



**LAMPIRAN A SKALA PENELITIAN**

### **A-1 Informed Consent**

Dapat diakses pada *google form* melalui alamat daring :  
<https://bit.ly/bantucantikajadisarjana>

#### **Lembar Persetujuan / Informed Conset**

1. Tujuan dan manfaat penelitian

Penelitian memiliki tujuan untuk mengetahui hubungan antara *self efficacy* dengan stres akademik siswa sekolah menengah atas (SMA). Penelitian diharapkan dapat menambah referensi bagi perkembangan ilmu psikologi khususnya psikologi bidang pendidikan yang berkaitan dengan *self efficacy* dan stres akademik siswa sekolah menengah atas (SMA).

2. Etika penelitian

Penelitian dilakukan sesuai dengan etika penelitian, sehingga keterlibatan responden dalam penelitian ini bersifat sukarela. Responden memiliki hak untuk menolak atau berhenti saat berpartisipasi dalam penelitian. Informasi serta jawaban yang didapatkan dari responden dirahasiakan dan dilindungi oleh peneliti, serta hanya digunakan untuk kebutuhan penelitian.

3. Prosedur Penelitian

Langkah pertama responden mengakses kuesioner melalui *google form* pada alamat daring <https://bit.ly/bantucantikajadisarjana>, lalu bersedia atau tidak menjadi responden penelitian sebagai informed consent. Setelah itu responden mengisi data diri seperti nama, jenis kelamin, usia, kelas, jurusan. Kemudian responden berpartisipasi dengan mengisi rangkaian pernyataan kuesioner. Setiap pertanyaan memiliki 4 pilihan jawaban, yaitu : 1 (Sangat Tidak Setuju), 2 (Tidak Sesuai), 3 (Sesuai), 4 (Sangat Sesuai). Responden diminta untuk memilih satu jawaban untuk setiap pernyataan. Setelah responden mengisi seluruh pernyataan, responden mengirimkan hasil kuesioner penelitian dengan menekan tombol "*submit*" pada halaman terakhir *google form*. Pengisian dari kuesioner ini menghabiskan kurang lebih sekitar 10 menit.

4. Risiko Penelitian

Penelitian ini memiliki resiko yaitu terbukanya data responden, akan tetapi semua data penelitian hanya dapat diakses oleh peneliti, sehingga sangat

kecil kemungkinan resiko terjadi. Peneliti bertanggung jawab penuh atas resiko yang ditimbulkan.

5. Kontak Peneliti

Apabila responden memiliki beberapa pertanyaan atau menanyakan informasi lebih lanjut terkait dengan penelitian ini, dapat menghubungi kontak dibawah ini:

Peneliti : Salsabella Mutiara Cantika Dewi

- Email : [18e10211@student.unika.ac.id](mailto:18e10211@student.unika.ac.id)

- *Whatsapp* : 085647988842



### A-2 Skala Stres Akademik Siswa Sekolah Menengah Atas (SMA)

Skala penelitian ini dapat diakses melalui *google form* dengan alamat daring <https://bit.ly/bantucantikajadisarjana>

| No.<br>Item | PERNYATAAN  | ALTERNATIF JAWABAN |    |   |    |
|-------------|---|--------------------|----|---|----|
|             |   | STS                | TS | S | SS |
| 1           | Saya merasa gagal apabila nilai saya buruk  |                    |    |   |    |
| 2           | Saya merasa terbebani dengan banyaknya tugas-tugas pelajaran                            |                    |    |   |    |
| 3           | Saya merasa terbebani dengan banyaknya pekerjaan rumah                                  |                    |    |   |    |
| 4           | Tugas dari guru membuat saya tertekan   |                    |    |   |    |
| 5           | Orang tua menuntut untuk belajar sehingga saya tertekan                                 |                    |    |   |    |
| 6           | Belajar membuat saya menjadi merasa tertekan  |                    |    |   |    |
| 7           | Banyaknya ulangan membuat saya merasa terbebani   |                    |    |   |    |
| 8           | Saya merasa khawatir dengan nilai akademik saya   |                    |    |   |    |
| 9           | Saya merasa khawatir apabila mengecewakan orang tua dengan hasil ulangan yang diperoleh |                    |    |   |    |
| 10          | Saya merasa tidak bisa tidur jika memikirkan nilai saya                                 |                    |    |   |    |
| 11          | Persaingan di antara teman sekelas membuat saya tertekan                                |                    |    |   |    |
| 12          | Saya menjadi tidak percaya diri apabila nilai buruk                                     |                    |    |   |    |

|    |   |  |  |  |  |
|----|---|--|--|--|--|
| 13 | Saya sulit konsentrasi pada mata pelajaran yang sulit saya kuasai                           |  |  |  |  |
| 14 | Saya merasa sangat marah ketika saya tidak mencapai standar saya sendiri                    |  |  |  |  |
| 15 | Ketika gagal mencapai nilai harapan saya merasa sedih                                       |  |  |  |  |
| 16 | Saya kecewa bila tidak dapat menjadi siswa yang baik  |  |  |  |  |
| 17 | Jika mendapatkan nilai jelek membuat saya tertekan  |  |  |  |  |
| 18 | Saya harus mendapatkan nilai ulangan minimal diatas KKM                                     |  |  |  |  |
| 19 | Tugas ekstrakurikuler yang diwajibkan sekolah membuat saya terbebani                        |  |  |  |  |
| 20 | Saya kehilangan nafsu makan apabila memikirkan hasil ujian saya tidak baik                  |  |  |  |  |
| 21 | Saya merasa sulit menyesuaikan diri dengan teman yang memiliki tujuan berbeda dalam belajar |  |  |  |  |
| 22 | Saya merasa sangat sedih jika nilai yang diperoleh tidak sesuai                             |  |  |  |  |
| 23 | Saya merasa tidak mampu bila mendapatkan nilai buruk  |  |  |  |  |
| 24 | Saya tidak dapat fokus pada mata pelajaran yang sulit                                       |  |  |  |  |
| 25 | Saya tidak dapat fokus ketika saya tidak dapat mencapai tujuan saya                         |  |  |  |  |

### A-3 Self Efficacy

Skala penelitian ini dapat diakses melalui *google form* dengan alamat daring

<https://bit.ly/bantucantikajadisarjana>

| No.<br>Item | PERNYATAAN   | ALTERNATIF JAWABAN |    |   |    |
|-------------|--|--------------------|----|---|----|
|             |  | STS                | TS | S | SS |
| 1           | Saya percaya pada kemampuan yang saya miliki                                     |                    |    |   |    |
| 2           | Saya mampu memahami pelajaran dengan baik  |                    |    |   |    |
| 3           | Saya bangga dengan kemampuan yang saya miliki                                    |                    |    |   |    |
| 4           | Saya mampu mengatasi permasalahan dengan baik                                    |                    |    |   |    |
| 5           | Saya merasa kurang percaya diri  |                    |    |   |    |
| 6           | Saya membutuhkan dukungan teman-teman dalam belajar                              |                    |    |   |    |
| 7           | Saya sulit untuk memahami pelajaran  |                    |    |   |    |
| 8           | Saya mengalami kesulitan dalam menyelesaikan soal-soal ujian                     |                    |    |   |    |
| 9           | Saya merasa mudah menemukan alternatif lain dalam menyelesaikan tugas yang sulit |                    |    |   |    |
| 10          | Saya mampu mengikuti berbagai kegiatan di Sekolah                                |                    |    |   |    |
| 11          | Saya mempunyai kemampuan menyelesaikan tugas dengan waktu bersamaan              |                    |    |   |    |
| 12          | Saya mampu menyesuaikan diri dengan berbagai metode pelajaran                    |                    |    |   |    |

|    |   |  |  |  |  |
|----|---|--|--|--|--|
| 13 | Saya tidak berani mengikuti persaingan di kelas                 |  |  |  |  |
| 14 | Saya merasa tidak mampu menyelesaikan tugas individual          |  |  |  |  |
| 15 | Saya mengalami kesulitan untuk belajar secara efektif           |  |  |  |  |
| 16 | Saya pasif dalam mengikuti proses pembelajaran                  |  |  |  |  |
| 17 | Saya mampu menyelesaikan tugas dengan baik                      |  |  |  |  |
| 18 | Saya mampu meraih prestasi sebaik mungkin                       |  |  |  |  |
| 19 | Setiap ujian saya mampu menyelesaikan dengan baik               |  |  |  |  |
| 20 | Saya yakin dapat memenuhi standar nilai yang tinggi di sekolah  |  |  |  |  |
| 21 | Saya merasa minder dengan teman-teman yang lebih pandai dikelas |  |  |  |  |
| 22 | Saya merasa gagal menyelesaikan pekerjaan sekolah               |  |  |  |  |
| 23 | Saya mengalami kesulitan menyelesaikan tugas pembelajaran       |  |  |  |  |
| 24 | Saya merasa kecewa tidak dapat mengerjakan tugas dengan baik    |  |  |  |  |



**LAMPIRAN B DATA UJI COBA**



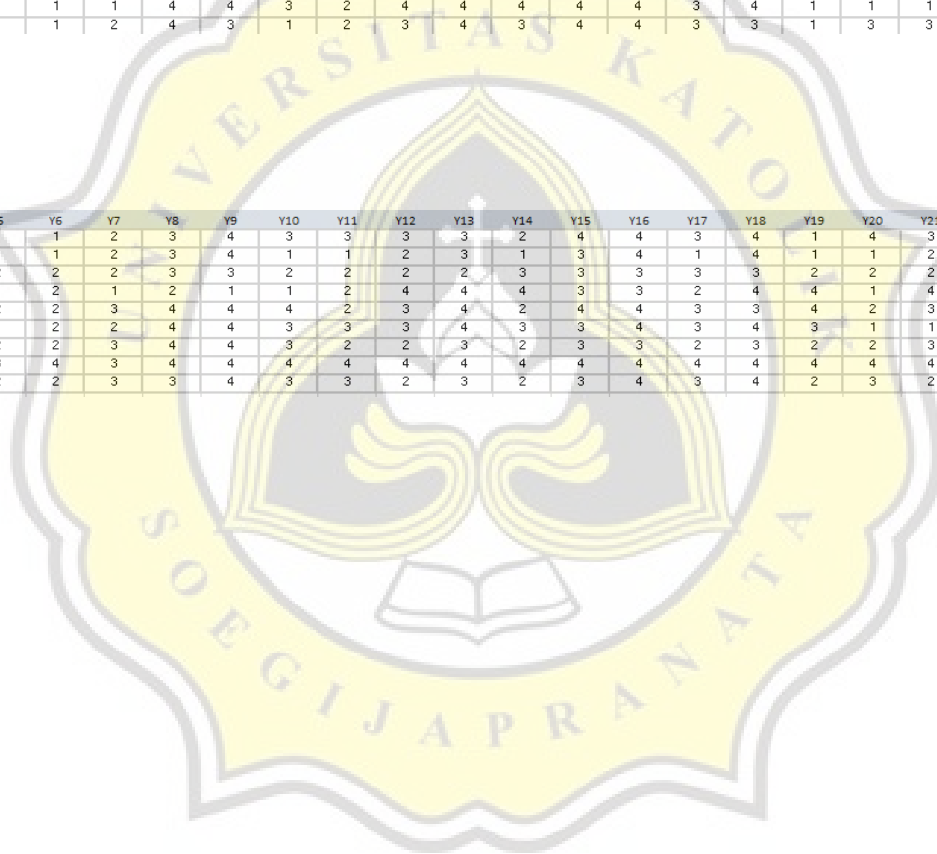
### B-1 Skala Stres Akademik Siswa Sekolah Menengah Atas (SMA)

|    | Y1 | Y2 | Y3 | Y4 | Y5 | Y6 | Y7 | Y8 | Y9 | Y10 | Y11 | Y12 | Y13 | Y14 | Y15 | Y16 | Y17 | Y18 | Y19 | Y20 | Y21 | Y22 | Y23 | Y24 | Y25 | Resiliensi |    |
|----|----|----|----|----|----|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------------|----|
| 1  | 1  | 2  | 2  | 3  | 2  | 3  | 3  | 3  | 2  | 2   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 3   | 2   | 2   | 4   | 3   | 3   | 68         |    |
| 2  | 3  | 1  | 1  | 2  | 3  | 4  | 3  | 4  | 3  | 2   | 3   | 3   | 4   | 2   | 3   | 4   | 3   | 3   | 4   | 3   | 4   | 3   | 4   | 4   | 4   | 3          | 76 |
| 3  | 4  | 3  | 4  | 2  | 2  | 2  | 3  | 4  | 4  | 4   | 3   | 4   | 3   | 4   | 4   | 3   | 4   | 4   | 2   | 4   | 1   | 4   | 4   | 2   | 4   | 82         |    |
| 4  | 3  | 3  | 2  | 2  | 2  | 1  | 1  | 3  | 4  | 2   | 3   | 3   | 2   | 1   | 2   | 4   | 1   | 3   | 2   | 1   | 1   | 3   | 1   | 3   | 2   | 55         |    |
| 5  | 3  | 4  | 3  | 4  | 3  | 3  | 1  | 4  | 4  | 4   | 4   | 4   | 3   | 3   | 4   | 3   | 3   | 4   | 1   | 2   | 2   | 3   | 3   | 2   | 4   | 78         |    |
| 6  | 3  | 3  | 2  | 2  | 4  | 2  | 2  | 4  | 4  | 4   | 4   | 4   | 4   | 2   | 3   | 3   | 2   | 4   | 4   | 3   | 4   | 3   | 2   | 4   | 4   | 80         |    |
| 7  | 3  | 4  | 2  | 3  | 1  | 1  | 3  | 4  | 4  | 1   | 4   | 4   | 4   | 4   | 2   | 4   | 2   | 4   | 1   | 1   | 2   | 3   | 2   | 4   | 4   | 71         |    |
| 8  | 4  | 2  | 3  | 2  | 2  | 1  | 2  | 3  | 4  | 3   | 2   | 4   | 4   | 3   | 4   | 4   | 2   | 3   | 2   | 2   | 2   | 3   | 3   | 3   | 4   | 71         |    |
| 9  | 4  | 2  | 2  | 2  | 1  | 1  | 1  | 4  | 4  | 2   | 2   | 3   | 4   | 1   | 4   | 4   | 2   | 4   | 1   | 1   | 1   | 4   | 3   | 4   | 4   | 65         |    |
| 10 | 3  | 4  | 2  | 2  | 1  | 2  | 3  | 3  | 3  | 1   | 1   | 1   | 2   | 1   | 1   | 4   | 1   | 3   | 2   | 1   | 1   | 1   | 2   | 2   | 1   | 48         |    |
| 11 | 4  | 4  | 3  | 2  | 2  | 1  | 2  | 4  | 4  | 2   | 2   | 3   | 4   | 3   | 4   | 3   | 2   | 4   | 3   | 1   | 2   | 4   | 2   | 4   | 3   | 72         |    |
| 12 | 3  | 4  | 3  | 4  | 4  | 2  | 4  | 4  | 4  | 1   | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 1   | 4   | 4   | 4   | 4   | 4   | 90         |    |
| 13 | 4  | 3  | 3  | 1  | 1  | 3  | 2  | 4  | 4  | 1   | 1   | 4   | 2   | 4   | 4   | 4   | 4   | 4   | 4   | 1   | 2   | 4   | 4   | 2   | 4   | 74         |    |
| 14 | 2  | 1  | 3  | 3  | 1  | 1  | 1  | 2  | 1  | 1   | 1   | 2   | 3   | 3   | 1   | 3   | 1   | 4   | 1   | 1   | 1   | 1   | 1   | 3   | 1   | 43         |    |
| 15 | 2  | 3  | 3  | 2  | 1  | 1  | 3  | 4  | 3  | 2   | 2   | 2   | 3   | 2   | 4   | 3   | 2   | 4   | 2   | 2   | 2   | 3   | 2   | 3   | 3   | 63         |    |
| 16 | 3  | 2  | 2  | 2  | 2  | 2  | 2  | 3  | 3  | 2   | 2   | 2   | 2   | 2   | 3   | 3   | 2   | 3   | 2   | 2   | 2   | 3   | 2   | 3   | 2   | 58         |    |
| 17 | 4  | 3  | 3  | 2  | 1  | 1  | 2  | 3  | 4  | 2   | 1   | 3   | 3   | 3   | 4   | 4   | 3   | 4   | 1   | 1   | 2   | 4   | 4   | 3   | 4   | 69         |    |
| 18 | 4  | 4  | 4  | 4  | 2  | 1  | 3  | 3  | 4  | 1   | 2   | 2   | 4   | 1   | 1   | 2   | 1   | 4   | 1   | 1   | 4   | 3   | 2   | 4   | 4   | 66         |    |
| 19 | 3  | 4  | 3  | 3  | 1  | 2  | 3  | 3  | 3  | 1   | 3   | 3   | 4   | 4   | 3   | 3   | 3   | 4   | 3   | 1   | 2   | 4   | 3   | 4   | 1   | 71         |    |
| 20 | 3  | 4  | 3  | 4  | 1  | 4  | 3  | 4  | 1  | 2   | 3   | 4   | 4   | 1   | 1   | 1   | 2   | 4   | 1   | 1   | 4   | 1   | 2   | 4   | 4   | 66         |    |
| 21 | 2  | 2  | 2  | 1  | 1  | 1  | 1  | 2  | 2  | 1   | 1   | 2   | 4   | 3   | 3   | 2   | 2   | 4   | 1   | 1   | 4   | 2   | 1   | 3   | 2   | 50         |    |
| 22 | 4  | 4  | 3  | 3  | 1  | 1  | 3  | 3  | 3  | 2   | 2   | 3   | 4   | 3   | 4   | 4   | 3   | 4   | 1   | 2   | 1   | 3   | 2   | 3   | 3   | 69         |    |
| 23 | 4  | 2  | 1  | 2  | 1  | 1  | 2  | 4  | 4  | 4   | 2   | 3   | 4   | 4   | 4   | 4   | 3   | 4   | 1   | 4   | 2   | 4   | 3   | 3   | 3   | 73         |    |
| 24 | 2  | 3  | 2  | 2  | 2  | 3  | 2  | 2  | 2  | 2   | 2   | 3   | 2   | 2   | 2   | 2   | 2   | 2   | 2   | 2   | 2   | 2   | 2   | 2   | 2   | 53         |    |
| 25 | 4  | 2  | 3  | 1  | 2  | 2  | 1  | 4  | 4  | 2   | 2   | 4   | 2   | 3   | 4   | 4   | 4   | 4   | 4   | 3   | 4   | 4   | 3   | 4   | 3   | 75         |    |

|    | Y1 | Y2 | Y3 | Y4 | Y5 | Y6 | Y7 | Y8 | Y9 | Y10 | Y11 | Y12 | Y13 | Y14 | Y15 | Y16 | Y17 | Y18 | Y19 | Y20 | Y21 | Y22 | Y23 | Y24 | Y25 | Resiliensi |    |
|----|----|----|----|----|----|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------------|----|
| 26 | 3  | 2  | 4  | 2  | 1  | 2  | 2  | 4  | 4  | 4   | 3   | 4   | 3   | 4   | 4   | 4   | 4   | 3   | 2   | 3   | 4   | 4   | 4   | 4   | 3   | 3          | 80 |
| 27 | 4  | 1  | 2  | 2  | 1  | 1  | 2  | 4  | 4  | 4   | 4   | 4   | 3   | 3   | 4   | 4   | 4   | 4   | 1   | 4   | 1   | 3   | 3   | 3   | 4   | 74         |    |
| 28 | 2  | 4  | 2  | 3  | 1  | 2  | 3  | 3  | 4  | 1   | 1   | 2   | 3   | 1   | 3   | 3   | 2   | 4   | 1   | 1   | 1   | 2   | 2   | 2   | 2   | 55         |    |
| 29 | 4  | 4  | 3  | 3  | 3  | 2  | 3  | 4  | 4  | 4   | 4   | 3   | 4   | 3   | 3   | 3   | 2   | 4   | 3   | 2   | 3   | 3   | 3   | 4   | 3   | 81         |    |
| 30 | 4  | 3  | 1  | 1  | 1  | 1  | 1  | 4  | 4  | 3   | 3   | 4   | 4   | 3   | 3   | 4   | 3   | 3   | 2   | 2   | 2   | 4   | 4   | 4   | 4   | 72         |    |
| 31 | 3  | 2  | 3  | 2  | 4  | 2  | 2  | 3  | 3  | 2   | 2   | 3   | 4   | 2   | 3   | 2   | 2   | 4   | 2   | 2   | 2   | 3   | 2   | 4   | 3   | 66         |    |
| 32 | 4  | 2  | 2  | 1  | 1  | 1  | 2  | 3  | 3  | 3   | 2   | 3   | 3   | 2   | 3   | 4   | 4   | 4   | 1   | 3   | 2   | 4   | 2   | 2   | 3   | 64         |    |
| 33 | 4  | 2  | 3  | 2  | 1  | 1  | 1  | 4  | 4  | 3   | 3   | 4   | 3   | 4   | 4   | 4   | 4   | 4   | 2   | 1   | 1   | 4   | 4   | 3   | 3   | 73         |    |
| 34 | 2  | 3  | 3  | 2  | 1  | 2  | 1  | 2  | 2  | 1   | 1   | 2   | 4   | 4   | 3   | 3   | 2   | 3   | 2   | 1   | 3   | 3   | 2   | 4   | 4   | 60         |    |
| 35 | 4  | 4  | 3  | 3  | 2  | 2  | 3  | 4  | 4  | 2   | 2   | 2   | 3   | 3   | 3   | 2   | 3   | 1   | 2   | 2   | 2   | 3   | 3   | 2   | 3   | 67         |    |
| 36 | 4  | 3  | 2  | 4  | 2  | 1  | 2  | 4  | 4  | 3   | 3   | 4   | 4   | 4   | 3   | 4   | 3   | 4   | 1   | 3   | 4   | 4   | 4   | 4   | 2   | 79         |    |
| 37 | 4  | 2  | 2  | 2  | 1  | 1  | 2  | 4  | 4  | 3   | 3   | 4   | 3   | 3   | 4   | 4   | 4   | 1   | 2   | 2   | 2   | 4   | 4   | 3   | 4   | 72         |    |
| 38 | 3  | 3  | 3  | 2  | 2  | 2  | 3  | 4  | 4  | 2   | 2   | 3   | 4   | 3   | 3   | 3   | 3   | 4   | 1   | 1   | 3   | 4   | 3   | 3   | 3   | 71         |    |
| 39 | 2  | 3  | 4  | 3  | 3  | 2  | 3  | 4  | 4  | 2   | 3   | 4   | 3   | 3   | 4   | 4   | 4   | 4   | 3   | 3   | 3   | 3   | 2   | 4   | 3   | 80         |    |
| 40 | 4  | 3  | 3  | 3  | 2  | 2  | 3  | 4  | 4  | 3   | 2   | 3   | 4   | 3   | 3   | 4   | 3   | 3   | 2   | 4   | 2   | 4   | 3   | 4   | 3   | 78         |    |
| 41 | 4  | 2  | 2  | 2  | 2  | 2  | 2  | 4  | 4  | 2   | 2   | 4   | 3   | 3   | 4   | 4   | 4   | 4   | 4   | 3   | 3   | 3   | 4   | 4   | 4   | 79         |    |
| 42 | 3  | 2  | 1  | 2  | 1  | 1  | 2  | 4  | 4  | 2   | 2   | 3   | 4   | 1   | 2   | 4   | 3   | 4   | 1   | 2   | 2   | 3   | 4   | 3   | 4   | 64         |    |
| 43 | 3  | 3  | 3  | 3  | 2  | 2  | 2  | 3  | 2  | 1   | 2   | 2   | 3   | 2   | 2   | 2   | 2   | 2   | 2   | 2   | 3   | 2   | 2   | 3   | 2   | 57         |    |
| 44 | 3  | 4  | 4  | 3  | 2  | 2  | 3  | 4  | 4  | 4   | 3   | 2   | 3   | 4   | 2   | 3   | 3   | 4   | 4   | 3   | 3   | 2   | 3   | 3   | 3   | 77         |    |
| 45 | 4  | 1  | 1  | 1  | 1  | 1  | 1  | 3  | 3  | 3   | 3   | 3   | 3   | 4   | 3   | 4   | 3   | 4   | 1   | 1   | 1   | 3   | 3   | 3   | 3   | 61         |    |
| 46 | 3  | 4  | 2  | 3  | 2  | 2  | 2  | 3  | 3  | 2   | 2   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 2   | 2   | 3   | 3   | 3   | 3   | 2   | 66         |    |
| 47 | 4  | 4  | 3  | 3  | 1  | 2  | 3  | 3  | 2  | 2   | 2   | 3   | 3   | 4   | 3   | 4   | 2   | 4   | 1   | 3   | 3   | 4   | 1   | 3   | 4   | 71         |    |
| 48 | 4  | 4  | 2  | 3  | 1  | 1  | 2  | 4  | 4  | 3   | 4   | 4   | 4   | 3   | 4   | 4   | 4   | 4   | 1   | 2   | 3   | 3   | 2   | 3   | 3   | 76         |    |
| 49 | 2  | 3  | 1  | 2  | 1  | 1  | 1  | 2  | 1  | 3   | 3   | 4   | 4   | 2   | 3   | 3   | 2   | 4   | 3   | 3   | 2   | 4   | 2   | 4   | 3   | 63         |    |
| 50 | 3  | 4  | 3  | 3  | 2  | 2  | 3  | 4  | 4  | 3   | 4   | 4   | 4   | 4   | 4   | 3   | 3   | 3   | 2   | 3   | 2   | 4   | 4   | 4   | 4   | 83         |    |

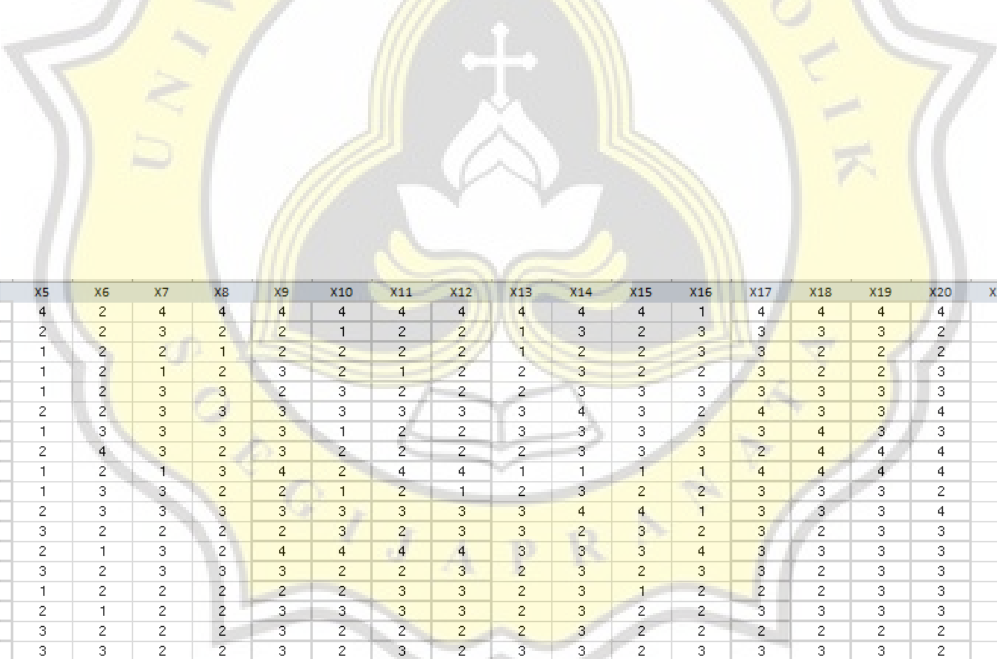
|    | Y1 | Y2 | Y3 | Y4 | Y5 | Y6 | Y7 | Y8 | Y9 | Y10 | Y11 | Y12 | Y13 | Y14 | Y15 | Y16 | Y17 | Y18 | Y19 | Y20 | Y21 | Y22 | Y23 | Y24 | Y25 | Resilensi |
|----|----|----|----|----|----|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----------|
| 51 | 4  | 2  | 1  | 1  | 4  | 1  | 2  | 3  | 3  | 2   | 3   | 4   | 4   | 4   | 3   | 4   | 4   | 4   | 1   | 2   | 4   | 4   | 2   | 3   | 4   | 73        |
| 52 | 4  | 3  | 2  | 2  | 2  | 2  | 3  | 3  | 3  | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 2   | 3   | 3   | 1   | 3   | 4   | 3   | 69        |
| 53 | 4  | 2  | 2  | 2  | 1  | 1  | 1  | 1  | 4  | 4   | 3   | 3   | 2   | 2   | 4   | 4   | 4   | 4   | 2   | 4   | 2   | 4   | 4   | 3   | 4   | 71        |
| 54 | 3  | 3  | 2  | 3  | 2  | 3  | 3  | 3  | 3  | 2   | 2   | 3   | 4   | 1   | 1   | 2   | 3   | 3   | 4   | 2   | 4   | 3   | 3   | 3   | 3   | 68        |
| 55 | 4  | 4  | 3  | 2  | 2  | 1  | 2  | 4  | 4  | 4   | 3   | 4   | 4   | 4   | 3   | 4   | 3   | 4   | 2   | 4   | 1   | 4   | 3   | 3   | 4   | 80        |
| 56 | 3  | 2  | 3  | 2  | 1  | 1  | 3  | 3  | 4  | 1   | 1   | 3   | 3   | 4   | 3   | 1   | 4   | 3   | 1   | 2   | 2   | 4   | 4   | 3   | 4   | 65        |
| 57 | 3  | 4  | 4  | 2  | 2  | 2  | 2  | 4  | 4  | 1   | 1   | 2   | 4   | 1   | 1   | 2   | 1   | 4   | 1   | 1   | 2   | 2   | 2   | 3   | 2   | 57        |
| 58 | 4  | 4  | 4  | 2  | 1  | 4  | 3  | 2  | 3  | 2   | 1   | 1   | 4   | 1   | 1   | 3   | 3   | 4   | 1   | 1   | 3   | 1   | 1   | 4   | 1   | 59        |
| 59 | 3  | 3  | 2  | 3  | 2  | 2  | 2  | 4  | 4  | 3   | 2   | 2   | 2   | 4   | 3   | 4   | 3   | 3   | 4   | 2   | 2   | 3   | 2   | 3   | 3   | 70        |
| 60 | 3  | 2  | 2  | 2  | 2  | 2  | 2  | 4  | 4  | 2   | 2   | 2   | 4   | 3   | 3   | 3   | 2   | 4   | 2   | 2   | 2   | 3   | 3   | 3   | 3   | 66        |
| 61 | 3  | 4  | 3  | 2  | 1  | 1  | 4  | 4  | 4  | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 2   | 4   | 4   | 88        |
| 62 | 4  | 2  | 2  | 2  | 1  | 2  | 2  | 1  | 1  | 3   | 2   | 1   | 2   | 2   | 3   | 3   | 2   | 3   | 1   | 1   | 2   | 3   | 2   | 3   | 3   | 53        |
| 63 | 4  | 3  | 3  | 3  | 3  | 2  | 3  | 3  | 4  | 1   | 3   | 3   | 4   | 2   | 3   | 3   | 2   | 4   | 4   | 2   | 1   | 4   | 2   | 3   | 2   | 71        |
| 64 | 4  | 2  | 1  | 2  | 2  | 2  | 2  | 3  | 4  | 4   | 2   | 4   | 4   | 2   | 4   | 4   | 2   | 4   | 2   | 2   | 2   | 3   | 3   | 4   | 4   | 72        |
| 65 | 3  | 3  | 2  | 2  | 2  | 2  | 2  | 3  | 3  | 2   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 4   | 2   | 2   | 2   | 3   | 2   | 2   | 2   | 63        |
| 66 | 3  | 4  | 4  | 3  | 1  | 2  | 2  | 4  | 4  | 3   | 1   | 3   | 4   | 1   | 4   | 3   | 3   | 3   | 1   | 1   | 2   | 3   | 4   | 4   | 4   | 71        |
| 67 | 3  | 1  | 1  | 3  | 1  | 1  | 1  | 4  | 4  | 2   | 2   | 1   | 2   | 1   | 4   | 4   | 1   | 4   | 1   | 2   | 1   | 3   | 1   | 2   | 2   | 52        |
| 68 | 3  | 2  | 2  | 2  | 1  | 1  | 2  | 3  | 3  | 1   | 2   | 3   | 2   | 1   | 3   | 3   | 2   | 3   | 4   | 1   | 2   | 3   | 2   | 2   | 2   | 55        |
| 69 | 3  | 2  | 1  | 1  | 1  | 1  | 2  | 3  | 4  | 3   | 2   | 3   | 3   | 2   | 4   | 4   | 2   | 4   | 1   | 2   | 3   | 4   | 3   | 3   | 3   | 64        |
| 70 | 4  | 3  | 2  | 2  | 1  | 1  | 3  | 4  | 4  | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 2   | 3   | 2   | 4   | 3   | 4   | 4   | 82        |
| 71 | 4  | 1  | 2  | 1  | 1  | 1  | 1  | 4  | 4  | 3   | 2   | 4   | 4   | 3   | 4   | 4   | 3   | 4   | 1   | 3   | 3   | 4   | 4   | 4   | 3   | 72        |
| 72 | 1  | 1  | 1  | 2  | 2  | 1  | 1  | 1  | 1  | 2   | 4   | 4   | 4   | 3   | 4   | 4   | 1   | 4   | 1   | 1   | 2   | 1   | 2   | 2   | 1   | 51        |
| 73 | 3  | 4  | 1  | 2  | 1  | 2  | 2  | 3  | 2  | 1   | 1   | 2   | 3   | 2   | 2   | 2   | 2   | 3   | 1   | 2   | 2   | 2   | 2   | 2   | 3   | 52        |
| 74 | 4  | 2  | 1  | 1  | 1  | 1  | 1  | 4  | 4  | 3   | 2   | 4   | 4   | 4   | 4   | 3   | 4   | 1   | 1   | 2   | 1   | 4   | 3   | 2   | 2   | 65        |
| 75 | 3  | 4  | 2  | 3  | 1  | 1  | 2  | 4  | 3  | 1   | 2   | 3   | 4   | 3   | 4   | 4   | 3   | 3   | 1   | 3   | 3   | 2   | 2   | 4   | 2   | 68        |

|    | Y1 | Y2 | Y3 | Y4 | Y5 | Y6 | Y7 | Y8 | Y9 | Y10 | Y11 | Y12 | Y13 | Y14 | Y15 | Y16 | Y17 | Y18 | Y19 | Y20 | Y21 | Y22 | Y23 | Y24 | Y25 | Resilensi |
|----|----|----|----|----|----|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----------|
| 76 | 4  | 2  | 2  | 2  | 1  | 1  | 2  | 3  | 4  | 3   | 3   | 3   | 3   | 2   | 4   | 4   | 3   | 4   | 1   | 4   | 3   | 4   | 3   | 3   | 4   | 72        |
| 77 | 2  | 3  | 2  | 1  | 1  | 1  | 2  | 3  | 4  | 1   | 1   | 2   | 3   | 1   | 3   | 4   | 1   | 4   | 1   | 1   | 2   | 4   | 3   | 2   | 3   | 55        |
| 78 | 3  | 2  | 2  | 2  | 2  | 2  | 2  | 3  | 3  | 2   | 2   | 2   | 2   | 3   | 3   | 3   | 3   | 3   | 2   | 2   | 2   | 3   | 2   | 2   | 2   | 59        |
| 79 | 2  | 4  | 3  | 3  | 1  | 2  | 1  | 2  | 1  | 1   | 2   | 4   | 4   | 4   | 3   | 3   | 2   | 4   | 4   | 1   | 4   | 2   | 3   | 4   | 4   | 68        |
| 80 | 2  | 3  | 2  | 3  | 2  | 2  | 3  | 4  | 4  | 4   | 2   | 3   | 4   | 2   | 4   | 4   | 3   | 3   | 4   | 2   | 3   | 3   | 3   | 4   | 3   | 76        |
| 81 | 4  | 3  | 3  | 1  | 1  | 2  | 2  | 4  | 4  | 3   | 3   | 3   | 4   | 3   | 3   | 4   | 3   | 4   | 3   | 1   | 1   | 3   | 3   | 4   | 3   | 72        |
| 82 | 3  | 4  | 4  | 2  | 2  | 2  | 3  | 4  | 4  | 3   | 2   | 2   | 3   | 2   | 3   | 3   | 2   | 3   | 2   | 2   | 3   | 3   | 2   | 4   | 3   | 70        |
| 83 | 3  | 4  | 4  | 4  | 3  | 4  | 3  | 4  | 4  | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 97        |
| 84 | 3  | 3  | 3  | 2  | 2  | 2  | 3  | 3  | 4  | 3   | 3   | 2   | 3   | 2   | 3   | 4   | 3   | 4   | 2   | 3   | 2   | 3   | 2   | 2   | 3   | 69        |



**B-2 Skala Self Efficacy**

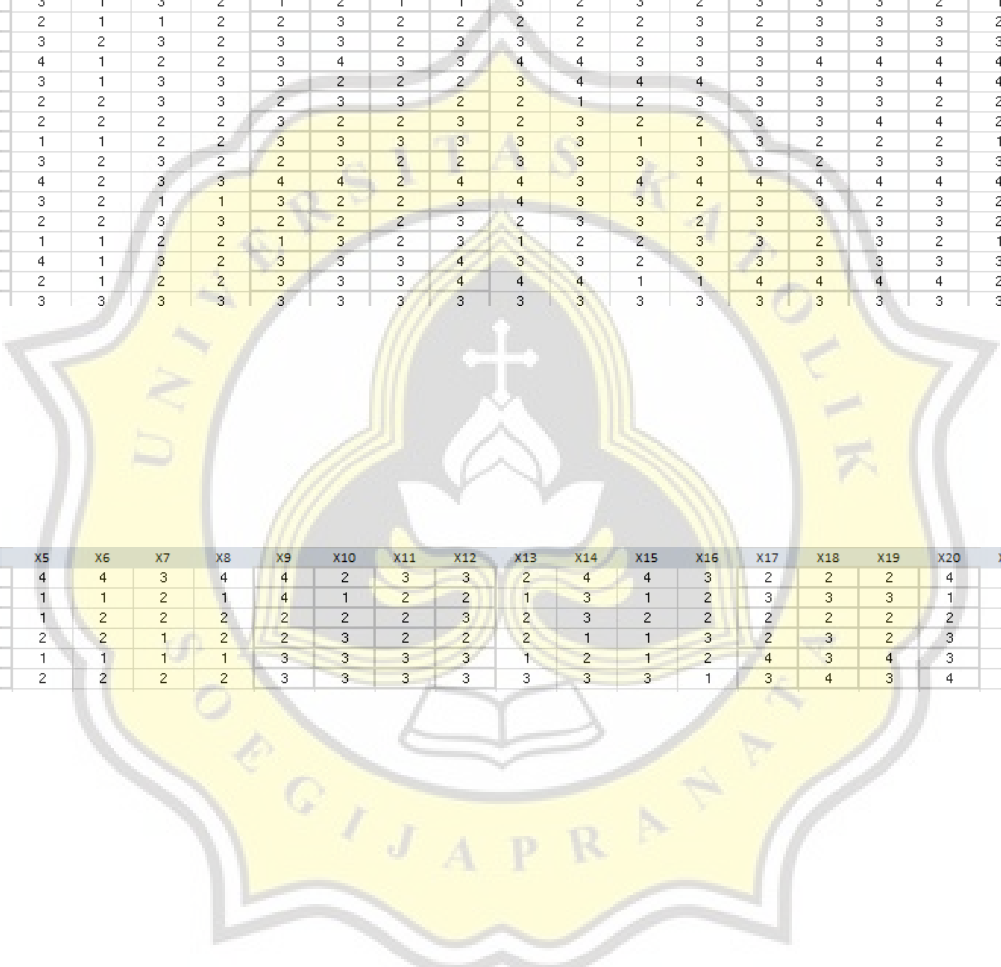
|    | X1 | X2 | X3 | X4 | X5 | X6 | X7 | X8 | X9 | X10 | X11 | X12 | X13 | X14 | X15 | X16 | X17 | X18 | X19 | X20 | X21 | X22 | X23 | X24 | Resilensi |
|----|----|----|----|----|----|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----------|
| 1  | 4  | 3  | 3  | 3  | 2  | 2  | 3  | 1  | 3  | 3   | 3   | 2   | 2   | 1   | 2   | 2   | 3   | 3   | 4   | 4   | 3   | 2   | 2   | 2   | 62        |
| 2  | 3  | 2  | 1  | 1  | 1  | 1  | 2  | 2  | 3  | 1   | 3   | 2   | 2   | 4   | 3   | 1   | 3   | 2   | 2   | 3   | 1   | 3   | 2   | 2   | 50        |
| 3  | 3  | 3  | 3  | 4  | 1  | 4  | 4  | 3  | 4  | 3   | 4   | 4   | 4   | 4   | 3   | 2   | 4   | 4   | 3   | 3   | 1   | 4   | 4   | 4   | 80        |
| 4  | 4  | 3  | 4  | 3  | 2  | 1  | 3  | 3  | 3  | 3   | 3   | 2   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 2   | 2   | 3   | 3   | 3   | 67        |
| 5  | 4  | 3  | 3  | 3  | 2  | 1  | 2  | 2  | 2  | 3   | 2   | 2   | 2   | 1   | 1   | 2   | 3   | 3   | 3   | 3   | 1   | 1   | 1   | 1   | 51        |
| 6  | 2  | 3  | 3  | 1  | 1  | 1  | 2  | 3  | 3  | 2   | 1   | 1   | 2   | 3   | 3   | 2   | 2   | 2   | 3   | 2   | 1   | 1   | 2   | 2   | 48        |
| 7  | 3  | 2  | 2  | 4  | 2  | 1  | 1  | 2  | 1  | 4   | 2   | 1   | 3   | 4   | 1   | 4   | 2   | 2   | 2   | 2   | 1   | 1   | 2   | 2   | 51        |
| 8  | 4  | 2  | 3  | 3  | 1  | 2  | 2  | 2  | 3  | 3   | 2   | 2   | 3   | 3   | 3   | 3   | 3   | 2   | 2   | 2   | 1   | 3   | 3   | 3   | 60        |
| 9  | 4  | 3  | 4  | 4  | 4  | 2  | 3  | 3  | 3  | 3   | 3   | 2   | 4   | 4   | 4   | 2   | 3   | 3   | 3   | 3   | 4   | 4   | 3   | 3   | 78        |
| 10 | 3  | 2  | 3  | 3  | 2  | 3  | 2  | 3  | 4  | 2   | 4   | 3   | 1   | 2   | 2   | 2   | 3   | 2   | 2   | 2   | 4   | 3   | 2   | 2   | 61        |
| 11 | 4  | 3  | 4  | 4  | 3  | 3  | 2  | 2  | 2  | 3   | 3   | 3   | 4   | 3   | 2   | 3   | 4   | 3   | 3   | 3   | 2   | 4   | 3   | 3   | 73        |
| 12 | 2  | 3  | 4  | 1  | 3  | 1  | 1  | 3  | 3  | 2   | 4   | 2   | 2   | 2   | 1   | 3   | 1   | 1   | 3   | 1   | 1   | 1   | 1   | 1   | 47        |
| 13 | 3  | 3  | 2  | 3  | 3  | 4  | 3  | 2  | 3  | 1   | 3   | 4   | 4   | 4   | 3   | 3   | 4   | 4   | 3   | 3   | 2   | 3   | 4   | 4   | 75        |
| 14 | 4  | 4  | 4  | 4  | 4  | 1  | 3  | 3  | 2  | 2   | 1   | 4   | 4   | 4   | 4   | 3   | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 83        |
| 15 | 2  | 3  | 2  | 3  | 2  | 2  | 3  | 2  | 4  | 3   | 2   | 2   | 3   | 3   | 2   | 2   | 2   | 2   | 3   | 2   | 1   | 2   | 3   | 3   | 58        |
| 16 | 3  | 3  | 3  | 3  | 2  | 3  | 3  | 2  | 2  | 3   | 2   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 66        |
| 17 | 3  | 2  | 3  | 3  | 2  | 1  | 2  | 3  | 3  | 3   | 3   | 3   | 4   | 4   | 2   | 3   | 2   | 3   | 3   | 3   | 2   | 3   | 2   | 2   | 64        |
| 18 | 4  | 2  | 4  | 2  | 1  | 1  | 2  | 2  | 1  | 1   | 3   | 3   | 3   | 4   | 1   | 3   | 3   | 2   | 2   | 2   | 1   | 2   | 2   | 2   | 53        |
| 19 | 4  | 3  | 3  | 3  | 1  | 1  | 3  | 3  | 2  | 1   | 1   | 2   | 3   | 3   | 1   | 2   | 3   | 4   | 4   | 4   | 3   | 3   | 3   | 3   | 63        |
| 20 | 3  | 2  | 1  | 2  | 1  | 1  | 1  | 2  | 1  | 1   | 2   | 2   | 2   | 4   | 1   | 3   | 2   | 3   | 2   | 3   | 2   | 1   | 1   | 1   | 43        |
| 21 | 4  | 3  | 3  | 3  | 2  | 4  | 4  | 2  | 3  | 3   | 2   | 3   | 4   | 4   | 2   | 3   | 3   | 3   | 3   | 3   | 4   | 4   | 4   | 4   | 77        |
| 22 | 4  | 3  | 3  | 2  | 2  | 2  | 3  | 2  | 3  | 4   | 3   | 3   | 4   | 4   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 4   | 3   | 3   | 72        |
| 23 | 4  | 3  | 4  | 4  | 4  | 1  | 4  | 4  | 3  | 3   | 2   | 3   | 3   | 3   | 3   | 2   | 3   | 2   | 4   | 4   | 2   | 3   | 3   | 3   | 74        |
| 24 | 2  | 2  | 2  | 2  | 3  | 3  | 2  | 3  | 2  | 2   | 2   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 2   | 3   | 2   | 2   | 60        |
| 25 | 4  | 4  | 4  | 1  | 1  | 2  | 3  | 3  | 2  | 1   | 1   | 2   | 4   | 3   | 2   | 4   | 3   | 3   | 3   | 4   | 1   | 2   | 3   | 3   | 61        |
| 26 | 2  | 3  | 2  | 3  | 1  | 1  | 2  | 1  | 2  | 1   | 1   | 3   | 3   | 4   | 1   | 2   | 3   | 1   | 2   | 2   | 2   | 1   | 2   | 2   | 47        |



|    | X1 | X2 | X3 | X4 | X5 | X6 | X7 | X8 | X9 | X10 | X11 | X12 | X13 | X14 | X15 | X16 | X17 | X18 | X19 | X20 | X21 | X22 | X23 | X24 | Resilensi |
|----|----|----|----|----|----|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----------|
| 27 | 4  | 4  | 4  | 4  | 4  | 2  | 4  | 4  | 4  | 4   | 4   | 4   | 4   | 4   | 4   | 1   | 4   | 4   | 4   | 4   | 1   | 4   | 4   | 1   | 85        |
| 28 | 2  | 3  | 1  | 3  | 2  | 2  | 3  | 2  | 2  | 1   | 2   | 2   | 1   | 3   | 2   | 3   | 3   | 3   | 3   | 2   | 4   | 4   | 3   | 2   | 58        |
| 29 | 3  | 1  | 4  | 1  | 1  | 2  | 2  | 1  | 2  | 2   | 2   | 2   | 1   | 2   | 2   | 3   | 3   | 2   | 2   | 2   | 1   | 1   | 1   | 1   | 44        |
| 30 | 3  | 2  | 3  | 2  | 1  | 2  | 1  | 2  | 3  | 2   | 1   | 2   | 2   | 3   | 2   | 2   | 3   | 2   | 2   | 3   | 1   | 2   | 2   | 2   | 50        |
| 31 | 3  | 4  | 4  | 3  | 1  | 2  | 3  | 3  | 2  | 3   | 2   | 2   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 2   | 65        |
| 32 | 3  | 3  | 3  | 3  | 2  | 3  | 3  | 3  | 3  | 3   | 3   | 3   | 4   | 3   | 2   | 4   | 4   | 3   | 3   | 4   | 2   | 3   | 3   | 2   | 70        |
| 33 | 3  | 4  | 3  | 3  | 1  | 3  | 3  | 3  | 3  | 1   | 2   | 2   | 3   | 3   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 4   | 4   | 1   | 68        |
| 34 | 3  | 3  | 3  | 3  | 2  | 4  | 3  | 2  | 3  | 2   | 2   | 2   | 2   | 3   | 3   | 3   | 2   | 4   | 4   | 4   | 4   | 2   | 2   | 2   | 67        |
| 35 | 4  | 4  | 4  | 3  | 1  | 2  | 1  | 3  | 4  | 2   | 4   | 4   | 1   | 1   | 1   | 1   | 4   | 4   | 4   | 4   | 1   | 1   | 1   | 1   | 60        |
| 36 | 3  | 3  | 3  | 2  | 1  | 3  | 3  | 2  | 2  | 1   | 2   | 1   | 2   | 3   | 2   | 2   | 3   | 3   | 3   | 2   | 1   | 3   | 3   | 1   | 54        |
| 37 | 2  | 2  | 2  | 3  | 2  | 3  | 3  | 3  | 3  | 3   | 3   | 3   | 3   | 4   | 4   | 1   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 1   | 67        |
| 38 | 4  | 3  | 4  | 3  | 3  | 2  | 2  | 2  | 3  | 2   | 3   | 3   | 3   | 2   | 3   | 2   | 3   | 2   | 3   | 3   | 2   | 3   | 3   | 2   | 64        |
| 39 | 4  | 3  | 3  | 3  | 2  | 1  | 3  | 2  | 4  | 4   | 4   | 4   | 3   | 3   | 3   | 4   | 3   | 3   | 3   | 3   | 2   | 4   | 3   | 1   | 72        |
| 40 | 2  | 3  | 3  | 3  | 3  | 2  | 3  | 3  | 3  | 2   | 2   | 3   | 2   | 3   | 2   | 3   | 3   | 2   | 3   | 3   | 2   | 3   | 3   | 2   | 63        |
| 41 | 3  | 2  | 3  | 3  | 1  | 2  | 2  | 2  | 2  | 2   | 3   | 3   | 2   | 3   | 1   | 2   | 2   | 2   | 3   | 3   | 1   | 2   | 2   | 4   | 55        |
| 42 | 4  | 3  | 4  | 3  | 2  | 1  | 2  | 2  | 3  | 3   | 3   | 3   | 2   | 3   | 2   | 2   | 3   | 3   | 3   | 3   | 2   | 2   | 2   | 2   | 62        |
| 43 | 3  | 2  | 3  | 2  | 3  | 2  | 2  | 2  | 3  | 2   | 2   | 2   | 2   | 3   | 2   | 2   | 2   | 2   | 2   | 2   | 3   | 2   | 2   | 2   | 54        |
| 44 | 3  | 3  | 3  | 3  | 3  | 3  | 2  | 2  | 3  | 2   | 3   | 2   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 2   | 4   | 2   | 1   | 2   | 63        |
| 45 | 3  | 3  | 3  | 3  | 2  | 2  | 3  | 3  | 2  | 2   | 2   | 2   | 3   | 4   | 3   | 3   | 3   | 3   | 3   | 4   | 1   | 3   | 3   | 2   | 65        |
| 46 | 2  | 2  | 2  | 2  | 2  | 3  | 2  | 2  | 2  | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 2   | 2   | 3   | 3   | 3   | 61        |
| 47 | 4  | 3  | 4  | 4  | 4  | 2  | 4  | 2  | 4  | 2   | 3   | 3   | 4   | 4   | 4   | 3   | 3   | 4   | 4   | 4   | 3   | 3   | 4   | 2   | 81        |
| 48 | 3  | 2  | 3  | 2  | 1  | 2  | 2  | 2  | 2  | 1   | 1   | 2   | 2   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 1   | 1   | 2   | 1   | 50        |
| 49 | 4  | 3  | 3  | 2  | 2  | 2  | 2  | 2  | 2  | 2   | 2   | 2   | 3   | 4   | 3   | 3   | 3   | 3   | 2   | 2   | 2   | 2   | 2   | 2   | 59        |
| 50 | 2  | 2  | 2  | 2  | 3  | 2  | 1  | 1  | 2  | 1   | 2   | 1   | 2   | 2   | 1   | 2   | 2   | 1   | 2   | 1   | 2   | 2   | 2   | 1   | 41        |
| 51 | 2  | 3  | 4  | 2  | 1  | 3  | 4  | 2  | 3  | 1   | 2   | 1   | 3   | 4   | 2   | 2   | 3   | 2   | 3   | 3   | 1   | 3   | 3   | 3   | 58        |
| 52 | 2  | 3  | 3  | 3  | 2  | 2  | 2  | 2  | 2  | 3   | 2   | 2   | 2   | 2   | 2   | 2   | 2   | 3   | 2   | 2   | 2   | 2   | 2   | 2   | 53        |

|    | X1 | X2 | X3 | X4 | X5 | X6 | X7 | X8 | X9 | X10 | X11 | X12 | X13 | X14 | X15 | X16 | X17 | X18 | X19 | X20 | X21 | X22 | X23 | X24 | Resilensi |    |
|----|----|----|----|----|----|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----------|----|
| 53 | 4  | 3  | 4  | 3  | 3  | 1  | 3  | 3  | 3  | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 1   | 3   | 4   | 1   | 69        |    |
| 54 | 2  | 3  | 2  | 2  | 1  | 1  | 2  | 2  | 2  | 1   | 2   | 3   | 3   | 4   | 3   | 3   | 3   | 2   | 2   | 2   | 2   | 2   | 2   | 2   | 2         | 53 |
| 55 | 4  | 3  | 4  | 3  | 3  | 2  | 2  | 3  | 3  | 2   | 2   | 3   | 4   | 3   | 2   | 2   | 4   | 4   | 4   | 3   | 2   | 2   | 2   | 1   | 68        |    |
| 56 | 3  | 2  | 4  | 2  | 3  | 3  | 1  | 3  | 1  | 2   | 2   | 3   | 3   | 2   | 3   | 2   | 3   | 2   | 2   | 1   | 2   | 3   | 4   | 3   | 59        |    |
| 57 | 3  | 2  | 3  | 3  | 4  | 2  | 2  | 3  | 3  | 3   | 2   | 2   | 3   | 3   | 2   | 3   | 3   | 2   | 3   | 3   | 4   | 3   | 3   | 2   | 66        |    |
| 58 | 4  | 4  | 4  | 4  | 3  | 3  | 4  | 4  | 4  | 4   | 4   | 4   | 4   | 1   | 3   | 3   | 4   | 4   | 4   | 4   | 1   | 4   | 4   | 4   | 86        |    |
| 59 | 4  | 3  | 4  | 3  | 3  | 2  | 3  | 2  | 3  | 3   | 3   | 2   | 4   | 3   | 3   | 3   | 3   | 3   | 3   | 4   | 4   | 3   | 2   | 2   | 72        |    |
| 60 | 3  | 3  | 3  | 3  | 3  | 3  | 2  | 2  | 3  | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 2   | 67        |    |
| 61 | 3  | 3  | 3  | 3  | 1  | 4  | 2  | 1  | 2  | 4   | 4   | 3   | 4   | 4   | 1   | 4   | 4   | 4   | 3   | 3   | 3   | 3   | 3   | 1   | 70        |    |
| 62 | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 2  | 2  | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 68        |    |
| 63 | 4  | 4  | 4  | 3  | 3  | 1  | 3  | 2  | 1  | 2   | 1   | 1   | 3   | 2   | 3   | 2   | 3   | 3   | 3   | 2   | 1   | 2   | 3   | 3   | 59        |    |
| 64 | 4  | 3  | 4  | 2  | 2  | 1  | 1  | 2  | 2  | 3   | 2   | 2   | 2   | 2   | 2   | 3   | 2   | 3   | 3   | 3   | 2   | 2   | 1   | 1   | 54        |    |
| 65 | 4  | 3  | 3  | 3  | 3  | 2  | 3  | 2  | 3  | 3   | 2   | 3   | 3   | 2   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 1   | 76        |    |
| 66 | 4  | 2  | 4  | 4  | 4  | 1  | 2  | 2  | 3  | 4   | 3   | 3   | 4   | 4   | 2   | 3   | 3   | 4   | 4   | 4   | 4   | 4   | 2   | 1   | 66        |    |
| 67 | 3  | 3  | 4  | 3  | 3  | 1  | 3  | 3  | 3  | 2   | 2   | 2   | 3   | 4   | 4   | 4   | 3   | 3   | 3   | 4   | 4   | 3   | 2   | 3   | 72        |    |
| 68 | 4  | 3  | 3  | 3  | 2  | 2  | 3  | 3  | 2  | 3   | 3   | 2   | 2   | 1   | 2   | 3   | 3   | 3   | 3   | 2   | 2   | 3   | 3   | 1   | 61        |    |
| 69 | 4  | 3  | 4  | 4  | 2  | 2  | 2  | 2  | 3  | 2   | 2   | 3   | 2   | 3   | 2   | 2   | 3   | 3   | 4   | 4   | 2   | 2   | 2   | 1   | 63        |    |
| 70 | 3  | 3  | 3  | 3  | 1  | 1  | 2  | 2  | 3  | 3   | 3   | 3   | 3   | 3   | 1   | 1   | 3   | 2   | 2   | 2   | 1   | 1   | 2   | 1   | 52        |    |
| 71 | 4  | 3  | 4  | 3  | 3  | 2  | 3  | 2  | 2  | 3   | 2   | 2   | 3   | 3   | 3   | 3   | 3   | 2   | 3   | 3   | 3   | 2   | 1   | 2   | 65        |    |
| 72 | 4  | 4  | 4  | 4  | 4  | 2  | 3  | 3  | 4  | 4   | 2   | 4   | 4   | 3   | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 4   | 89        |    |
| 73 | 3  | 2  | 3  | 3  | 3  | 2  | 1  | 1  | 3  | 2   | 2   | 3   | 4   | 3   | 3   | 2   | 3   | 3   | 2   | 3   | 2   | 3   | 3   | 2   | 61        |    |
| 74 | 3  | 3  | 3  | 3  | 2  | 2  | 3  | 3  | 2  | 2   | 2   | 3   | 2   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 2   | 2   | 3   | 2   | 62        |    |
| 75 | 4  | 3  | 4  | 3  | 1  | 1  | 2  | 2  | 1  | 3   | 2   | 3   | 1   | 2   | 2   | 3   | 3   | 2   | 3   | 2   | 1   | 2   | 2   | 2   | 54        |    |
| 76 | 4  | 4  | 4  | 3  | 4  | 1  | 3  | 2  | 3  | 3   | 3   | 4   | 3   | 3   | 2   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 1   | 71        |    |
| 77 | 4  | 3  | 4  | 3  | 2  | 1  | 2  | 2  | 3  | 3   | 3   | 4   | 4   | 4   | 1   | 1   | 4   | 4   | 4   | 4   | 2   | 4   | 2   | 3   | 71        |    |
| 78 | 4  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 3   | 2   | 72        |    |

|    | X1 | X2 | X3 | X4 | X5 | X6 | X7 | X8 | X9 | X10 | X11 | X12 | X13 | X14 | X15 | X16 | X17 | X18 | X19 | X20 | X21 | X22 | X23 | X24 | Resilensi |
|----|----|----|----|----|----|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----------|
| 79 | 4  | 3  | 4  | 3  | 4  | 4  | 3  | 4  | 4  | 2   | 3   | 3   | 2   | 4   | 4   | 3   | 2   | 2   | 2   | 4   | 2   | 1   | 3   | 4   | 74        |
| 80 | 2  | 2  | 2  | 2  | 1  | 1  | 2  | 1  | 4  | 1   | 2   | 2   | 1   | 3   | 1   | 2   | 3   | 3   | 3   | 1   | 1   | 1   | 1   | 1   | 43        |
| 81 | 2  | 2  | 2  | 2  | 1  | 2  | 2  | 2  | 2  | 2   | 2   | 3   | 2   | 3   | 2   | 2   | 2   | 2   | 2   | 2   | 1   | 2   | 2   | 1   | 47        |
| 82 | 3  | 2  | 4  | 2  | 2  | 2  | 1  | 2  | 2  | 3   | 2   | 2   | 2   | 1   | 1   | 3   | 2   | 3   | 2   | 3   | 2   | 3   | 2   | 1   | 52        |
| 83 | 4  | 4  | 3  | 4  | 1  | 1  | 1  | 1  | 3  | 3   | 3   | 3   | 1   | 2   | 1   | 2   | 4   | 3   | 4   | 3   | 1   | 1   | 2   | 1   | 56        |
| 84 | 3  | 3  | 4  | 3  | 2  | 2  | 2  | 2  | 3  | 3   | 3   | 3   | 3   | 3   | 3   | 1   | 3   | 4   | 3   | 4   | 3   | 3   | 2   | 2   | 67        |



Activate Windows



**LAMPIRAN C VALIDITAS & UJI RELIABILITAS**

### C-1 Uji Validitas & Uji Reliabilitas Stres Akademik Siswa Sekolah Menengah Atas (SMA) (Y)

#### Putaran 1

##### Reliability Statistics

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .839             | 25         |

##### Item-Total Statistics

|     | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|-----|----------------------------|--------------------------------|----------------------------------|----------------------------------|
| Y1  | 65.20                      | 94.284                         | .293                             | .836                             |
| Y2  | 65.60                      | 95.232                         | <b>.164</b>                      | .842                             |
| Y3  | 66.02                      | 94.385                         | .236                             | .839                             |
| Y4  | 66.17                      | 95.851                         | <b>.178</b>                      | .840                             |
| Y5  | 66.80                      | 93.802                         | .306                             | .836                             |
| Y6  | 66.74                      | 97.449                         | <b>.079</b>                      | .843                             |
| Y7  | 66.26                      | 93.738                         | .325                             | .835                             |
| Y8  | 65.08                      | 90.535                         | .542                             | .828                             |
| Y9  | 65.05                      | 90.190                         | .472                             | .830                             |
| Y10 | 66.07                      | 88.814                         | .493                             | .829                             |
| Y11 | 66.05                      | 89.178                         | .533                             | .827                             |
| Y12 | 65.39                      | 88.410                         | .619                             | .825                             |
| Y13 | 65.08                      | 94.101                         | .323                             | .835                             |
| Y14 | 65.77                      | 89.792                         | .425                             | .832                             |
| Y15 | 65.27                      | 91.069                         | .435                             | .831                             |
| Y16 | 65.07                      | 94.597                         | .271                             | .837                             |
| Y17 | 65.74                      | 87.641                         | .622                             | .824                             |
| Y18 | 64.86                      | 97.329                         | <b>.117</b>                      | .841                             |
| Y19 | 66.44                      | 91.358                         | .332                             | .836                             |
| Y20 | 66.36                      | 89.389                         | .477                             | .830                             |
| Y21 | 66.10                      | 93.364                         | .268                             | .838                             |
| Y22 | 65.29                      | 89.917                         | .518                             | .828                             |
| Y23 | 65.75                      | 89.925                         | .500                             | .829                             |
| Y24 | 65.31                      | 93.469                         | .355                             | .834                             |
| Y25 | 65.39                      | 89.085                         | .565                             | .826                             |

**Putaran 2****Reliability Statistics**

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .854             | 21         |

**Item-Total Statistics**

|     | Scale Mean if<br>Item Deleted | Scale Variance if<br>Item Deleted | Corrected Item-<br>Total Correlation | Cronbach's Alpha<br>if Item Deleted |
|-----|-------------------------------|-----------------------------------|--------------------------------------|-------------------------------------|
| Y1  | 54.75                         | 83.949                            | .337                                 | .851                                |
| Y3  | 55.57                         | 86.296                            | <b>.134</b>                          | .859                                |
| Y5  | 56.35                         | 84.783                            | .259                                 | .854                                |
| Y7  | 55.81                         | 85.409                            | .228                                 | .855                                |
| Y8  | 54.63                         | 81.127                            | .534                                 | .844                                |
| Y9  | 54.60                         | 80.147                            | .506                                 | .845                                |
| Y10 | 55.62                         | 78.552                            | .540                                 | .843                                |
| Y11 | 55.60                         | 79.810                            | .527                                 | .844                                |
| Y12 | 54.94                         | 78.514                            | .653                                 | .839                                |
| Y13 | 54.63                         | 84.959                            | .280                                 | .853                                |
| Y14 | 55.32                         | 79.691                            | .459                                 | .847                                |
| Y15 | 54.82                         | 80.269                            | .516                                 | .844                                |
| Y16 | 54.62                         | 83.829                            | .345                                 | .851                                |
| Y17 | 55.29                         | 77.676                            | .661                                 | .838                                |
| Y19 | 55.99                         | 82.397                            | .298                                 | .854                                |
| Y20 | 55.90                         | 79.340                            | .511                                 | .844                                |
| Y21 | 55.64                         | 84.522                            | .218                                 | .857                                |
| Y22 | 54.83                         | 79.273                            | .595                                 | .841                                |
| Y23 | 55.30                         | 79.681                            | .548                                 | .843                                |
| Y24 | 54.86                         | 84.269                            | .320                                 | .852                                |
| Y25 | 54.94                         | 79.358                            | .584                                 | .842                                |

**Putaran 3****Reliability Statistics**

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .859             | 20         |

**Item-Total Statistics**

|     | Scale Mean if<br>Item Deleted | Scale Variance if<br>Item Deleted | Corrected Item-<br>Total Correlation | Cronbach's Alpha<br>if Item Deleted |
|-----|-------------------------------|-----------------------------------|--------------------------------------|-------------------------------------|
| Y1  | 52.32                         | 80.968                            | .339                                 | .856                                |
| Y5  | 53.92                         | 81.981                            | .248                                 | .860                                |
| Y7  | 53.38                         | 82.937                            | .192                                 | .861                                |
| Y8  | 52.20                         | 78.356                            | .525                                 | .850                                |
| Y9  | 52.17                         | 77.394                            | .498                                 | .851                                |
| Y10 | 53.19                         | 75.457                            | .555                                 | .848                                |
| Y11 | 53.17                         | 76.671                            | .545                                 | .849                                |
| Y12 | 52.51                         | 75.434                            | .669                                 | .844                                |
| Y13 | 52.20                         | 82.067                            | .274                                 | .859                                |
| Y14 | 52.89                         | 76.820                            | .459                                 | .852                                |
| Y15 | 52.39                         | 77.109                            | .534                                 | .849                                |
| Y16 | 52.19                         | 80.421                            | .380                                 | .855                                |
| Y17 | 52.86                         | 74.895                            | .658                                 | .844                                |
| Y19 | 53.56                         | 79.695                            | .286                                 | .861                                |
| Y20 | 53.48                         | 76.301                            | .522                                 | .850                                |
| Y21 | 53.21                         | 81.737                            | .208                                 | .863                                |
| Y22 | 52.40                         | 76.244                            | .607                                 | .846                                |
| Y23 | 52.87                         | 76.693                            | .556                                 | .848                                |
| Y24 | 52.43                         | 81.525                            | .304                                 | .858                                |
| Y25 | 52.51                         | 76.494                            | .584                                 | .847                                |



## C-2 Uji Validitas & Uji Reliabilitas *Self Efficacy* (X)

### Putaran 1

#### Reliability Statistics

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .888             | 24         |

#### Item-Total Statistics

|     | Scale Mean if<br>Item Deleted | Scale Variance if<br>Item Deleted | Corrected Item-<br>Total Correlation | Cronbach's Alpha<br>if Item Deleted |
|-----|-------------------------------|-----------------------------------|--------------------------------------|-------------------------------------|
| Y1  | 59.56                         | 103.647                           | .453                                 | .885                                |
| Y2  | 59.99                         | 104.614                           | .459                                 | .885                                |
| Y3  | 59.63                         | 104.477                           | .366                                 | .887                                |
| Y4  | 60.01                         | 100.759                           | .639                                 | .880                                |
| Y5  | 60.63                         | 99.465                            | .533                                 | .882                                |
| Y6  | 60.83                         | 105.562                           | .260                                 | .890                                |
| Y7  | 60.40                         | 100.244                           | .617                                 | .880                                |
| Y8  | 60.52                         | 103.819                           | .457                                 | .885                                |
| Y9  | 60.18                         | 104.245                           | .392                                 | .886                                |
| Y10 | 60.40                         | 102.533                           | .430                                 | .885                                |
| Y11 | 60.42                         | 105.017                           | .329                                 | .888                                |
| Y12 | 60.23                         | 102.033                           | .529                                 | .883                                |
| Y13 | 60.07                         | 99.127                            | .624                                 | .880                                |
| Y14 | 59.82                         | 106.823                           | .202                                 | .891                                |
| Y15 | 60.44                         | 99.527                            | .597                                 | .881                                |
| Y16 | 60.29                         | 108.544                           | <b>.129</b>                          | .892                                |
| Y17 | 59.89                         | 104.193                           | .510                                 | .884                                |
| Y18 | 59.99                         | 101.675                           | .572                                 | .882                                |
| Y19 | 59.89                         | 103.494                           | .548                                 | .883                                |
| Y20 | 59.94                         | 100.346                           | .602                                 | .881                                |
| Y21 | 60.70                         | 101.874                           | .395                                 | .887                                |
| Y22 | 60.23                         | 97.286                            | .695                                 | .878                                |
| Y23 | 60.27                         | 99.502                            | .651                                 | .879                                |
| Y24 | 60.82                         | 102.534                           | .400                                 | .886                                |

**Putaran 2****Reliability Statistics**

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .892             | 23         |

**Item-Total Statistics**

|     | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|-----|----------------------------|--------------------------------|----------------------------------|----------------------------------|
| X1  | 57.01                      | 101.193                        | .450                             | .888                             |
| X2  | 57.44                      | 102.081                        | .460                             | .888                             |
| X3  | 57.08                      | 101.957                        | .366                             | .890                             |
| X4  | 57.46                      | 98.179                         | .647                             | .884                             |
| X5  | 58.08                      | 97.138                         | .526                             | .886                             |
| X6  | 58.29                      | 103.146                        | .254                             | .894                             |
| X7  | 57.86                      | 97.787                         | .617                             | .884                             |
| X8  | 57.98                      | 101.228                        | .463                             | .888                             |
| X9  | 57.63                      | 101.440                        | .411                             | .889                             |
| X10 | 57.86                      | 100.124                        | .425                             | .889                             |
| X11 | 57.87                      | 102.308                        | .341                             | .891                             |
| X12 | 57.68                      | 99.377                         | .541                             | .886                             |
| X13 | 57.52                      | 96.831                         | .616                             | .884                             |
| X14 | 57.27                      | 104.370                        | .196                             | .895                             |
| X15 | 57.89                      | 97.085                         | .596                             | .884                             |
| X17 | 57.35                      | 101.530                        | .523                             | .887                             |
| X18 | 57.44                      | 99.141                         | .576                             | .885                             |
| X19 | 57.35                      | 100.879                        | .558                             | .886                             |
| X20 | 57.39                      | 97.784                         | .608                             | .884                             |
| X21 | 58.15                      | 99.699                         | .380                             | .891                             |
| X22 | 57.68                      | 94.920                         | .692                             | .881                             |
| X23 | 57.73                      | 97.117                         | .647                             | .883                             |
| X24 | 58.27                      | 100.057                        | .399                             | .890                             |



**D-1 Data Skala Stres Akademik Siswa Sekolah Menengah Atas (SMA) dan Data Skala *Self Efficacy***

| NO | SELF EFFICACY | STRES AKADEMIK |    |    |    |
|----|---------------|----------------|----|----|----|
| 1  | 60            | 52             | 33 | 65 | 61 |
| 2  | 49            | 64             | 34 | 64 | 47 |
| 3  | 78            | 64             | 35 | 59 | 54 |
| 4  | 65            | 42             | 36 | 52 | 65 |
| 5  | 49            | 53             | 37 | 66 | 64 |
| 6  | 46            | 64             | 38 | 62 | 57 |
| 7  | 47            | 53             | 39 | 68 | 64 |
| 8  | 57            | 57             | 40 | 60 | 64 |
| 9  | 76            | 53             | 41 | 53 | 67 |
| 10 | 59            | 39             | 42 | 60 | 54 |
| 11 | 70            | 58             | 43 | 52 | 44 |
| 12 | 44            | 69             | 44 | 60 | 60 |
| 13 | 72            | 59             | 45 | 62 | 53 |
| 14 | 80            | 32             | 46 | 58 | 52 |
| 15 | 56            | 51             | 47 | 78 | 55 |
| 16 | 63            | 47             | 48 | 47 | 62 |
| 17 | 61            | 56             | 49 | 56 | 52 |
| 18 | 50            | 49             | 50 | 39 | 68 |
| 19 | 61            | 52             | 51 | 56 | 64 |
| 20 | 40            | 40             | 52 | 51 | 57 |
| 21 | 74            | 41             | 53 | 66 | 60 |
| 22 | 69            | 55             | 54 | 50 | 54 |
| 23 | 72            | 63             | 55 | 66 | 66 |
| 24 | 57            | 40             | 56 | 57 | 54 |
| 25 | 57            | 63             | 57 | 63 | 41 |
| 26 | 45            | 65             | 58 | 83 | 41 |
| 27 | 84            | 60             | 59 | 69 | 57 |
| 28 | 55            | 41             | 60 | 64 | 54 |
| 29 | 41            | 62             | 61 | 66 | 74 |
| 30 | 48            | 63             | 62 | 65 | 42 |
| 31 | 62            | 53             | 63 | 57 | 56 |
| 32 | 68            | 54             | 64 | 51 | 61 |
|    |               |                | 65 | 63 | 50 |
| 66 |               | 73             |    | 55 |    |
| 67 |               | 68             |    | 42 |    |
| 68 |               | 58             |    | 45 |    |
| 69 |               | 61             |    | 55 |    |
| 70 |               | 51             |    | 70 |    |
| 71 |               | 62             |    | 63 |    |
| 72 |               | 85             |    | 42 |    |
| 73 |               | 59             |    | 40 |    |
| 74 |               | 60             |    | 56 |    |
| 75 |               | 51             |    | 55 |    |
| 76 |               | 68             |    | 61 |    |
| 77 |               | 70             |    | 44 |    |
| 78 |               | 69             |    | 48 |    |
| 79 |               | 71             |    | 52 |    |
| 80 |               | 41             |    | 63 |    |
| 81 |               | 45             |    | 59 |    |
| 82 |               | 49             |    | 55 |    |
| 83 |               | 54             |    | 77 |    |
| 84 |               | 66             |    | 55 |    |



**LAMPIRAN E Uji ASUMSI**

## E-1 Uji Normalitas

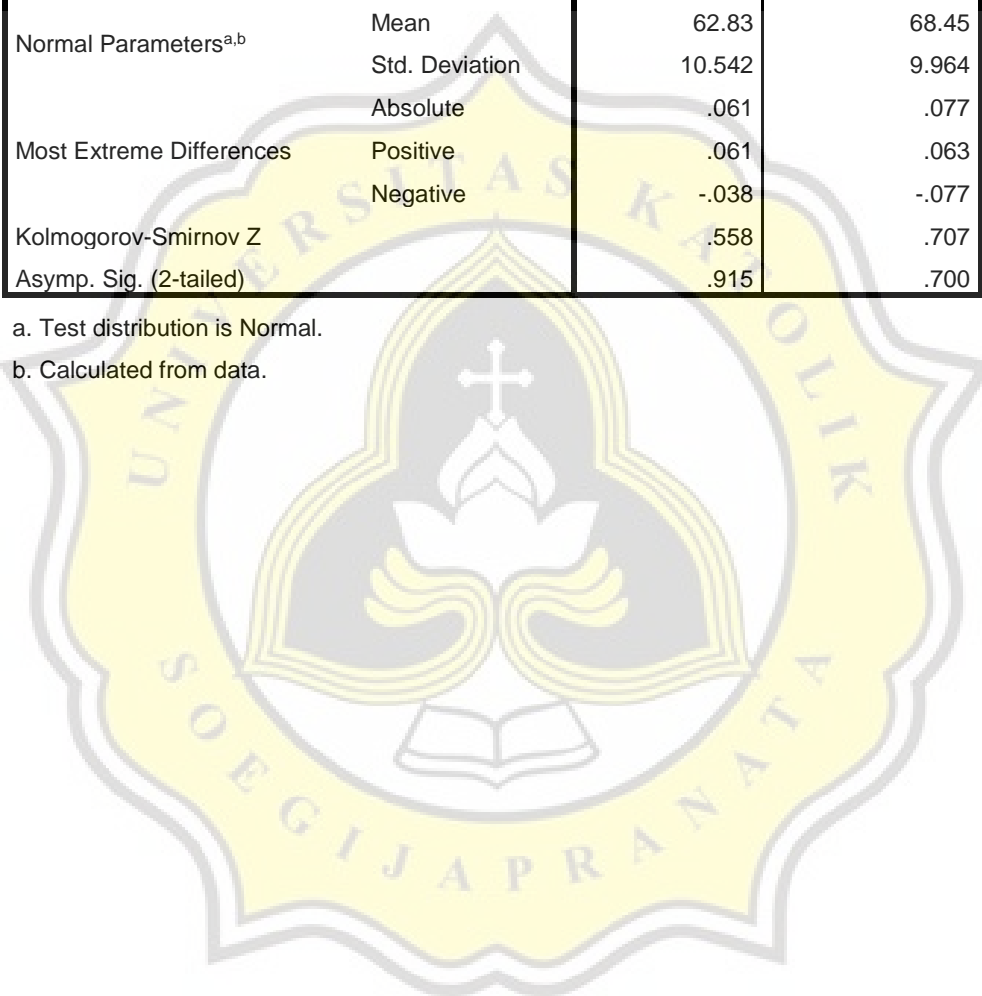
**Tabel Distribusi Normal Stres Akademik (Y), Self Efficacy (X)**

**One-Sample Kolmogorov-Smirnov Test**

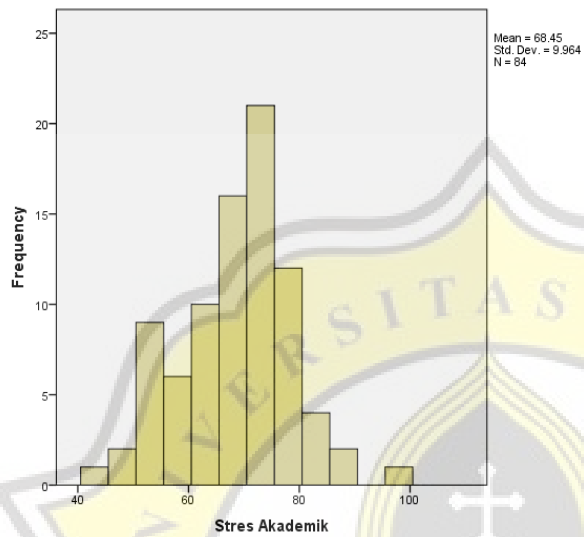
|                                  |                | Self Efficacy | Stres Akademik |
|----------------------------------|----------------|---------------|----------------|
| N                                |                | 84            | 84             |
| Normal Parameters <sup>a,b</sup> | Mean           | 62.83         | 68.45          |
|                                  | Std. Deviation | 10.542        | 9.964          |
| Most Extreme Differences         | Absolute       | .061          | .077           |
|                                  | Positive       | .061          | .063           |
|                                  | Negative       | -.038         | -.077          |
| Kolmogorov-Smirnov Z             |                | .558          | .707           |
| Asymp. Sig. (2-tailed)           |                | .915          | .700           |

a. Test distribution is Normal.

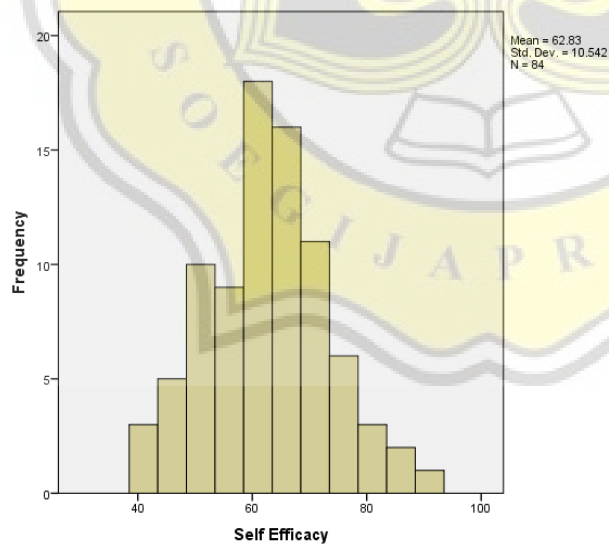
b. Calculated from data.



### Kurva Normal Stres Akademik (Y)



### Kurva Normal Self Efficacy (X)



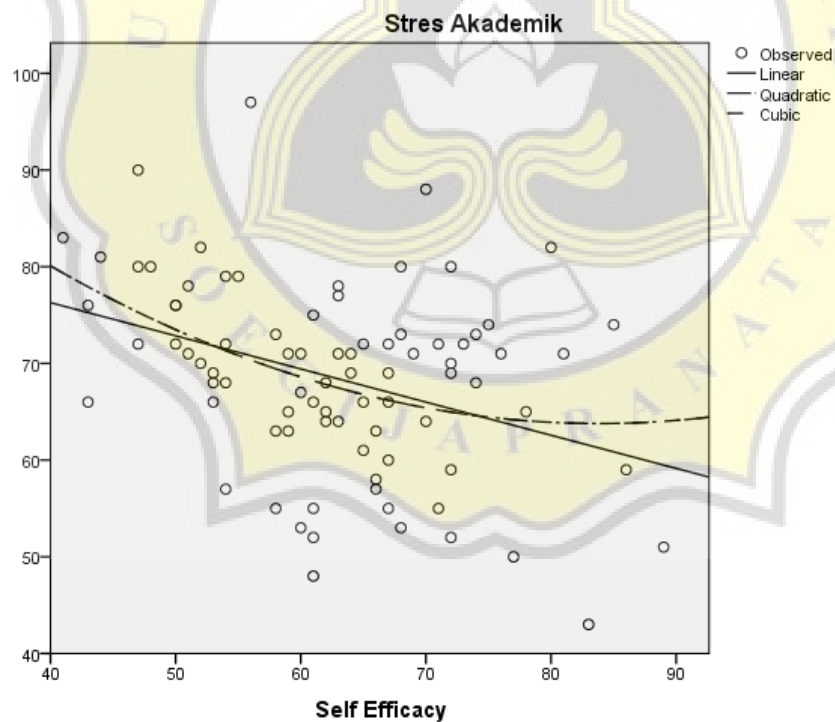
**E-2 Uji Linearitas**  
**Uji Linearitas Stres Akademik (Y) dan *Self Efficacy* (X)**

**Model Summary and Parameter Estimates**

Dependent Variable: Stres Akademik

| Equation  | Model Summary |        |     |     |      | Parameter Estimates |        |      |      |
|-----------|---------------|--------|-----|-----|------|---------------------|--------|------|------|
|           | R Square      | F      | df1 | df2 | Sig. | Constant            | b1     | b2   | b3   |
| Linear    | .132          | 12.426 | 1   | 82  | .001 | 89.997              | -.343  |      |      |
| Quadratic | .146          | 6.937  | 2   | 81  | .002 | 123.416             | -1.423 | .008 |      |
| Cubic     | .146          | 6.937  | 2   | 81  | .002 | 123.416             | -1.423 | .008 | .000 |

The independent variable is *Self Efficacy*.







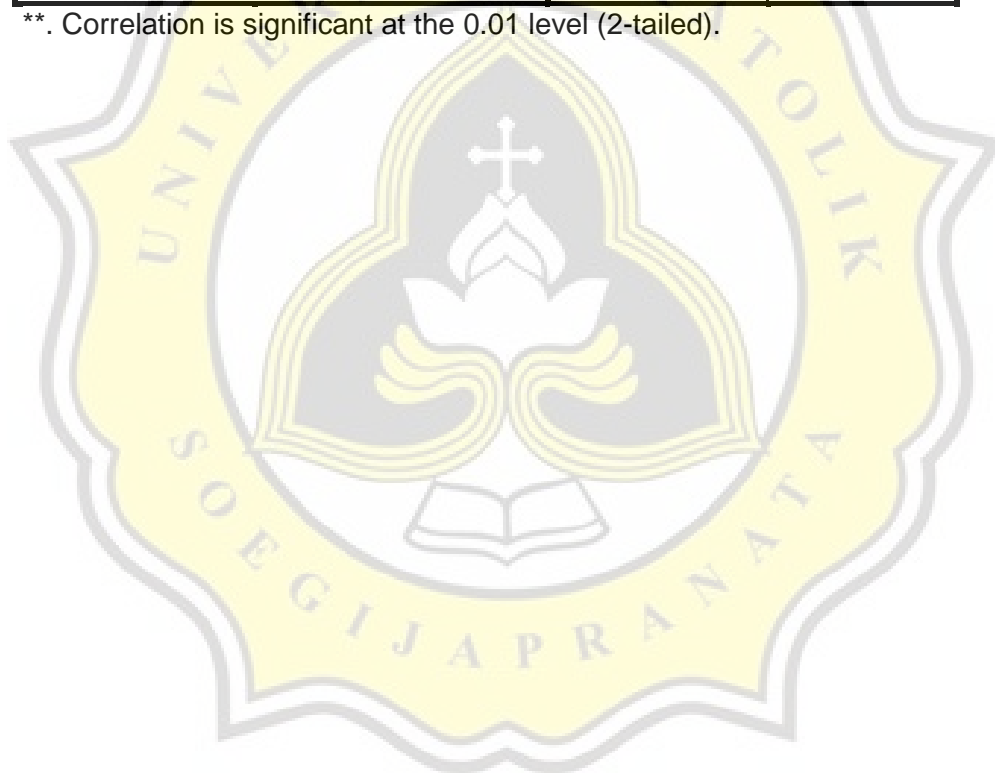
**Lampiran F Uji Hipotesis**

## F-1 Uji Hipotesis

## Correlations

|                |                     | Stres Akademik | Self Efficacy |
|----------------|---------------------|----------------|---------------|
| Stres Akademik | Pearson Correlation | 1              | -.363**       |
|                | Sig. (2-tailed)     |                | .001          |
|                | N                   | 84             | 84            |
| Self Efficacy  | Pearson Correlation | -.363**        | 1             |
|                | Sig. (2-tailed)     | .001           |               |
|                | N                   | 84             | 84            |

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






**LAMPIRAN G SURAT IJIN PENELITIAN**

## G-1 Surat Pemberian Ijin Penelitian

|   |  |  |
|---|--|--|
| <b>FAKULTAS PSIKOLOGI</b><br><small>Jl. Pawiyatan Luhur IV/1 Bendan Girwir Semarang 50234<br/>         Telp. (024) 8441535, 8505003 (hunting) Fax. (024) 8415429 - 8445265<br/>         e-mail:unika@unika.ac.id http://www.unika.ac.id</small>   |  | <br><b>Unika</b><br><b>SOEGIJAPRANATA</b> |
| Nomor :   | 0900/B.7.3/FP/V/2022   | Semarang, 30 Mei 2022  |
| Lamp. :   | -  |  |
| Hal :   | Ijin Penelitian  |  |
| <p>Kepada Yth.<br/> <b>Kepala Sekolah SMA Negeri 1 Bawang</b><br/> <b>Jl. Jlamprang, Jlamprang, Kec. Bawang, Kabupaten Batang, Jawa Tengah</b><br/> <b>51274</b></p>  |  |  |
| <p>Dengan hormat,<br/>         Kami mohon bantuan Bapak/Ibu/Saudara/i, untuk berkenan memberikan ijin kepada mahasiswa/i Fakultas Psikologi Unika Soegijapranata Semarang tersebut di bawah ini :</p>   |  |  |
| N a m a   | <b>Salsabella Mutiara Cantika Dewi</b>   |  |
| NIM / NIRM  | <b>18.E1.0211</b>  |  |
| Tempat /Tgl/Lahir   | <b>Batang / 23 Juli 2000</b>   |  |
| A l a m a t   | <b>RT 03 / RW 01, Dk. Delisen, Ds. Sidalang, Kec.<br/>         Terseno, Kab. Batang, Jawa Tengah</b> |  |
| No. HP  | <b>085647988842</b>  |  |
| <p>Untuk mengadakan penelitian, di SMA Negeri 1 Bawang dalam rangka penyusunan tugas Skripsi dengan judul <b>"Hubungan Antara Self Efficacy Dengan Stres Akademik Siswa Sekolah Atas (SMA) Pasca Pandemi Covid-19"</b>, di bawah bimbingan Dosen Pembimbing Des. Haryo Goeritno, M.Si</p> |  |  |
| <p>Demikian atas bantuan serta kerja sama Bapak/Ibu, kami ucapkan terima kasih.</p>   |  |  |
| <p>Ka. Progd. Sarjana Psikologi,</p> <br><br><b>Dr. Suparmi, M.Si</b><br><b>NPP:058.1.1992.105</b>                 |  |  |
| <p>Tembusan :</p> <ul style="list-style-type: none"> <li>- Mahasiswa yang bersangkutan</li> </ul>   |  |  |
| <p><i>Doc. by D/srt penelitian</i></p>  |  |  |

## G-2 Surat Balasan Ijin Penelitian


**PEMERINTAH PROVINSI JAWA TENGAH**  
**DINAS PENDIDIKAN DAN KEBUDAYAAN**  
**SEKOLAH MENENGAH ATAS NEGERI 1**  
**BAWANG**

Desa Jemberang, Kecamatan Kalayutan Kabupaten Klaten Kode Pos 51274  
 No. Telp. (0271) 4432627 Fax (0271) 4432627 Email: smn1bawang@gmail.com

---


**SURAT IJIN PENELITIAN**  
 Nomor : 431 / 335

Yang bertanda tangan di bawah ini adalah Kepala SMA N 1 Bawang memohonkan dengan sesungguhnya bahwa:


|               |  |
|---------------|--|
| Nama          | : Sulahella Matara Camilia Dewi  |
| Npm           | : 18.01.02.11  |
| Universitas   | : Universitas Klantir Soegijapranita   |
| Program Studi | : Psikologi  |
| Judul Skripsi | : Hubungan Antara SWL (Worky) Dengan Stress Akademik Siswa Sekolah Menengah Atas (SMA) Pura Pantean Tahun 2022 |

Diberikan ijin untuk melakukan penelitian dalam rangka penyusunan tugas skripsi pada siswa kelas X SMA N 1 Bawang pada Juni 2022 sampai selesai.

Demikian surat keterangan ini dibuat dengan sebenarnya untuk dapat dipergunakan sebagaimana mestinya.

Bawang, 10 Juli 2022  
 Kepala SMA N 1 Bawang  
  
 Disdriyanti, Pd. M., Si  
 NIP. 19690104 199802 1 004

### G-3 Surat Keterangan Penelitian



**PEMERINTAH PROVINSI JAWA TENGAH**  
**DINAS PENDIDIKAN DAN KEBUDAYAAN**  
**SEKOLAH MENENGAH ATAS NEGERI 1**  
**BAWANG**

Desa Jemberang, Bawang, Kabupaten Batang Kode Pos 51274  
 No. Telp. (0285) 448032 Faksimil Elektronik : sman1bawang@gmail.com

---

**SURAT KETERANGAN**  
 Nomor : 421 / 335.a


Yang beranda tangan dibawah ini adalah Kepala SMA N 1 Bawang menerangkan dengan sesungguhnya bahwa

|               |  |
|---------------|--|
| Nama          | Salsabella Mutiara Cantika Dewi  |
| Nim           | 18JF10211  |
| Universitas   | Universitas Katolik Soegijapranata   |
| Program Studi | Psikologi  |
| Judul Skripsi | Hubungan Antara Self Efficacy Dengan Stres Akademik Siswa Sekolah Menengah Atas (SMA) Pasca Pandemi Covid-19 |

Menerangkan dengan sebenar-benarnya bahwa mahasiswa tersebut diatas telah benar-benar melakukan pengambilan data penelitian pada siswa kelas X SMA N 1 Bawang pada tanggal 5 Juni 2022 sampai dengan 13 Juni 2022.

Demikian surat keterangan ini dibuat dengan sebenarnya untuk dapat dipergunakan sebagaimana mestinya.

Batang, 27 Juli 2022  
 Kepala SMA N 1 Bawang



Sugito S. Pd. M. Si  
 NIP. 49690104 199802 1 004

## Similarity Report

## PAPER NAME

**TA-18.E1.0211\_Salsabella Mutiara Canti  
ka Dew**

## WORD COUNT

**9513 Words**

## CHARACTER COUNT

**61558 Characters**

## PAGE COUNT

**55 Pages**

## FILE SIZE

**79.8KB**

## SUBMISSION DATE

**Jul 18, 2022 10:47 PM GMT+7**

## REPORT DATE

**Jul 18, 2022 10:50 PM GMT+7**

- **12% Overall Similarity**

The combined total of all matches, including overlapping sources, for each database.

- 11% Internet database
- 2% Publications database
- Crossref database
- Crossref Posted Content database
- 8% Submitted Works database

- **Excluded from Similarity Report**

- Bibliographic material
- Quoted material
- Cited material
- Small Matches (Less than 10 words)
- Manually excluded text blocks