| 9. | Saya tidak dapat memaklumi hal apapun yang menghalangi saya untuk menyelesaikan hal yang sedang saya lakukan | | | | |
| 10. | Saya merasa sulit bersantai | | | | |
| 11. | Saya sulit untuk sabar dalam menghadapi gangguan terhadap hal yang sedang saya lakukan | | | | |
| 12. | Saya merasa bahwa saya sangat mudah marah | | | | |
| 13. | Saya menemukan diri saya tidak sabar ketika mengalami penundaan (misal: kemacetan lalu lintas, menunggu sesuatu) | | | | |
| 14. | Saya dalam keadaan tegang | | | | |

The logo of Universitas Katolik Soegijapranata is a yellow shield with a scalloped border. Inside the shield, there is a central emblem featuring a cross above a stylized figure. The text "UNIVERSITAS KATOLIK" is written along the top inner edge, and "SOEGIJAPRANATA" is written along the bottom inner edge.

LAMPIRAN B

Data Try Out

**B-1 Data Try Out *Self-disclosure*
(Pengungkapan Diri)**

**B-2 Data Try Out Stress Mahasiswa
Menyusun Skripsi**



LAMPIRAN B-1
Data Try Out
***Self-disclosure* (Pengungkapan Diri)**



LAMPIRAN B-2

Data Try Out

Stress of DASS

| No. | Nomor Item | | | | | | | | | | | | | |
|-----|------------|---|---|---|---|---|---|---|---|----|----|----|----|----|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 1 | 1 | 3 | 3 | 2 | 2 | 2 | 0 | 3 | 3 | 3 | 2 | 2 | 3 | 3 |
| 2 | 2 | 1 | 1 | 2 | 1 | 3 | 1 | 2 | 2 | 3 | 1 | 1 | 2 | 3 |
| 3 | 3 | 1 | 3 | 3 | 3 | 3 | 1 | 3 | 2 | 1 | 2 | 3 | 1 | 3 |
| 4 | 1 | 1 | 2 | 1 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 2 | 2 | 1 |
| 5 | 2 | 1 | 2 | 2 | 1 | 3 | 1 | 2 | 1 | 2 | 1 | 1 | 1 | 2 |
| 6 | 1 | 1 | 3 | 2 | 1 | 2 | 3 | 1 | 2 | 3 | 2 | 1 | 1 | 2 |
| 7 | 2 | 3 | 2 | 1 | 1 | 2 | 2 | 1 | 2 | 1 | 2 | 2 | 2 | 2 |
| 8 | 1 | 1 | 3 | 3 | 3 | 3 | 3 | 3 | 1 | 2 | 2 | 3 | 3 | 3 |
| 9 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 3 | 3 | 3 | 2 | 3 |
| 10 | 2 | 1 | 1 | 2 | 3 | 2 | 1 | 2 | 3 | 1 | 2 | 1 | 1 | 2 |
| 11 | 1 | 1 | 2 | 3 | 2 | 3 | 1 | 1 | 2 | 3 | 2 | 1 | 1 | 3 |
| 12 | 2 | 1 | 2 | 1 | 3 | 3 | 3 | 2 | 3 | 2 | 1 | 2 | 2 | 2 |
| 13 | 0 | 0 | 3 | 3 | 3 | 3 | 1 | 3 | 2 | 1 | 3 | 3 | 3 | 3 |
| 14 | 2 | 2 | 3 | 2 | 3 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 2 | 3 |
| 15 | 2 | 1 | 1 | 2 | 0 | 1 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 3 |
| 16 | 1 | 1 | 1 | 2 | 2 | 1 | 3 | 1 | 1 | 2 | 1 | 2 | 1 | 2 |
| 17 | 1 | 2 | 2 | 1 | 1 | 0 | 0 | 2 | 1 | 2 | 2 | 3 | 2 | 1 |
| 18 | 0 | 0 | 1 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 1 |
| 19 | 0 | 3 | 0 | 0 | 0 | 3 | 3 | 0 | 3 | 3 | 2 | 2 | 2 | 2 |
| 20 | 1 | 3 | 2 | 1 | 1 | 1 | 2 | 3 | 2 | 3 | 3 | 2 | 3 | 1 |
| 21 | 2 | 2 | 1 | 2 | 1 | 1 | 2 | 1 | 1 | 1 | 2 | 1 | 1 | 0 |
| 22 | 1 | 2 | 0 | 3 | 0 | 0 | 3 | 0 | 3 | 3 | 0 | 0 | 0 | 0 |
| 23 | 1 | 0 | 0 | 0 | 1 | 1 | 2 | 1 | 1 | 0 | 1 | 0 | 0 | 0 |
| 24 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 3 | 2 | 2 | 1 | 2 | 0 | 1 |
| 25 | 2 | 3 | 2 | 0 | 3 | 3 | 0 | 3 | 1 | 3 | 0 | 0 | 3 | 1 |
| 26 | 0 | 0 | 1 | 2 | 1 | 3 | 2 | 1 | 2 | 1 | 3 | 1 | 2 | 2 |
| 27 | 3 | 3 | 1 | 2 | 2 | 1 | 0 | 2 | 1 | 0 | 2 | 2 | 2 | 1 |
| 28 | 2 | 0 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 0 | 2 | 1 | 2 | 0 |
| 29 | 2 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 |
| 30 | 1 | 1 | 3 | 3 | 2 | 2 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 2 |
| 31 | 2 | 1 | 2 | 2 | 3 | 1 | 1 | 2 | 1 | 2 | 1 | 2 | 1 | 1 |
| 32 | 2 | 2 | 2 | 1 | 2 | 3 | 2 | 3 | 2 | 2 | 1 | 2 | 1 | 2 |
| 33 | 1 | 1 | 2 | 1 | 2 | 2 | 1 | 2 | 1 | 2 | 2 | 2 | 2 | 3 |
| 34 | 3 | 2 | 2 | 1 | 2 | 1 | 1 | 1 | 2 | 1 | 2 | 3 | 1 | 2 |
| 35 | 2 | 1 | 2 | 2 | 3 | 1 | 2 | 1 | 2 | 1 | 2 | 3 | 2 | 2 |
| 36 | 1 | 1 | 2 | 1 | 2 | 2 | 3 | 2 | 1 | 2 | 1 | 1 | 1 | 2 |
| 37 | 2 | 2 | 2 | 3 | 2 | 2 | 1 | 2 | 1 | 1 | 2 | 3 | 2 | 2 |
| 38 | 1 | 1 | 1 | 1 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 1 |
| 39 | 2 | 1 | 1 | 1 | 2 | 2 | 1 | 2 | 1 | 1 | 3 | 3 | 2 | 2 |
| 40 | 1 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 1 | 1 | 1 | 2 | 1 | 1 |
| 41 | 2 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 1 | 1 |
| 42 | 2 | 1 | 1 | 2 | 2 | 3 | 1 | 3 | 1 | 2 | 2 | 3 | 1 | 2 |
| 43 | 2 | 2 | 2 | 3 | 3 | 2 | 1 | 2 | 2 | 1 | 3 | 3 | 2 | 2 |
| 44 | 1 | 1 | 2 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 2 | 3 | 1 | 2 |
| 45 | 3 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 1 | 1 | 2 | 3 | 2 | 3 |
| 46 | 3 | 3 | 3 | 2 | 2 | 2 | 1 | 2 | 1 | 1 | 1 | 3 | 2 | 2 |
| 47 | 2 | 2 | 3 | 2 | 3 | 2 | 1 | 2 | 2 | 1 | 2 | 3 | 2 | 2 |
| 48 | 3 | 2 | 3 | 2 | 3 | 2 | 1 | 2 | 2 | 1 | 2 | 3 | 2 | 3 |
| 49 | 2 | 2 | 3 | 3 | 3 | 2 | 1 | 2 | 2 | 1 | 3 | 3 | 2 | 2 |
| 50 | 1 | 1 | 2 | 2 | 3 | 2 | 1 | 2 | 2 | 1 | 2 | 3 | 2 | 2 |
| 51 | 3 | 2 | 3 | 3 | 2 | 2 | 1 | 2 | 2 | 1 | 2 | 3 | 1 | 1 |
| 52 | 2 | 1 | 2 | 2 | 3 | 3 | 2 | 2 | 2 | 1 | 2 | 3 | 2 | 2 |
| 53 | 2 | 2 | 3 | 3 | 3 | 2 | 1 | 2 | 2 | 1 | 2 | 2 | 1 | 1 |
| 54 | 3 | 2 | 2 | 2 | 3 | 2 | 1 | 2 | 1 | 1 | 2 | 3 | 1 | 2 |
| 55 | 2 | 1 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 2 | 3 | 1 | 2 |
| 56 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 3 | 2 | 1 | 2 | 3 | 1 | 2 |
| 57 | 3 | 2 | 3 | 2 | 3 | 3 | 2 | 2 | 1 | 2 | 1 | 2 | 1 | 1 |
| 58 | 2 | 2 | 3 | 2 | 3 | 2 | 1 | 1 | 2 | 1 | 1 | 3 | 1 | 1 |
| 59 | 3 | 2 | 3 | 2 | 3 | 2 | 1 | 2 | 2 | 1 | 2 | 3 | 2 | 2 |
| 60 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 1 | 2 | 1 | 3 | 1 | 1 |



LAMPIRAN C

UJI VALIDITAS DAN REABILITAS

C-1 *Self-disclosure* (Pengungkapan Diri)

C-2 *Stress of DASS*



LAMPIRAN C-1
Self-disclosure (Pengungkapan Diri)

Reliability

Skala *Self-Disclosure* (Pengungkapan diri)

Case Processing Summary

| | | N | % |
|-------|-----------------------|----|-------|
| Cases | Valid | 59 | 98.3 |
| | Excluded ^a | 1 | 1.7 |
| | Total | 60 | 100.0 |

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

Reliability Statistics

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .488 | 52 |

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|------|----------------------------|--------------------------------|----------------------------------|----------------------------------|
| SD01 | 255.95 | 335.739 | .373 | .457 |
| SD02 | 255.49 | 350.840 | .256 | .476 |
| SD03 | 256.88 | 318.727 | .584 | .430 |
| SD04 | 255.39 | 350.518 | .237 | .476 |
| SD05 | 256.58 | 317.110 | .512 | .430 |
| SD06 | 255.75 | 360.296 | -.038 | .495 |
| SD07 | 256.98 | 380.707 | -.297 | .529 |
| SD08 | 256.66 | 367.366 | -.138 | .515 |
| SD09 | 257.12 | 360.693 | -.067 | .506 |
| SD10 | 255.58 | 361.593 | -.059 | .496 |
| SD11 | 257.25 | 321.124 | .395 | .441 |
| SD12 | 257.53 | 345.736 | .126 | .480 |
| SD13 | 256.54 | 358.804 | -.042 | .501 |
| SD14 | 259.36 | 354.095 | .039 | .489 |
| SD15 | 258.66 | 352.435 | .029 | .492 |

| | | | | |
|------|--------|---------|-------|------|
| SD16 | 257.86 | 324.154 | .374 | .446 |
| SD17 | 255.78 | 350.554 | .131 | .480 |
| SD18 | 258.14 | 372.292 | -.192 | .520 |
| SD19 | 255.46 | 349.080 | .211 | .476 |
| SD20 | 257.63 | 370.203 | -.181 | .513 |
| SD21 | 255.92 | 340.596 | .265 | .466 |
| SD22 | 257.24 | 334.115 | .248 | .463 |
| SD23 | 255.46 | 350.873 | .203 | .478 |
| SD24 | 255.36 | 353.337 | .257 | .479 |
| SD25 | 255.51 | 361.323 | -.050 | .492 |
| SD26 | 257.20 | 367.648 | -.142 | .513 |
| SD27 | 256.05 | 333.566 | .376 | .455 |
| SD28 | 258.63 | 343.824 | .141 | .478 |
| SD29 | 258.78 | 361.244 | -.060 | .499 |
| SD30 | 257.29 | 324.071 | .364 | .446 |
| SD31 | 255.51 | 342.496 | .245 | .469 |
| SD32 | 255.69 | 352.767 | .068 | .486 |
| SD33 | 257.03 | 352.895 | .009 | .496 |
| SD34 | 256.93 | 376.478 | -.246 | .524 |
| SD35 | 258.78 | 359.554 | -.046 | .500 |
| SD36 | 257.20 | 331.372 | .264 | .460 |
| SD37 | 254.98 | 357.914 | .063 | .487 |
| SD38 | 256.75 | 371.503 | -.187 | .518 |
| SD39 | 255.78 | 348.002 | .119 | .481 |
| SD40 | 255.20 | 358.717 | .004 | .490 |
| SD41 | 255.22 | 363.658 | -.108 | .496 |
| SD42 | 256.29 | 333.209 | .265 | .461 |
| SD43 | 256.80 | 341.544 | .243 | .468 |
| SD44 | 255.03 | 360.551 | -.029 | .491 |
| SD45 | 256.29 | 354.036 | .059 | .487 |
| SD46 | 257.31 | 346.492 | .090 | .484 |
| SD47 | 255.80 | 373.234 | -.228 | .516 |
| SD48 | 256.37 | 342.859 | .175 | .474 |
| SD49 | 255.41 | 350.901 | .157 | .479 |
| SD50 | 256.80 | 326.854 | .344 | .450 |
| SD51 | 257.58 | 339.869 | .179 | .472 |
| SD52 | 255.37 | 350.962 | .148 | .480 |

Reliability Statistics

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .834 | 13 |

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|------|----------------------------|--------------------------------|----------------------------------|----------------------------------|
| SD01 | 60.58 | 185.095 | .694 | .810 |
| SD02 | 60.12 | 209.969 | .269 | .835 |
| SD03 | 61.48 | 179.271 | .713 | .806 |
| SD05 | 61.18 | 169.745 | .789 | .798 |
| SD11 | 61.88 | 179.156 | .526 | .819 |
| SD16 | 62.53 | 195.812 | .262 | .841 |
| SD21 | 60.55 | 193.506 | .451 | .825 |
| SD24 | 60.00 | 207.695 | .497 | .830 |
| SD27 | 60.67 | 198.938 | .327 | .832 |
| SD30 | 61.90 | 175.820 | .589 | .814 |
| SD36 | 61.80 | 185.553 | .402 | .830 |
| SD42 | 60.90 | 183.990 | .467 | .824 |
| SD50 | 61.40 | 182.346 | .494 | .822 |



LAMPIRAN C-2
Stress of DASS

**Reliability
Skala Stress of DASS**

Case Processing Summary

| | | N | % |
|-------|---------------|----|-------|
| Cases | Valid | 60 | 100.0 |
| | Excluded a | 0 | .0 |
| | Total | 60 | 100.0 |

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

Reliability Statistics

| Cronbach's Alpha | N of Items |
|---------------------|------------|
| .730 | 14 |

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item- Total Correlation | Cronbach's Alpha if Item Deleted |
|-------|-------------------------------|-----------------------------------|--------------------------------------|-------------------------------------|
| STR1 | 23.47 | 26.931 | .199 | .731 |
| STR2 | 23.68 | 26.695 | .226 | .728 |
| STR3 | 23.23 | 23.470 | .612 | .681 |
| STR4 | 23.38 | 25.427 | .378 | .711 |
| STR5 | 23.13 | 24.219 | .475 | .698 |
| STR6 | 23.30 | 24.790 | .458 | .701 |
| STR7 | 23.72 | 29.766 | -.123 | .763 |
| STR8 | 23.28 | 24.681 | .513 | .696 |
| STR9 | 23.55 | 27.099 | .253 | .724 |
| STR10 | 23.62 | 27.393 | .132 | .739 |
| STR11 | 23.47 | 26.795 | .270 | .722 |
| STR12 | 23.10 | 23.820 | .542 | .690 |
| STR13 | 23.65 | 26.774 | .261 | .723 |
| STR14 | 23.45 | 23.608 | .610 | .682 |

Reliability Statistics

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .805 | 9 |

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|-------|----------------------------|--------------------------------|----------------------------------|----------------------------------|
| STR3 | 15.10 | 16.566 | .641 | .766 |
| STR4 | 15.25 | 18.258 | .398 | .799 |
| STR5 | 15.00 | 16.576 | .591 | .773 |
| STR6 | 15.17 | 17.938 | .446 | .793 |
| STR8 | 15.15 | 17.791 | .511 | .784 |
| STR11 | 15.33 | 19.073 | .353 | .802 |
| STR12 | 14.97 | 16.609 | .607 | .771 |
| STR13 | 15.52 | 19.203 | .317 | .806 |
| STR14 | 15.32 | 16.932 | .600 | .772 |



LAMPIRAN D

**D-1 Data Valid *Self-disclosure*
(Pengungkapan Diri)**

**D-2 Data Valid Stress Mahasiswa
Menyusun Skripsi**



LAMPIRAN D-1

Data Valid

Self-disclosure (Pengungkapan Diri)

| No. | NOMER ITEM PERNYATAAN | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | Y. TO T | | |
|-----|-----------------------|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|-----|-----|---------|-----|-----|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | | | |
| 1 | 7 | 7 | 6 | 6 | 7 | 7 | 2 | 7 | 7 | 7 | 6 | 5 | 2 | 1 | 5 | 7 | 7 | 7 | 7 | 5 | 5 | 7 | 7 | 7 | 7 | 6 | 2 | 2 | 2 | 7 | 7 | 1 | 6 | 1 | 1 | 6 | 6 | 5 | 7 | 7 | 7 | 3 | 7 | 7 | 2 | 7 | 1 | 7 | 6 | 2 | 1 | 268 | | | |
| 2 | 6 | 5 | 2 | 5 | 6 | 5 | 6 | 5 | 1 | 5 | 6 | 5 | 3 | 6 | 5 | 2 | 3 | 3 | 6 | 5 | 6 | 3 | 6 | 6 | 5 | 6 | 5 | 1 | 6 | 3 | 2 | 2 | 7 | 7 | 6 | 6 | 2 | 5 | 6 | 5 | 4 | 3 | 6 | 5 | 4 | 4 | 5 | 5 | 5 | 6 | 5 | 5 | 243 | | |
| 3 | 6 | 5 | 6 | 5 | 6 | 5 | 1 | 5 | 6 | 5 | 4 | 5 | 6 | 3 | 3 | 5 | 6 | 6 | 7 | 5 | 6 | 3 | 5 | 6 | 6 | 2 | 5 | 3 | 1 | 5 | 7 | 3 | 6 | 3 | 3 | 6 | 5 | 3 | 3 | 5 | 5 | 6 | 5 | 6 | 7 | 6 | 5 | 6 | 5 | 5 | 6 | 254 | | | |
| 4 | 6 | 2 | 1 | 6 | 2 | 6 | 2 | 6 | 6 | 6 | 6 | 2 | 2 | 2 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 2 | 6 | 2 | 6 | 6 | 6 | 6 | 6 | 2 | 2 | 6 | 6 | 2 | 2 | 6 | 6 | 6 | 2 | 6 | 6 | 4 | 2 | 6 | 2 | 6 | 245 | | | |
| 5 | 5 | 7 | 3 | 5 | 7 | 6 | 5 | 7 | 7 | 1 | 2 | 1 | 2 | 5 | 1 | 7 | 2 | 5 | 1 | 7 | 2 | 5 | 1 | 7 | 2 | 5 | 6 | 7 | 5 | 2 | 7 | 3 | 1 | 6 | 7 | 2 | 2 | 2 | 2 | 7 | 6 | 7 | 2 | 5 | 7 | 6 | 3 | 6 | 3 | 5 | 2 | 2 | 6 | 230 | |
| 6 | 6 | 6 | 5 | 7 | 5 | 7 | 2 | 6 | 5 | 6 | 5 | 5 | 6 | 3 | 6 | 5 | 5 | 3 | 6 | 4 | 5 | 3 | 6 | 6 | 5 | 5 | 5 | 3 | 1 | 7 | 6 | 3 | 7 | 3 | 3 | 6 | 6 | 5 | 5 | 6 | 5 | 5 | 6 | 7 | 6 | 6 | 5 | 5 | 5 | 5 | 5 | 6 | 264 | | |
| 7 | 7 | 7 | 6 | 6 | 6 | 3 | 1 | 7 | 7 | 7 | 5 | 3 | 1 | 7 | 7 | 6 | 2 | 6 | 7 | 2 | 7 | 6 | 6 | 7 | 7 | 6 | 2 | 6 | 7 | 2 | 6 | 7 | 2 | 1 | 2 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 6 | 7 | 2 | 7 | 3 | 6 | 7 | 290 |
| 8 | 6 | 7 | 6 | 5 | 6 | 7 | 3 | 6 | 5 | 7 | 5 | 6 | 6 | 3 | 2 | 5 | 5 | 3 | 6 | 5 | 6 | 5 | 5 | 7 | 6 | 2 | 5 | 3 | 2 | 5 | 7 | 6 | 1 | 3 | 3 | 6 | 7 | 3 | 5 | 7 | 5 | 6 | 6 | 6 | 7 | 6 | 6 | 5 | 6 | 2 | 5 | 6 | 264 | | |
| 9 | 1 | 6 | 2 | 7 | 1 | 3 | 6 | 7 | 1 | 3 | 2 | 6 | 6 | 1 | 2 | 1 | 7 | 7 | 7 | 7 | 1 | 1 | 7 | 6 | 6 | 5 | 7 | 1 | 1 | 1 | 7 | 6 | 7 | 5 | 1 | 1 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 6 | 1 | 7 | 1 | 244 | |
| 10 | 6 | 6 | 5 | 6 | 6 | 6 | 6 | 7 | 7 | 7 | 7 | 1 | 7 | 7 | 2 | 2 | 2 | 2 | 3 | 3 | 6 | 2 | 2 | 6 | 3 | 3 | 2 | 2 | 7 | 7 | 7 | 2 | 1 | 6 | 2 | 1 | 6 | 2 | 6 | 6 | 7 | 6 | 2 | 6 | 6 | 6 | 3 | 2 | 1 | 7 | 7 | 236 | | | |
| 11 | 6 | 7 | 5 | 6 | 6 | 7 | 2 | 1 | 6 | 7 | 1 | 5 | 6 | 2 | 1 | 1 | 7 | 6 | 6 | 3 | 6 | 1 | 6 | 7 | 7 | 6 | 2 | 5 | 1 | 6 | 6 | 7 | 6 | 2 | 6 | 2 | 6 | 7 | 2 | 6 | 6 | 2 | 5 | 7 | 5 | 6 | 6 | 6 | 7 | 6 | 5 | 6 | 255 | | |
| 12 | 6 | 6 | 6 | 6 | 2 | 6 | 6 | 1 | 7 | 7 | 1 | 1 | 1 | 1 | 1 | 3 | 1 | 7 | 7 | 6 | 2 | 3 | 5 | 5 | 7 | 6 | 7 | 1 | 2 | 5 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 1 | 2 | 7 | 5 | 2 | 7 | 6 | 7 | 6 | 3 | 6 | 252 | | |
| 13 | 2 | 5 | 2 | 6 | 1 | 6 | 7 | 7 | 1 | 7 | 1 | 6 | 7 | 1 | 1 | 6 | 7 | 7 | 7 | 6 | 7 | 2 | 7 | 5 | 7 | 6 | 3 | 2 | 3 | 1 | 7 | 7 | 7 | 7 | 1 | 1 | 7 | 6 | 7 | 6 | 6 | 1 | 5 | 7 | 2 | 1 | 7 | 6 | 7 | 1 | 1 | 6 | 242 | | |
| 14 | 7 | 7 | 6 | 7 | 7 | 6 | 5 | 1 | 6 | 2 | 6 | 7 | 7 | 1 | 1 | 2 | 6 | 6 | 7 | 2 | 7 | 7 | 7 | 6 | 1 | 7 | 6 | 3 | 6 | 7 | 7 | 2 | 5 | 2 | 7 | 3 | 7 | 7 | 7 | 7 | 6 | 7 | 6 | 1 | 7 | 6 | 6 | 7 | 6 | 7 | 6 | 7 | 283 | | |
| 15 | 5 | 6 | 2 | 7 | 4 | 6 | 4 | 2 | 6 | 4 | 3 | 5 | 7 | 1 | 1 | 1 | 5 | 3 | 6 | 6 | 5 | 5 | 6 | 6 | 6 | 7 | 3 | 1 | 7 | 2 | 2 | 7 | 1 | 6 | 6 | 7 | 7 | 6 | 1 | 7 | 7 | 1 | 7 | 6 | 1 | 7 | 7 | 7 | 1 | 7 | 247 | | | | |
| 16 | 2 | 5 | 1 | 7 | 1 | 7 | 7 | 7 | 1 | 5 | 7 | 6 | 7 | 2 | 2 | 2 | 6 | 2 | 7 | 2 | 2 | 7 | 6 | 6 | 6 | 7 | 1 | 1 | 1 | 3 | 1 | 2 | 7 | 1 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 3 | 3 | 7 | 252 | | |
| 17 | 7 | 5 | 5 | 6 | 6 | 6 | 7 | 7 | 6 | 6 | 7 | 1 | 2 | 2 | 7 | 6 | 6 | 1 | 3 | 3 | 7 | 2 | 7 | 6 | 6 | 1 | 7 | 1 | 1 | 6 | 7 | 2 | 3 | 1 | 1 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 6 | 1 | 7 | 6 | 1 | 7 | 252 |
| 18 | 5 | 6 | 5 | 7 | 6 | 6 | 2 | 7 | 3 | 7 | 6 | 6 | 6 | 1 | 2 | 7 | 7 | 2 | 6 | 7 | 7 | 6 | 6 | 6 | 1 | 6 | 1 | 6 | 2 | 5 | 7 | 6 | 7 | 6 | 6 | 1 | 6 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 281 | | |
| 19 | 6 | 7 | 7 | 7 | 2 | 2 | 6 | 3 | 6 | 7 | 2 | 7 | 7 | 7 | 6 | 6 | 1 | 7 | 2 | 6 | 7 | 6 | 7 | 6 | 1 | 6 | 6 | 3 | 5 | 6 | 7 | 6 | 1 | 3 | 7 | 3 | 7 | 7 | 7 | 7 | 7 | 5 | 7 | 5 | 6 | 7 | 6 | 7 | 2 | 2 | 7 | 281 | | | |
| 20 | 7 | 6 | 6 | 7 | 7 | 7 | 2 | 7 | 1 | 7 | 3 | 1 | 7 | 1 | 1 | 3 | 6 | 1 | 7 | 3 | 7 | 2 | 7 | 5 | 7 | 6 | 1 | 2 | 7 | 7 | 7 | 2 | 1 | 7 | 7 | 2 | 1 | 7 | 7 | 2 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 260 | | |
| 21 | 7 | 6 | 6 | 7 | 7 | 2 | 7 | 1 | 7 | 3 | 1 | 7 | 1 | 1 | 3 | 6 | 1 | 7 | 3 | 7 | 2 | 7 | 5 | 7 | 6 | 1 | 2 | 7 | 7 | 7 | 7 | 2 | 1 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 277 | | |
| 22 | 7 | 6 | 6 | 7 | 7 | 2 | 7 | 1 | 7 | 3 | 1 | 7 | 1 | 1 | 3 | 6 | 1 | 7 | 3 | 7 | 2 | 7 | 7 | 5 | 7 | 6 | 1 | 2 | 7 | 7 | 7 | 2 | 1 | 7 | 7 | 6 | 1 | 7 | 7 | 6 | 1 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 270 | | |
| 23 | 6 | 5 | 5 | 7 | 6 | 7 | 3 | 7 | 7 | 6 | 7 | 6 | 7 | 1 | 1 | 1 | 6 | 1 | 7 | 2 | 7 | 6 | 7 | 6 | 4 | 7 | 1 | 2 | 2 | 7 | 7 | 5 | 7 | 1 | 6 | 7 | 2 | 1 | 6 | 7 | 6 | 6 | 7 | 5 | 1 | 7 | 6 | 7 | 3 | 7 | 256 | | | | |
| 24 | 7 | 7 | 6 | 6 | 6 | 6 | 2 | 6 | 6 | 5 | 6 | 1 | 1 | 2 | 2 | 1 | 5 | 1 | 7 | 2 | 6 | 7 | 7 | 6 | 7 | 4 | 6 | 2 | 3 | 6 | 6 | 6 | 6 | 3 | 7 | 6 | 3 | 7 | 7 | 6 | 7 | 6 | 7 | 6 | 2 | 7 | 5 | 6 | 1 | 7 | 263 | | | | |
| 25 | 6 | 6 | 5 | 7 | 6 | 7 | 6 | 7 | 7 | 6 | 7 | 2 | 2 | 1 | 1 | 3 | 6 | 1 | 6 | 2 | 7 | 6 | 6 | 7 | 6 | 5 | 6 | 1 | 1 | 2 | 7 | 7 | 5 | 7 | 1 | 7 | 6 | 1 | 6 | 7 | 6 | 6 | 7 | 5 | 1 | 7 | 6 | 6 | 2 | 7 | 261 | | | | |
| 26 | 7 | 7 | 6 | 6 | 5 | 6 | 7 | 2 | 6 | 6 | 5 | 2 | 7 | 2 | 2 | 1 | 5 | 1 | 6 | 2 | 6 | 7 | 7 | 6 | 7 | 5 | 7 | 1 | 2 | 7 | 6 | 6 | 6 | 6 | 1 | 7 | 7 | 1 | 6 | 6 | 6 | 6 | 6 | 7 | 5 | 1 | 6 | 7 | 2 | 1 | 7 | 253 | | | |
| 27 | 6 | 5 | 7 | 6 | 7 | 6 | 3 | 7 | 7 | 6 | 1 | 6 | 6 | 7 | 1 | 5 | 2 | 7 | 2 | 7 | 6 | 6 | 7 | 3 | 5 | 4 | 2 | 5 | 7 | 1 | 1 | 6 | 2 | 7 | 7 | 6 | 7 | 7 | 6 | 7 | 7 | 6 | 1 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 1 | 7 | 269 | | |
| 28 | 7 | 7 | 6 | 6 | 7 | 7 | 6 | 1 | 7 | 7 | 6 | 1 | 1 | 1 | 7 | 7 | 1 | 6 | 4 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 1 | 1 | 7 | 7 | 1 | 6 | 1 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 281 | | | |
| 29 | 6 | 7 | 6 | 6 | 6 | 7 | 7 | 5 | 2 | 6 | 5 | 2 | 2 | 3 | 6 | 7 | 1 | 6 | 3 | 6 | 7 | 6 | 6 | 5 | 7 | 6 | 3 | 4 | 7 | 7 | 6 | 3 | 7 | 2 | 7 | 1 | 7 | 7 | 7 | 7 | 7 | 6 | 5 | 1 | 6 | 6 | 7 | 2 | 7 | 2 | 7 | 276 | | | |
| 30 | 7 | 7 | 6 | 7 | 6 | 7 | 7 | 5 | 1 | 7 | 6 | 5 | 7 | 1 | 1 | 7 | 6 | 2 | 7 | 2 | 6 | 7 | 7 | 6 | 6 | 7 | 1 | 2 | 6 | 6 | 7 | 2 | 2 | 6 | 7 | 2 | 7 | 6 | 5 | 5 | 7 | 5 | 7 | 2 | 7 | 7 | 6 | 1 | 6 | 276 | | | | | |
| 31 | 6 | 7 | 5 | 6 | 6 | 7 | 2 | 1 | 6 | 7 | 1 | 5 | 6 | 2 | 1 | 1 | 7 | 6 | 3 | 6 | 1 | 6 | 7 | 6 | 2 | 5 | 1 | 6 | 6 | 7 | 6 | 2 | 6 | 2 | 6 | 2 | 6 | 2 | 6 | 2 | 6 | 2 | 5 | 7 | 5 | 6 | 6 | 6 | 7 | 6 | 5 | 6 | 255 | | |
| 32 | 6 | 6 | 6 | 6 | 2 | 6 | 6 | 1 | 7 | 7 | 1 | 1 | 1 | 1 | 3 | 1 | 7 | 7 | 6 | 2 | 3 | 5 | 5 | 7 | 6 | 7 | 1 | 2 | 5 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 252 | | |
| 33 | 2 | 5 | 2 | 6 | 1 | 6 | 7 | 7 | 1 | 7 | 1 | 6 | 7 | 1 | 1 | 6 | 7 | 7 | 6 | 7 | 2 | 7 | 5 | 7 | 6 | 3 | 2 | 3 | 1 | 7 | 7 | 7 | 7 | 1 | 1 | 7 | 6 | 7 | 6 | 6 | 1 | 5 | 7 | 2 | 1 | 7 | 6 | 7 | 1 | 1 | 6 | 242 | | | |
| 34 | 7 | 7 | 6 | 7 | 7 | 6 | 5 | 1 | 6 | 2 | 6 | 7 | 7 | 1 | 1 | 2 | 6 | 6 | 7 | 2 | 7 | 7 | 7 | 6 | 7 | 1 | 7 | 6 | 3 | 6 | 7 | 7 | 2 | 5 | 2 | 7 | 3 | 7 | 7 | 7 | 7 | 7 | 6 | 7 | 6 | 1 | 7 | 6 | 6 | 7 | 6 | 7 | 283 | | |
| 35 | 5 | 6 | 2 | 7 | 4 | 6 | 4 | 2 | 6 | 4 | 3 | 5 | 7 | 1 | 1 | 1 | 5 | 3 | 6 | 6 | 5 | 5 | 6 | 6 | 6 | 7 | 3 | 1 | 7 | 2 | 2 | 7 | 1 | 6 | 6 | 7 | 6 | 1 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 247 | | |
| 36 | 2 | 5 | 1 | 7 | 1 | 7 | 7 | 7 | 1 | 5 | 7 | 6 | 7 | 2 | 2 | 2 | 6 | 2 | 7 | 2 | 2 | 7 | 6 | 6 | 6 | 7 | 1 | 1 | 1 | 3 | 1 | 2 | 7 | 1 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 7 | 252 | | |
| 37 | 7 | 5 | 5 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |



LAMPIRAN D-2
Data Valid
Stress of DASS

| No. | Nomor Item | | | | | | | | | | | | | | X_T |
|-----|------------|---|---|---|---|---|---|---|---|----|----|----|----|----|-----|
| | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | |
| 1 | 1 | 3 | 3 | 2 | 2 | 2 | 0 | 3 | 3 | 3 | 2 | 2 | 3 | 3 | 32 |
| 2 | 2 | 1 | 1 | 2 | 1 | 3 | 1 | 2 | 2 | 3 | 1 | 1 | 2 | 3 | 25 |
| 3 | 3 | 1 | 3 | 3 | 3 | 3 | 1 | 3 | 2 | 1 | 2 | 3 | 1 | 3 | 32 |
| 4 | 1 | 1 | 2 | 1 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 2 | 2 | 1 | 27 |
| 5 | 2 | 1 | 2 | 2 | 1 | 3 | 1 | 2 | 1 | 2 | 1 | 1 | 1 | 2 | 22 |
| 6 | 1 | 1 | 3 | 2 | 1 | 2 | 3 | 1 | 2 | 3 | 2 | 1 | 1 | 2 | 25 |
| 7 | 2 | 3 | 2 | 1 | 1 | 2 | 2 | 1 | 2 | 1 | 2 | 2 | 2 | 2 | 25 |
| 8 | 1 | 1 | 3 | 3 | 3 | 3 | 3 | 3 | 1 | 2 | 2 | 3 | 3 | 3 | 34 |
| 9 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 3 | 3 | 3 | 2 | 3 | 35 |
| 10 | 2 | 1 | 1 | 2 | 3 | 2 | 1 | 2 | 3 | 1 | 2 | 1 | 1 | 2 | 24 |
| 11 | 1 | 1 | 2 | 3 | 2 | 3 | 1 | 1 | 2 | 3 | 2 | 1 | 1 | 3 | 26 |
| 12 | 2 | 1 | 2 | 1 | 3 | 3 | 3 | 2 | 3 | 2 | 1 | 2 | 2 | 2 | 29 |
| 13 | 0 | 0 | 3 | 3 | 3 | 3 | 1 | 3 | 2 | 1 | 3 | 3 | 3 | 3 | 31 |
| 14 | 2 | 2 | 3 | 2 | 3 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 34 |
| 15 | 2 | 1 | 1 | 2 | 0 | 1 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 3 | 26 |
| 16 | 1 | 1 | 1 | 2 | 2 | 1 | 3 | 1 | 1 | 2 | 1 | 2 | 1 | 2 | 21 |
| 17 | 1 | 2 | 2 | 1 | 1 | 0 | 0 | 2 | 1 | 2 | 2 | 3 | 2 | 1 | 20 |
| 18 | 0 | 0 | 1 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 1 | 16 |
| 19 | 0 | 3 | 0 | 0 | 0 | 3 | 3 | 0 | 3 | 3 | 2 | 2 | 2 | 2 | 23 |
| 20 | 1 | 3 | 2 | 1 | 1 | 1 | 2 | 3 | 2 | 3 | 3 | 2 | 3 | 1 | 28 |
| 21 | 2 | 2 | 1 | 2 | 1 | 1 | 2 | 1 | 1 | 1 | 2 | 1 | 1 | 0 | 18 |
| 22 | 1 | 2 | 0 | 3 | 0 | 0 | 3 | 0 | 3 | 3 | 0 | 0 | 0 | 0 | 15 |
| 23 | 1 | 0 | 0 | 0 | 1 | 1 | 2 | 1 | 1 | 0 | 1 | 0 | 0 | 0 | 8 |
| 24 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 3 | 2 | 2 | 1 | 2 | 0 | 1 | 23 |
| 25 | 2 | 3 | 2 | 0 | 3 | 3 | 0 | 3 | 1 | 3 | 0 | 0 | 3 | 1 | 24 |
| 26 | 0 | 0 | 1 | 2 | 1 | 3 | 2 | 1 | 2 | 1 | 3 | 1 | 2 | 2 | 21 |
| 27 | 3 | 3 | 1 | 2 | 2 | 1 | 0 | 2 | 1 | 0 | 2 | 2 | 2 | 1 | 22 |
| 28 | 2 | 0 | 1 | 0 | 1 | 0 | 1 | 1 | 1 | 0 | 2 | 1 | 2 | 0 | 12 |
| 29 | 2 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 18 |
| 30 | 1 | 1 | 3 | 3 | 2 | 2 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 2 | 22 |
| 31 | 2 | 1 | 2 | 2 | 3 | 1 | 1 | 2 | 1 | 2 | 1 | 2 | 1 | 1 | 22 |
| 32 | 2 | 2 | 2 | 1 | 2 | 3 | 2 | 3 | 2 | 2 | 1 | 2 | 1 | 2 | 27 |
| 33 | 1 | 1 | 2 | 1 | 2 | 2 | 1 | 2 | 1 | 2 | 2 | 2 | 2 | 3 | 24 |
| 34 | 3 | 2 | 2 | 1 | 2 | 1 | 1 | 1 | 2 | 1 | 2 | 3 | 1 | 2 | 24 |
| 35 | 2 | 1 | 2 | 2 | 3 | 1 | 2 | 1 | 1 | 2 | 1 | 2 | 3 | 2 | 25 |
| 36 | 1 | 1 | 2 | 1 | 2 | 2 | 3 | 2 | 1 | 2 | 1 | 1 | 1 | 2 | 22 |
| 37 | 2 | 2 | 2 | 3 | 2 | 2 | 1 | 2 | 1 | 1 | 2 | 3 | 2 | 2 | 27 |
| 38 | 1 | 1 | 1 | 1 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 18 |
| 39 | 2 | 1 | 1 | 1 | 2 | 2 | 1 | 2 | 1 | 1 | 3 | 3 | 2 | 2 | 24 |
| 40 | 1 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 1 | 1 | 1 | 2 | 1 | 1 | 20 |
| 41 | 2 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 1 | 1 | 18 |
| 42 | 2 | 1 | 1 | 2 | 2 | 3 | 1 | 3 | 1 | 2 | 2 | 3 | 1 | 2 | 26 |
| 43 | 2 | 2 | 2 | 3 | 3 | 2 | 1 | 2 | 2 | 1 | 3 | 3 | 2 | 2 | 30 |
| 44 | 1 | 1 | 2 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 2 | 3 | 1 | 2 | 28 |
| 45 | 3 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 1 | 1 | 2 | 3 | 2 | 3 | 31 |
| 46 | 3 | 3 | 3 | 2 | 2 | 2 | 1 | 2 | 1 | 1 | 1 | 3 | 2 | 2 | 28 |
| 47 | 2 | 2 | 3 | 2 | 3 | 2 | 1 | 2 | 2 | 1 | 2 | 3 | 2 | 2 | 29 |
| 48 | 3 | 2 | 3 | 2 | 3 | 2 | 1 | 2 | 2 | 1 | 2 | 3 | 2 | 3 | 31 |
| 49 | 2 | 2 | 3 | 3 | 3 | 2 | 1 | 2 | 2 | 1 | 3 | 3 | 2 | 2 | 31 |
| 50 | 1 | 1 | 2 | 2 | 3 | 2 | 1 | 2 | 2 | 1 | 2 | 3 | 2 | 2 | 26 |
| 51 | 3 | 2 | 3 | 3 | 2 | 2 | 1 | 2 | 2 | 1 | 2 | 3 | 1 | 1 | 28 |
| 52 | 2 | 1 | 2 | 2 | 3 | 3 | 2 | 2 | 2 | 1 | 2 | 3 | 2 | 2 | 29 |
| 53 | 2 | 2 | 3 | 3 | 3 | 2 | 1 | 2 | 2 | 1 | 2 | 2 | 1 | 1 | 27 |
| 54 | 3 | 2 | 2 | 2 | 3 | 2 | 1 | 2 | 1 | 1 | 2 | 3 | 1 | 2 | 27 |
| 55 | 2 | 1 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 2 | 3 | 1 | 2 | 31 |
| 56 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 3 | 2 | 1 | 2 | 3 | 1 | 2 | 31 |
| 57 | 3 | 2 | 3 | 2 | 3 | 3 | 2 | 2 | 1 | 2 | 1 | 2 | 1 | 1 | 28 |
| 58 | 2 | 2 | 3 | 2 | 3 | 2 | 1 | 1 | 2 | 1 | 1 | 3 | 1 | 1 | 25 |
| 59 | 3 | 2 | 3 | 2 | 3 | 2 | 1 | 2 | 2 | 1 | 2 | 3 | 2 | 2 | 30 |
| 60 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 1 | 2 | 1 | 3 | 1 | 1 | 29 |



LAMPIRAN E

Uji Asumsi

E-1 Uji Normalitas

E-2 Uji Linieritas

LAMPIRAN E-1

Uji Asumsi

Uji Normalitas

NPar Tests

One-Sample Kolmogorov-Smirnov Test

| | | tot_VarSD |
|-------------------------------------|----------------|-----------|
| N | | 60 |
| Normal Parameters ^{a,b} | Mean | 262.0167 |
| | Std. Deviation | 19.08455 |
| Most Extreme Differences | Absolute | .110 |
| | Positive | .110 |
| | Negative | -.073 |
| Test Statistic | | .193 |
| Asymp. Sig. (2-tailed) ^c | | .0461 |
| Kolmogorov-Smirnov Z | | 0,853 |

a. Test distribution is Normal.

b. Calculated from data.

c. Lilliefors Significance Correction.

d. Lilliefors' method based on 10000 Monte Carlo samples with starting seed 2000000.

LAMPIRAN E-2

Uji Asumsi

Uji Normalitas

NPar Tests

One-Sample Kolmogorov-Smirnov Test

| | | tot_VarSTR |
|-------------------------------------|----------------|-------------------|
| N | | 60 |
| Normal Parameters ^{a,b} | Mean | 25.2333 |
| | Std. Deviation | 5.41613 |
| Most Extreme Differences | Absolute | .093 |
| | Positive | .060 |
| | Negative | -.093 |
| Test Statistic | | .093 |
| Asymp. Sig. (2-tailed) ^c | | .674 ^d |
| Kolmogorov-Smirnov Z | | 0,722 |

a. Test distribution is Normal.

b. Calculated from data.

c. Lilliefors Significance Correction.

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

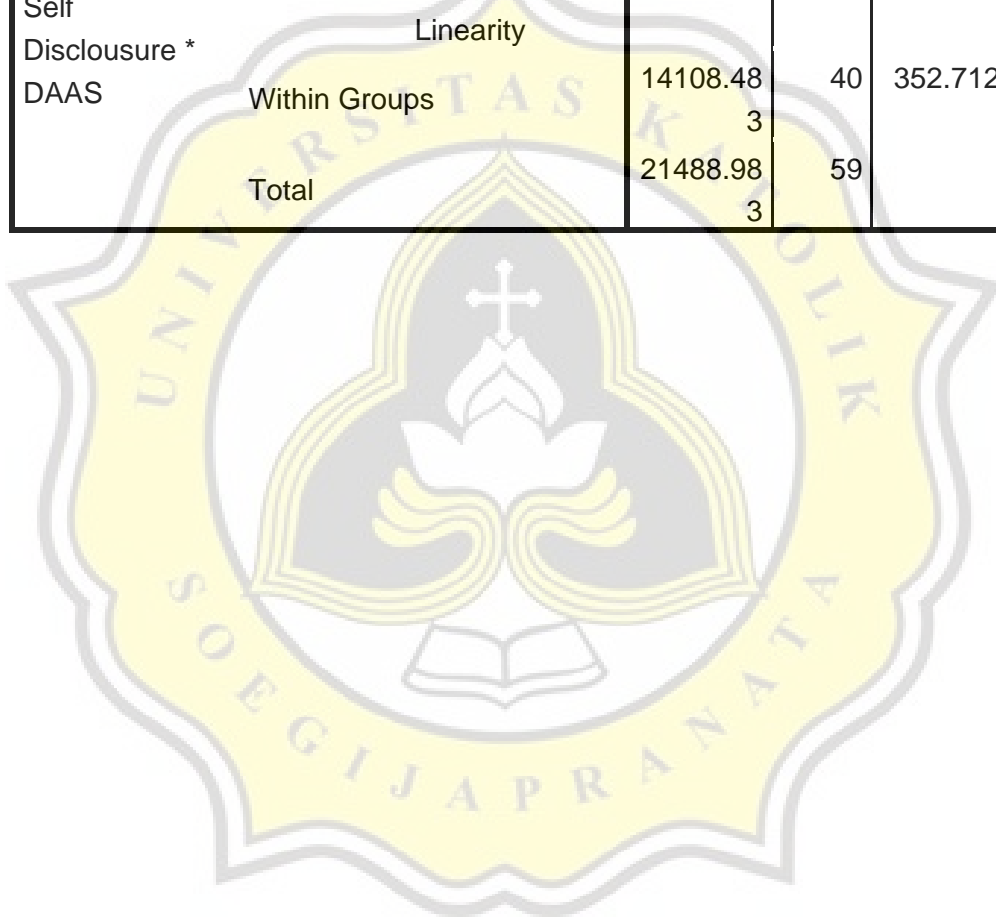
e. Lilliefors' method based on 10000 Monte Carlo samples with starting seed 299883525.

LAMPIRAN E-3

UJI LINIERITAS

ANOVA Table

| | | | Sum of Squares | df | Mean Square | F | Sig. |
|-------------------------------|---------------|-----------------------------|----------------|----|-------------|-------|------|
| Self Disclousure * DAAS | (Combined) | | 7380.500 | 19 | 388.447 | 1.101 | .385 |
| | Between | Linearity | 196.542 | 1 | 196.542 | .557 | .460 |
| | Groups | Deviation from Linearity | 7183.958 | 18 | 399.109 | 1.132 | .360 |
| | Within Groups | | 14108.48 | 40 | 352.712 | | |
| | Total | | 21488.98 | 59 | | | |
| | | | 3 | | | | |
| | | | 3 | | | | |



LAMPIRAN F
ANALISIS DATA

Model Summary and Parameter Estimates

Dependent Variable: tot_VarSTR

| Equation | Model Summary | | | | | Parameter Estimates | |
|----------|---------------|-------|-----|-----|------|---------------------|-------|
| | R Square | F | df1 | df2 | Sig. | Constant | b1 |
| Linear | .119 | 7.823 | 1 | 58 | .007 | 24.328 | -.109 |

The independent variable is tot_VarSD.

Correlations

| | | tot_VarSD | tot_VarSTR |
|------------|---------------------|-----------|------------|
| tot_VarSD | Pearson Correlation | 1 | .096 |
| | Sig. (2-tailed) | | .476 |
| | N | 60 | 60 |
| tot_VarSTR | Pearson Correlation | .096 | 1 |
| | Sig. (2-tailed) | .476 | |
| | N | 60 | 60 |

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



LAMPIRAN G
SCAN ANTI PLAGIASI

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