

7. LAMPIRAN

7.1. Plagscan

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7.2. Foto

SMA YSKI Semarang





SMA Sedes Sapientiae Semarang





7.3. Uji Validitas dan Reabilitas

Correlations

		S1	S2	S3	S4	S5	S6	S7	TOTAL_S
S1	Pearson Correlation	1	.282	.652**	.494**	.648**	.649**	.301	.815**
	Sig. (2-tailed)		.074	.000	.001	.000	.000	.056	.000
	N	41	41	41	41	41	41	41	41
S2	Pearson Correlation	.282	1	.408**	.274	.328*	.315*	.533**	.596**
	Sig. (2-tailed)	.074		.008	.083	.037	.045	.000	.000
	N	41	41	41	41	41	41	41	41
S3	Pearson Correlation	.652**	.408**	1	.439**	.439**	.416**	.427**	.760**
	Sig. (2-tailed)	.000	.008		.004	.004	.007	.005	.000
	N	41	41	41	41	41	41	41	41
S4	Pearson Correlation	.494**	.274	.439**	1	.691**	.360*	.169	.703**
	Sig. (2-tailed)	.001	.083	.004		.000	.021	.291	.000
	N	41	41	41	41	41	41	41	41
S5	Pearson Correlation	.648**	.328*	.439**	.691**	1	.548**	.245	.798**
	Sig. (2-tailed)	.000	.037	.004	.000		.000	.122	.000
	N	41	41	41	41	41	41	41	41
S6	Pearson Correlation	.649**	.315*	.416**	.360*	.548**	1	.238	.729**
	Sig. (2-tailed)	.000	.045	.007	.021	.000		.135	.000
	N	41	41	41	41	41	41	41	41
S7	Pearson Correlation	.301	.533**	.427**	.169	.245	.238	1	.564**
	Sig. (2-tailed)	.056	.000	.005	.291	.122	.135		.000
	N	41	41	41	41	41	41	41	41
TOTAL_S	Pearson Correlation	.815**	.596**	.760**	.703**	.798**	.729**	.564**	1
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000	
	N	41	41	41	41	41	41	41	41

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

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

Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.834	.836	7

Correlations

		A1	A2	A3	A4	A5	A6	A7	TOTAL_A
A1	Pearson Correlation	1	.496**	.333*	.324*	.317*	.274	.289	.648**
	Sig. (2-tailed)		.001	.033	.039	.043	.083	.067	.000
	N	41	41	41	41	41	41	41	41
A2	Pearson Correlation	.496**	1	.287	.376**	.275	.792**	.262	.730**
	Sig. (2-tailed)	.001		.068	.015	.082	.000	.098	.000
	N	41	41	41	41	41	41	41	41
A3	Pearson Correlation	.333*	.287	1	.300	.377*	.432**	.154	.611**
	Sig. (2-tailed)	.033	.068		.056	.015	.005	.337	.000
	N	41	41	41	41	41	41	41	41
A4	Pearson Correlation	.324*	.376**	.300	1	.484**	.253	.545**	.742**
	Sig. (2-tailed)	.039	.015	.056		.001	.110	.000	.000
	N	41	41	41	41	41	41	41	41
A5	Pearson Correlation	.317*	.275	.377*	.484**	1	.183	.369*	.654**
	Sig. (2-tailed)	.043	.082	.015	.001		.252	.018	.000
	N	41	41	41	41	41	41	41	41
A6	Pearson Correlation	.274	.792**	.432**	.253	.183	1	.252	.659**
	Sig. (2-tailed)	.083	.000	.005	.110	.252		.111	.000
	N	41	41	41	41	41	41	41	41
A7	Pearson Correlation	.289	.262	.154	.545**	.369*	.252	1	.611**
	Sig. (2-tailed)	.067	.098	.337	.000	.018	.111		.000
	N	41	41	41	41	41	41	41	41
TOTAL_A	Pearson Correlation	.648**	.730**	.611**	.742**	.654**	.659**	.611**	1
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000	
	N	41	41	41	41	41	41	41	41

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

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

Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.786	.791	7

Correlations

		D1	D2	D3	D4	D5	D6	D7	TOTAL_D
D1	Pearson Correlation	1	.644**	.668**	.483**	.635**	.781**	.752**	.845**
	Sig. (2-tailed)		.000	.000	.001	.000	.000	.000	.000
	N	41	41	41	41	41	41	41	41
D2	Pearson Correlation	.644**	1	.621**	.402**	.583**	.554**	.603**	.745**
	Sig. (2-tailed)	.000		.000	.009	.000	.000	.000	.000
	N	41	41	41	41	41	41	41	41
D3	Pearson Correlation	.668**	.621**	1	.641**	.669**	.745**	.717**	.871**
	Sig. (2-tailed)	.000	.000		.000	.000	.000	.000	.000
	N	41	41	41	41	41	41	41	41
D4	Pearson Correlation	.483**	.402**	.641**	1	.453**	.696**	.770**	.766**
	Sig. (2-tailed)	.001	.009	.000		.003	.000	.000	.000
	N	41	41	41	41	41	41	41	41
D5	Pearson Correlation	.635**	.583**	.669**	.453**	1	.742**	.563**	.790**
	Sig. (2-tailed)	.000	.000	.000	.003		.000	.000	.000
	N	41	41	41	41	41	41	41	41
D6	Pearson Correlation	.781**	.554**	.745**	.696**	.742**	1	.846**	.921**
	Sig. (2-tailed)	.000	.000	.000	.000	.000		.000	.000
	N	41	41	41	41	41	41	41	41
D7	Pearson Correlation	.752**	.603**	.717**	.770**	.563**	.846**	1	.903**
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000		.000
	N	41	41	41	41	41	41	41	41
TOTAL_D	Pearson Correlation	.845**	.745**	.871**	.766**	.790**	.921**	.903**	1
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000	
	N	41	41	41	41	41	41	41	41

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

Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.928	.927	7

Correlations

		FOOD1_1	FOOD2_1	FOOD3_1	FOOD4_1	FOOD5_1	FOOD6_1	TOTALF_1
FOOD1_1	Pearson Correlation	1	-.089	.241	.108	.148	.028	.418**
	Sig. (2-tailed)		.580	.129	.503	.357	.860	.007
	N	41	41	41	41	41	41	41
FOOD2_1	Pearson Correlation	-.089	1	.118	.276	.102	.177	.375*
	Sig. (2-tailed)	.580		.464	.081	.525	.269	.016
	N	41	41	41	41	41	41	41
FOOD3_1	Pearson Correlation	.241	.118	1	.287	.438**	.318*	.650**
	Sig. (2-tailed)	.129	.464		.069	.004	.043	.000
	N	41	41	41	41	41	41	41
FOOD4_1	Pearson Correlation	.108	.276	.287	1	.342*	.287	.731**
	Sig. (2-tailed)	.503	.081	.069		.029	.069	.000
	N	41	41	41	41	41	41	41
FOOD5_1	Pearson Correlation	.148	.102	.438**	.342*	1	.282	.670**
	Sig. (2-tailed)	.357	.525	.004	.029		.074	.000
	N	41	41	41	41	41	41	41
FOOD6_1	Pearson Correlation	.028	.177	.318*	.287	.282	1	.604**
	Sig. (2-tailed)	.860	.269	.043	.069	.074		.000
	N	41	41	41	41	41	41	41
TOTALF_1	Pearson Correlation	.418**	.375*	.650**	.731**	.670**	.604**	1
	Sig. (2-tailed)	.007	.016	.000	.000	.000	.000	
	N	41	41	41	41	41	41	41

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

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

Correlations

		FOOD1_2	FOOD2_2	FOOD3_2	FOOD4_2	FOOD5_2	FOOD6_2	TOTALF_2
FOOD1_2	Pearson Correlation	1	.003	.107	-.015	.225	.178	.382*
	Sig. (2-tailed)		.985	.506	.924	.158	.266	.014
	N	41	41	41	41	41	41	41
FOOD2_2	Pearson Correlation	.003	1	.109	.172	-.005	.233	.430**
	Sig. (2-tailed)	.985		.497	.283	.977	.143	.005
	N	41	41	41	41	41	41	41
FOOD3_2	Pearson Correlation	.107	.109	1	.396*	.543**	.162	.707**
	Sig. (2-tailed)	.506	.497		.010	.000	.310	.000
	N	41	41	41	41	41	41	41
FOOD4_2	Pearson Correlation	-.015	.172	.396*	1	.161	.019	.585**
	Sig. (2-tailed)	.924	.283	.010		.315	.908	.000
	N	41	41	41	41	41	41	41
FOOD5_2	Pearson Correlation	.225	-.005	.543**	.161	1	.320*	.671**
	Sig. (2-tailed)	.158	.977	.000	.315		.042	.000
	N	41	41	41	41	41	41	41
FOOD6_2	Pearson Correlation	.178	.233	.162	.019	.320*	1	.558**
	Sig. (2-tailed)	.266	.143	.310	.908	.042		.000
	N	41	41	41	41	41	41	41
TOTALF_2	Pearson Correlation	.382*	.430**	.707**	.585**	.671**	.558**	1
	Sig. (2-tailed)	.014	.005	.000	.000	.000	.000	
	N	41	41	41	41	41	41	41

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

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

Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.698	.758	12

7.4. Distribusi Frekuensi**Gender**

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1.00	29	50.0	50.0	50.0
2.00	29	50.0	50.0	100.0
Total	58	100.0	100.0	

Usia

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1.00	15	25.9	25.9	25.9
2.00	11	19.0	19.0	44.8
3.00	8	13.8	13.8	58.6
4.00	23	39.7	39.7	98.3
5.00	1	1.7	1.7	100.0
Total	58	100.0	100.0	

Pendidikan

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 4.00	58	100.0	100.0	100.0

Status

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1.00	45	77.6	77.6	77.6
2.00	13	22.4	22.4	100.0
Total	58	100.0	100.0	

Olahraga

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1.00	45	77.6	77.6	77.6
2.00	13	22.4	22.4	100.0
Total	58	100.0	100.0	

Merokok

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1.00	5	8.6	8.6	8.6
2.00	5	8.6	8.6	17.2
3.00	48	82.8	82.8	100.0
Total	58	100.0	100.0	

Alkohol

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1.00	7	12.1	12.1	12.1
2.00	1	1.7	1.7	13.8
3.00	50	86.2	86.2	100.0
Total	58	100.0	100.0	

Stress

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1.00	57	98.3	98.3	98.3
3.00	1	1.7	1.7	100.0
Total	58	100.0	100.0	

Anxiety

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1.00	45	77.6	77.6	77.6
2.00	10	17.2	17.2	94.8
3.00	3	5.2	5.2	100.0
Total	58	100.0	100.0	

Depression

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1.00	52	89.7	89.7	89.7
2.00	4	6.9	6.9	96.6
3.00	1	1.7	1.7	98.3
5.00	1	1.7	1.7	100.0
Total	58	100.0	100.0	

Kacang

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1-2 kali/hari	34	58.6	58.6	58.6
3-4 kali/hari	24	41.4	41.4	100.0
Total	58	100.0	100.0	

Sayur_buah

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Tidak pernah	8	13.8	13.8	13.8
1-2 kali/hari	30	51.7	51.7	65.5
3-4 kali/hari	20	34.5	34.5	100.0
Total	58	100.0	100.0	

MinumanHerbal

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Tidak pernah	1	1.7	1.7	1.7
1-2 kali/hari	32	55.2	55.2	56.9
3-4 kali/hari	25	43.1	43.1	100.0
Total	58	100.0	100.0	

Snack

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 3-4 kali/hari	8	13.8	13.8	13.8
1-2 kali/hari	47	81.0	81.0	94.8
Tidak pernah	3	5.2	5.2	100.0
Total	58	100.0	100.0	

MakananManis

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid ≥ 5 kali/hari	1	1.7	1.7	1.7
3-4 kali/hari	6	10.3	10.3	12.1
1-2 kali/hari	43	74.1	74.1	86.2
Tidak pernah	8	13.8	13.8	100.0
Total	58	100.0	100.0	

Makan_Snack

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid ≥5 kali/hari	1	1.7	1.7	1.7
3-4 kali/hari	8	13.8	13.8	15.5
1-2 kali/hari	33	56.9	56.9	72.4
Tidak pernah	16	27.6	27.6	100.0
Total	58	100.0	100.0	

7.5. Uji Korelasi

Correlations

			Gender	Usia	Pendidikan	Status	Olahraga	Merokok	Alkohol	Stress
Spearman's rho	Gender	Correlation Coefficient	1.000	.096	.	-.041	-.207	-.371**	-.298*	.132
		Sig. (2-tailed)	.	.473	.	.758	.119	.004	.023	.322
		N	58	58	58	58	58	58	58	58
Usia	Correlation Coefficient	.096	1.000	.	-.598**	-.137	.007	-.067	-.008	
	Sig. (2-tailed)	.473	.	.	.000	.305	.961	.616	.951	
	N	58	58	58	58	58	58	58	58	
Pendidikan	Correlation Coefficient	.	.	1.000	
	Sig. (2-tailed)	.	.	.	1.000	
	N	58	58	58	58	58	58	58	58	
Status	Correlation Coefficient	-.041	-.598**	.	1.000	.009	.026	.093	.246	
	Sig. (2-tailed)	.758	.000	.	.	.949	.845	.488	.062	
	N	58	58	58	58	58	58	58	58	
Olahraga	Correlation Coefficient	-.207	-.137	.	.009	1.000	.145	.215	-.071	
	Sig. (2-tailed)	.119	.305	.	.949	.	.279	.106	.595	
	N	58	58	58	58	58	58	58	58	
Merokok	Correlation Coefficient	-.371**	.007	.	.026	.145	1.000	.192	.060	
	Sig. (2-tailed)	.004	.961	.	.845	.279	.	.149	.654	
	N	58	58	58	58	58	58	58	58	
Alkohol	Correlation Coefficient	-.298*	-.067	.	.093	.215	.192	1.000	-.337**	
	Sig. (2-tailed)	.023	.616	.	.488	.106	.149	.	.010	
	N	58	58	58	58	58	58	58	58	
Stress	Correlation Coefficient	.132	.008	.	.246	-.071	.060	-.337**	1.000	
	Sig. (2-tailed)	.322	.951	.	.062	.595	.654	.010	.	
	N	58	58	58	58	58	58	58	58	

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

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

Correlations

			Gender	Usia	Pendidikan	Status	Olahraga	Merokok	Alkohol	Anxiety
Spearman's rho	Gender	Correlation Coefficient	1.000	.096	.	-.041	-.207	-.371**	-.298*	-.204
		Sig. (2-tailed)	.	.473	.	.758	.119	.004	.023	.124
		N	58	58	58	58	58	58	58	58
Usia	Correlation Coefficient	.096	1.000	.	-.598**	-.137	.007	-.067	-.049	
	Sig. (2-tailed)	.473	.	.	.000	.305	.961	.616	.714	
	N	58	58	58	58	58	58	58	58	
Pendidikan	Correlation Coefficient	.	.	1.000	
	Sig. (2-tailed)	.	.	.	1.000	
	N	58	58	58	58	58	58	58	58	
Status	Correlation Coefficient	-.041	-.598**	.	1.000	.009	.026	.093	.109	
	Sig. (2-tailed)	.758	.000	.	.	.949	.845	.488	.416	
	N	58	58	58	58	58	58	58	58	
Olahraga	Correlation Coefficient	-.207	-.137	.	.009	1.000	.145	.215	.202	
	Sig. (2-tailed)	.119	.305	.	.949	.	.279	.106	.128	
	N	58	58	58	58	58	58	58	58	
Merokok	Correlation Coefficient	-.371**	.007	.	.026	.145	1.000	.192	.033	
	Sig. (2-tailed)	.004	.961	.	.845	.279	.	.149	.806	
	N	58	58	58	58	58	58	58	58	
Alkohol	Correlation Coefficient	-.298*	-.067	.	.093	.215	.192	1.000	-.043	
	Sig. (2-tailed)	.023	.616	.	.488	.106	.149	.	.747	
	N	58	58	58	58	58	58	58	58	
Anxiety	Correlation Coefficient	-.204	-.049	.	.109	.202	.033	-.043	1.000	
	Sig. (2-tailed)	.124	.714	.	.416	.128	.806	.747	.	
	N	58	58	58	58	58	58	58	58	

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

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

Correlations

			Gender	Usia	Pendidikan	Status	Olahraga	Merokok	Alkohol	Depression
Spearman's rho	Gender	Correlation Coefficient	1.000	.096	.	-.041	-.207	-.371**	-.298*	.111
		Sig. (2-tailed)	.	.473	.	.758	.119	.004	.023	.406
		N	58	58	58	58	58	58	58	58
	Usia	Correlation Coefficient	.096	1.000	.	-.598**	-.137	.007	-.067	.108
		Sig. (2-tailed)	.473	.	.	.000	.305	.961	.616	.420
		N	58	58	58	58	58	58	58	58
	Pendidikan	Correlation Coefficient	.	.	1.000
		Sig. (2-tailed)	.	.	.	1.000
		N	58	58	58	58	58	58	58	58
	Status	Correlation Coefficient	-.041	-.598**	.	1.000	.009	.026	.093	-.035
Sig. (2-tailed)		.758	.000	.	.	.949	.845	.488	.794	
N		58	58	58	58	58	58	58	58	
Olahraga	Correlation Coefficient	-.207	-.137	.	.009	1.000	.145	.215	-.051	
	Sig. (2-tailed)	.119	.305	.	.949	.	.279	.106	.701	
	N	58	58	58	58	58	58	58	58	
Merokok	Correlation Coefficient	-.371**	.007	.	.026	.145	1.000	.192	-.252	
	Sig. (2-tailed)	.004	.961	.	.845	.279	.	.149	.056	
	N	58	58	58	58	58	58	58	58	
Alkohol	Correlation Coefficient	-.298*	-.067	.	.093	.215	.192	1.000	-.206	
	Sig. (2-tailed)	.023	.616	.	.488	.106	.149	.	.120	
	N	58	58	58	58	58	58	58	58	
Depression	Correlation Coefficient	.111	.108	.	-.035	-.051	-.252	-.206	1.000	
	Sig. (2-tailed)	.406	.420	.	.794	.701	.056	.120	.	
	N	58	58	58	58	58	58	58	58	

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

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

Correlations

			Kacang	Sayur_buah	MinumanHerbal	Snack	MakananManis	Makan_Snack	Stress
Spearman's rho	Kacang	Correlation Coefficient	1.000	.055	-.213	-.161	-.371**	-.198	-.111
		Sig. (2-tailed)	.	.679	.108	.227	.004	.135	.406
		N	58	58	58	58	58	58	58
	Sayur_buah	Correlation Coefficient	.055	1.000	-.040	.054	.044	.119	-.219
		Sig. (2-tailed)	.679	.	.764	.688	.744	.373	.099
		N	58	58	58	58	58	58	58
	MinumanHerbal	Correlation Coefficient	-.213	-.040	1.000	.003	.172	.120	-.109
		Sig. (2-tailed)	.108	.764	.	.981	.197	.368	.413
		N	58	58	58	58	58	58	58
	Snack	Correlation Coefficient	-.161	.054	.003	1.000	.407**	-.091	.029
Sig. (2-tailed)		.227	.688	.981	.	.002	.495	.829	
N		58	58	58	58	58	58	58	
MakananManis	Correlation Coefficient	-.371**	.044	.172	.407**	1.000	-.023	-.005	
	Sig. (2-tailed)	.004	.744	.197	.002	.	.863	.969	
	N	58	58	58	58	58	58	58	
Makan_Snack	Correlation Coefficient	-.198	.119	.120	-.091	-.023	1.000	-.253	
	Sig. (2-tailed)	.135	.373	.368	.495	.863	.	.055	
	N	58	58	58	58	58	58	58	
Stress	Correlation Coefficient	-.111	-.219	-.109	.029	-.005	-.253	1.000	
	Sig. (2-tailed)	.406	.099	.413	.829	.969	.055	.	
	N	58	58	58	58	58	58	58	

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

Correlations

			Kacang	Sayur_buah	MinumanHerbal	Snack	MakananManis	Makan_Snack	Anxiety
Spearman's rho	Kacang	Correlation Coefficient	1.000	.055	-.213	-.161	-.371**	-.198	-.035
		Sig. (2-tailed)	.	.679	.108	.227	.004	.135	.797
		N	58	58	58	58	58	58	58
	Sayur_buah	Correlation Coefficient	.055	1.000	-.040	.054	.044	.119	-.067
		Sig. (2-tailed)	.679	.	.764	.688	.744	.373	.619
		N	58	58	58	58	58	58	58
	MinumanHerbal	Correlation Coefficient	-.213	-.040	1.000	.003	.172	.120	-.019
		Sig. (2-tailed)	.108	.764	.	.981	.197	.368	.886
		N	58	58	58	58	58	58	58
	Snack	Correlation Coefficient	-.161	.054	.003	1.000	.407**	-.091	.023
Sig. (2-tailed)		.227	.688	.981	.	.002	.495	.863	
N		58	58	58	58	58	58	58	
MakananManis	Correlation Coefficient	-.371**	.044	.172	.407**	1.000	-.023	-.018	
	Sig. (2-tailed)	.004	.744	.197	.002	.	.863	.895	
	N	58	58	58	58	58	58	58	
Makan_Snack	Correlation Coefficient	-.198	.119	.120	-.091	-.023	1.000	-.198	
	Sig. (2-tailed)	.135	.373	.368	.495	.863	.	.136	
	N	58	58	58	58	58	58	58	
Anxiety	Correlation Coefficient	-.035	-.067	-.019	.023	-.018	-.198	1.000	
	Sig. (2-tailed)	.797	.619	.886	.863	.895	.136	.	
	N	58	58	58	58	58	58	58	

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

Correlations

			Kacang	Sayur_buah	MinumanHerbal	Snack	MakananManis	Makan_Snack	Depression
Spearman's rho	Kacang	Correlation Coefficient	1.000	.055	-.213	-.161	-.371**	-.198	-.063
		Sig. (2-tailed)	.	.679	.108	.227	.004	.135	.637
		N	58	58	58	58	58	58	58
	Sayur_buah	Correlation Coefficient	.055	1.000	-.040	.054	.044	.119	-.387**
		Sig. (2-tailed)	.679	.	.764	.688	.744	.373	.003
		N	58	58	58	58	58	58	58
	MinumanHerbal	Correlation Coefficient	-.213	-.040	1.000	.003	.172	.120	-.026
		Sig. (2-tailed)	.108	.764	.	.981	.197	.368	.844
		N	58	58	58	58	58	58	58
	Snack	Correlation Coefficient	-.161	.054	.003	1.000	.407**	-.091	-.189
		Sig. (2-tailed)	.227	.688	.981	.	.002	.495	.156
		N	58	58	58	58	58	58	58
	MakananManis	Correlation Coefficient	-.371**	.044	.172	.407**	1.000	-.023	-.117
		Sig. (2-tailed)	.004	.744	.197	.002	.	.863	.381
		N	58	58	58	58	58	58	58
	Makan_Snack	Correlation Coefficient	-.198	.119	.120	-.091	-.023	1.000	-.258
		Sig. (2-tailed)	.135	.373	.368	.495	.863	.	.051
		N	58	58	58	58	58	58	58
	Depression	Correlation Coefficient	-.063	-.387**	-.026	-.189	-.117	-.258	1.000
		Sig. (2-tailed)	.637	.003	.844	.156	.381	.051	.
		N	58	58	58	58	58	58	58

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

Correlations

			Stress	Anxiety	Depression	NutriScore
Spearman's rho	Stress	Correlation Coefficient	1.000	.299*	.427**	-.180
		Sig. (2-tailed)	.	.022	.001	.177
		N	58	58	58	58
	Anxiety	Correlation Coefficient	.299*	1.000	.403**	-.273*
		Sig. (2-tailed)	.022	.	.002	.038
		N	58	58	58	58
	Depression	Correlation Coefficient	.427**	.403**	1.000	-.314*
		Sig. (2-tailed)	.001	.002	.	.017
		N	58	58	58	58
	NutriScore	Correlation Coefficient	-.180	-.273*	-.314*	1.000
		Sig. (2-tailed)	.177	.038	.017	.
		N	58	58	58	58

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

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

7.6. Uji Regresi

Stres dengan Pangan

Variables in the Equation

	B	S.E.	Wald	df	Sig.	Exp(B)	95% C.I. for EXP(B)	
							Lower	Upper
Step 1 ^a								
Kacang	-17.456	6172.162	.000	1	.998	.000	.000	.
Sayur_buah	-17.857	3573.512	.000	1	.996	.000	.000	.
MinumanHerbal	-17.260	5300.762	.000	1	.997	.000	.000	.
Constant	34.023	8135.949	.000	1	.997	5.969E+14		.

a. Variable(s) entered on step 1: Kacang, Sayur_buah, MinumanHerbal.

Variables in the Equation

	B	S.E.	Wald	df	Sig.	Exp(B)	95% C.I. for EXP(B)	
							Lower	Upper
Step 1 ^a								
Snack	-30.864	20488.012	.000	1	.999	.000	.000	.
MakananManis	.436	4357.498	.000	1	1.000	1.547	.000	.
Makan_Snack	-34.340	4697.680	.000	1	.994	.000	.000	.
Constant	77.389	42423.737	.000	1	.999	4.072E+33		.

a. Variable(s) entered on step 1: Snack, MakananManis, Makan_Snack.

Kecemasan dengan Pangan

Variables in the Equation

	B	S.E.	Wald	df	Sig.	Exp(B)	95% C.I. for EXP(B)	
							Lower	Upper
Step 1 ^a Kacang	-.171	.662	.067	1	.796	.843	.230	3.086
Sayur_buah	-.379	.475	.636	1	.425	.685	.270	1.736
MinumanHerbal	-.192	.618	.096	1	.757	.826	.246	2.773
Constant	-.293	1.512	.038	1	.846	.746		

a. Variable(s) entered on step 1: Kacang, Sayur_buah, MinumanHerbal.

Variables in the Equation

	B	S.E.	Wald	df	Sig.	Exp(B)	95% C.I. for EXP(B)	
							Lower	Upper
Step 1 ^a Snack	-.037	.865	.002	1	.966	.963	.177	5.251
MakananManis	-.008	.652	.000	1	.990	.992	.276	3.560
Makan_Snack	-.698	.469	2.210	1	.137	.498	.198	1.249
Constant	.253	1.964	.017	1	.897	1.288		

a. Variable(s) entered on step 1: Snack, MakananManis, Makan_Snack.

Depresi dengan Pangan

Variables in the Equation

	B	S.E.	Wald	df	Sig.	Exp(B)	95% C.I. for EXP(B)	
							Lower	Upper
Step 1 ^a Kacang	-.447	1.097	.166	1	.684	.640	.075	5.491
Sayur_buah	-2.757	.949	8.430	1	.004	.064	.010	.408
MinumanHerbal	-.540	1.077	.251	1	.616	.583	.071	4.811
Constant	1.401	2.417	.336	1	.562	4.059		

a. Variable(s) entered on step 1: Kacang, Sayur_buah, MinumanHerbal.

Variables in the Equation

	B	S.E.	Wald	df	Sig.	Exp(B)	95% C.I. for EXP(B)	
							Lower	Upper
Step 1 ^a Snack	-2.329	1.232	3.574	1	.059	.097	.009	1.089
MakananManis	-.224	.889	.064	1	.801	.799	.140	4.562
Makan_Snack	-1.875	.809	5.374	1	.020	.153	.031	.748
Constant	5.852	3.231	3.281	1	.070	348.042		

a. Variable(s) entered on step 1: Snack, MakananManis, Makan_Snack.

Stres dengan *Nutrition Score*

Parameter Estimates

	Estimate	Std. Error	Wald	df	Sig.	95% Confidence Interval	
						Lower Bound	Upper Bound
Threshold [Stres = 1,00]	21.568	7274.446	.000	1	.998	-14236.084	14279.221
Location [NutriScore=1,00]	19.003	7274.446	.000	1	.998	-14238.649	14276.656
[NutriScore=2,00]	1.837E-9	.000	.	1	.	1.837E-9	1.837E-9
[NutriScore=3,00]	6.398E-8	.000	.	1	.	6.398E-8	6.398E-8
[NutriScore=4,00]	5.884E-8	.000	.	1	.	5.884E-8	5.884E-8
[NutriScore=5,00]	0 ^a	.	.	0	.	.	.

Link function: Logit.

a. This parameter is set to zero because it is redundant.

Kecemasan dengan *Nutrition Score*

Parameter Estimates

	Estimate	Std. Error	Wald	df	Sig.	95% Confidence Interval		
						Lower Bound	Upper Bound	
Threshold [Kecemasan = 1,00]	18.653	.756	608.854	1	.000	17.171	20.134	
Location	[NutriScore=1,00]	18.065	.939	369.767	1	.000	16.223	19.906
	[NutriScore=2,00]	17.959	.934	370.127	1	.000	16.130	19.789
	[NutriScore=3,00]	16.255	1.289	158.940	1	.000	13.728	18.782
	[NutriScore=4,00]	16.707	.000	.	1	.	16.707	16.707
	[NutriScore=5,00]	0 ^a	.	.	0	.	.	.

Link function: Logit.

a. This parameter is set to zero because it is redundant.

Depresi dengan *Nutrition Score*

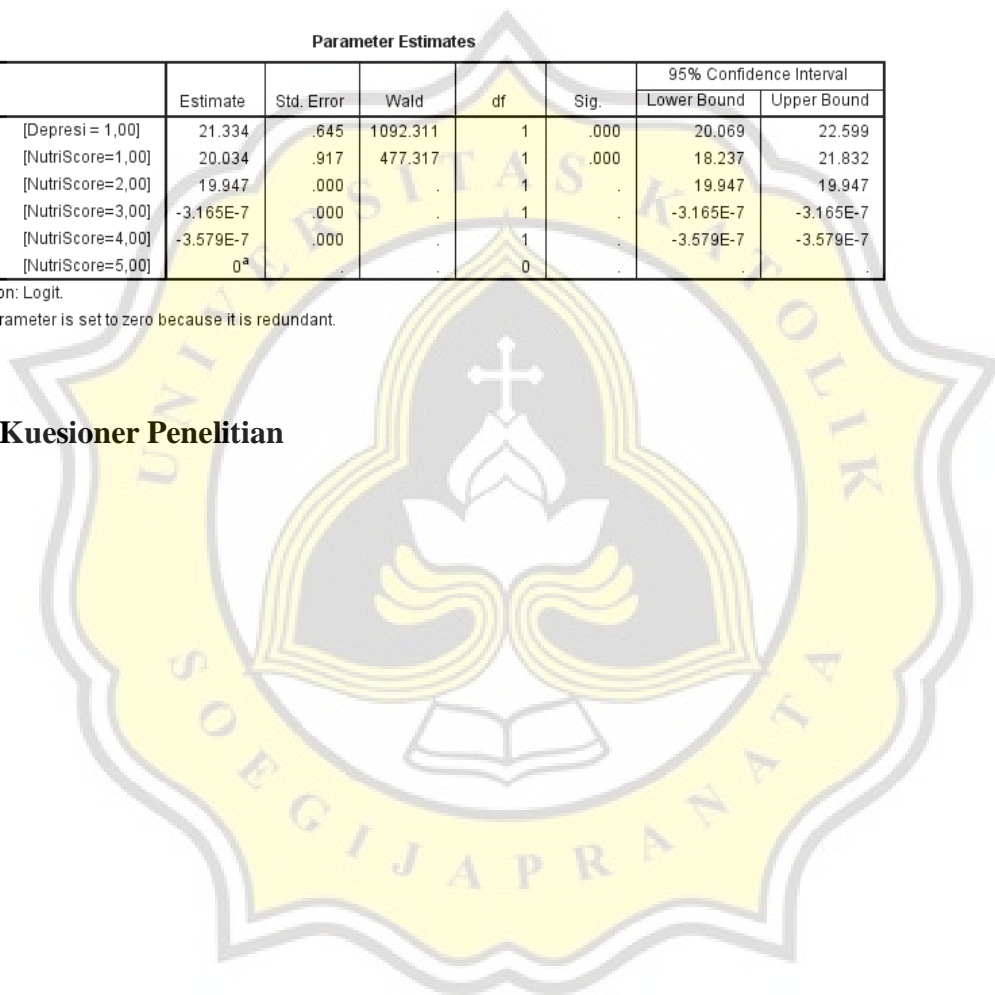
Parameter Estimates

	Estimate	Std. Error	Wald	df	Sig.	95% Confidence Interval		
						Lower Bound	Upper Bound	
Threshold [Depresi = 1,00]	21.334	.645	1092.311	1	.000	20.069	22.599	
Location	[NutriScore=1,00]	20.034	.917	477.317	1	.000	18.237	21.832
	[NutriScore=2,00]	19.947	.000	.	1	.	19.947	19.947
	[NutriScore=3,00]	-3.165E-7	.000	.	1	.	-3.165E-7	-3.165E-7
	[NutriScore=4,00]	-3.579E-7	.000	.	1	.	-3.579E-7	-3.579E-7
	[NutriScore=5,00]	0 ^a	.	.	0	.	.	.

Link function: Logit.

a. This parameter is set to zero because it is redundant.

7.7. Kuesioner Penelitian



KUISIONER PENELITIAN

Saya Gillian Sharon Antonio sebagai mahasiswa Fakultas Teknologi Pertanian Unika Soegijapranata dengan Dosen Pembimbing Ibu Dea N. Hendryanti, S.TP., MS dan Ibu Meiliana, S.Gz, M.S., saat ini sedang melakukan riset untuk Tugas Akhir mengenai “Hubungan Antara Konsumsi Pangan dengan Stres, Kecemasan, dan Depresi pada Guru SMA di Kota Semarang”. Untuk itu kami memohon kesediaan Bapak/Ibu, saudara saudari untuk meluangkan waktu mengisi kuisisioner ini.

Responden dapat bebas memutuskan keikutsertaan dalam riset ini tanpa ada paksaan. Informasi yang terkait seputar identitas responden serta seluruh hasil pengisian kuisisioner ini akan dijamin kerahasiaannya, data ini hanya digunakan untuk keperluan riset saja dan hanya diketahui oleh peneliti. Apabila responden bersedia mengikuti atau berpartisipasi pada riset ini, responden diminta untuk mengisi lembar persetujuan dengan disertai tanda tangan asli. Kemudian prosedur selanjutnya, responden akan diberikan satu berkas kuisisioner yang terdiri dari:

1. Kuisisioner karakteristik dan demografi
2. Kuisisioner DASS-21 (*Depression Anxiety Stres Scales-21*)
3. Kuisisioner FFQ (*Food Frequency Questionnaire*)

Responden diharapkan untuk membaca dengan seksama terlebih dahulu pada masing – masing kuisisioner dan diharapkan membaca petunjuk pengisian terlebih dahulu sebelum mengisi. Apabila responden bersedia maka dapat mengisi pilihan jawaban “Bersedia”, namun jika responden tidak bersedia maka dapat mengisi pilihan jawaban “Tidak bersedia (berhenti sampai di sini).

A. Karakteristik dan Demografi

Sebelum menjawab beberapa pertanyaan dalam kuisisioner ini, para responden diharapkan mengisi data diri terlebih dahulu.

1. Nama atau Inisial :	
2. Usia (tahun) :	
3. Jenis Kelamin :	* 0. Laki – laki 1. Perempuan
4. Tamat Pendidikan :	* 0. SD 1. SMP 2. SMA 3. Sarjana
5. Berat Badan (Kg) :	
6. Tinggi Badan (Cm):	
7. Nama Sekolah :	
8. Status Pernikahan :	* 0. Tidak 1. Ya
9. Apakah dalam 3 bulan terakhir : Anda pernah melakukan aktivitas fisik (berolahraga)?	* 0. Tidak 1. Ya
10. Apakah sekarang anda merokok ?	* a. Setiap hari b. Kadang – kadang c. Sedang tidak merokok d. Tidak Pernah
11. Seberapa sering Anda meminum minuman beralkohol ?	* a. <1x dalam sebulan b. 1x atau lebih dalam sebulan c. Tidak Pernah

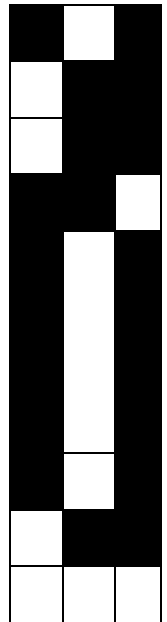
N.b : * Coret yang sesuai dengan keadaan responden sekarang

Lampiran 1

KUISIONER DASS-21					
<p>INSTRUKSI: Responden dimohon untuk membaca setiap kalimat dengan teliti. Selanjutnya Anda diminta untuk menjawab dengan cara memberi tanda silang (X) pada salah satu kolom yang sesuai dengan keadaan anda selama satu minggu belakangan ini. Dalam kuisisioner ini tidak ada jawaban salah atau benar, diharapkan anda dapat mengisi dengan cepat berdasarkan jawaban pertama yang terlintas dalam pikiran Anda.</p>					<p>Keterangan : TP : Tidak Pernah KK : Kadang - Kadang S : Sering HS : Hampir Selalu</p>

No.	<i>Selama 1 minggu terakhir....</i>	TP	KK	S	HS	D	A	S
1	Saya sulit untuk menenangkan diri.							
2	Saya menyadari mulut saya terasa kering.							
3	Saya sepertinya tidak pernah mengalami perasaan positif sama sekali.							
4	Saya mengalami kesulitan bernafas. (contoh: bernafas cepat dan berat, sulit bernafas ketika tidak ada aktivitas fisik)							
5	Saya sulit berinisiatif untuk melakukan sesuatu.							
6	Saya cenderung bereaksi berlebihan terhadap situasi.							
7	Saya mengalami gemetar. (contoh: di tangan)							
8	Saya merasa bahwa saya menghabiskan banyak energi untuk gelisah.							
9	Saya khawatir pada situasi yang dapat membuat saya merasa panik dan tampak bodoh.							
10	Saya merasa tidak ada yang saya tunggu di masa depan.							
11	Saya mendapati diri saya merasa gelisah.							
12	Saya sulit untuk tenang.							
13	Saya merasa rendah diri dan sedih.							
14	Saya intoleran terhadap apapun yang mengganggu saya dari mengerjakan sesuatu yang sedang saya kerjakan.							

15	Saya merasa saya mudah untuk panik.				
16	Saya tidak bisa antusias terhadap apapun.				
17	Saya merasa saya tidak berharga sebagai seseorang.				
18	Saya merasa saya agak mudah tersinggung.				
19	Saya menyadari reaksi jantung saya saat tidak ada aktivitas fisik. (contoh: merasakan peningkatan denyut jantung, jantung yang tidak berdetak)				
20	Saya merasa takut tanpa alasan apapun.				
21	Saya merasa bahwa hidup itu tidak berarti.				
TOTAL					



Keterangan	Depression	Anxiety	Stres
Normal	0 - 4	0 - 3	0 - 7
Ringan	5 - 6	4 - 5	8 - 9
Sedang	7 - 10	6 - 7	10 - 12
Parah	11 - 13	8 - 9	13 - 16
Sangat Parah	> 14	> 10	> 17

Lampiran 2

FFQ (Food Frequency Questionnaire)

INSTRUKSI: Responden dimohon untuk membaca setiap kalimat dengan teliti. Selanjutnya Anda diminta untuk menjawab dengan cara memberi **tanda silang (X)** pada salah satu kolom yang sesuai dengan keadaan anda selama **satu minggu belakangan** ini. Dalam kuisisioner ini tidak ada jawaban salah atau benar.



1. Berapa hari dalam **1 minggu** anda mengonsumsi makanan diatas (days/week)
 - Tidak pernah
 - 1 hari/minggu
 - 2 hari/minggu
 - 3 hari/minggu
 - 4 hari/minggu
 - 5 hari/minggu
 - 6 hari/minggu
 - 7 hari/minggu (setiap hari)
 2. Seberapa sering anda mengonsumsi makanan diatas dalam **1 hari**? (times/day)
 - Tidak pernah
 - 1-2 kali/hari
 - 3-4 kali/hari
 - ≥ 5 kali/hari
- **Sayur dan buah** (brokoli, kangkung, apel, pisang, jeruk, sari buah alami, salad, mashed potatoes, dll (kecuali yang digoreng: kentang goreng/chips))



1. Berapa hari dalam **1 minggu** anda mengonsumsi makanan di atas (days/week)

- Tidak pernah
- 1 hari/minggu
- 2 hari/minggu
- 3 hari/minggu
- 4 hari/minggu
- 5 hari/minggu
- 6 hari/minggu
- 7 hari/minggu (setiap hari)

2. Seberapa sering anda mengonsumsi makanan di atas dalam **1 hari**? (times/day)

- Tidak pernah
- 1-2 kali/hari
- 3-4 kali/hari
- ≥ 5 kali/hari

➤ **Minuman herbal/teh/jamu/dari bunga tanpa tambahan pemanis buatan** (co: minuman jahe, kencur, teh hijau, chamomile, bunga telang dll)



1. Berapa hari dalam **1 minggu** anda mengonsumsi makanan di atas (days/week)

- Tidak pernah
- 1 hari/minggu
- 2 hari/minggu
- 3 hari/minggu
- 4 hari/minggu

- 5 hari/minggu
- 6 hari/minggu
- 7 hari/minggu (setiap hari)

2. Seberapa sering anda mengonsumsi makanan diatas dalam **1 hari?** (times/day)

- Tidak pernah
- 1-2 kali/hari
- 3-4 kali/hari
- ≥ 5 kali/hari

➤ **Snack** (co: gorengan, chiki, dll)



1. Berapa hari dalam **1 minggu** anda mengonsumsi makanan diatas (days/week)

- Tidak pernah
- 1 hari/minggu
- 2 hari/minggu
- 3 hari/minggu
- 4 hari/minggu
- 5 hari/minggu
- 6 hari/minggu
- 7 hari/minggu (setiap hari)

2. Seberapa sering anda mengonsumsi makanan diatas dalam **1 hari?** (times/day)

- Tidak pernah
- 1-2 kali/hari
- 3-4 kali/hari
- ≥ 5 kali/hari

➤ **Makanan manis** (co: coklat, permen, kue, donat, cookies, brownies, pie dll)



1. Berapa hari dalam **1 minggu** anda mengonsumsi makanan diatas (days/week)

- Tidak pernah
- 1 hari/minggu
- 2 hari/minggu
- 3 hari/minggu
- 4 hari/minggu
- 5 hari/minggu
- 6 hari/minggu
- 7 hari/minggu (setiap hari)

2. Seberapa sering anda mengonsumsi makanan diatas dalam **1 hari**? (times/day)

- Tidak pernah
- 1-2 kali/hari
- 3-4 kali/hari
- ≥ 5 kali/hari

➤ **Apakah Anda mengganti makan pagi/siang/malam dengan camilan atau *snack*?**



- Ya
- Tidak
- Beberapa kali

➤ **Jika menjawab “Beberapa kali” atau “Ya”. Jenis camilan apa yang dikonsumsi?**

- Makanan ringan (Chiki, gorengan, dll)
- Junk Food (Burger, kentang goreng, pizza, dll)

- Makanan manis (permen, coklat, cake, dll)
 - Tidak menggantinya dengan *snack*
- **Apakah Anda dapat mengontrol asupan jenis cemilan atau *snack* tersebut?**
- Ya
 - Tidak
 - Tidak menggantinya dengan *snack*

