

LAMPIRAN

LAMPIRAN 1
AITEM SKALA
KETIDAKPUASAN TUBUH DAN HARGA DIRI

A. Aitem Skala Ketidakpuasan Tubuh

1. Aitem Uji Coba Skala Ketidakpuasan Tubuh

| No. | Pernyataan | SS | S | TS | STS |
|-----|--|----|---|----|-----|
| 1. | Saya merasa perlu melakukan banyak usaha untuk perubahan pada berat badan saya | | | | |
| 2. | Saya merasa tubuh saya kurang ideal | | | | |
| 3. | Saya akan menundukkan wajah bila bertemu dengan sosok yang memiliki tubuh ideal, karena saya malu dengan bentuk tubuh saya | | | | |
| 4. | Saya bercermin beberapa kali sebelum berangkat ke kampus | | | | |
| 5. | Saat memilih pakaian, saya memperhatikan di bagian pinggang dan paha agar terlihat ideal | | | | |
| 6. | Ketika mendapat undangan dari teman saya, saya akan memikirkan alasan agar saya tidak datang karena saya malas menghadirinya | | | | |
| 7. | Saya tetap menghadiri pertemuan, meski tubuh saya tidak dapat dikatakan ideal | | | | |
| 8. | Saya tidak menentukan model rok atau celana agar terlihat sesuai dengan kaki saya | | | | |
| 9. | Tanpa bercermin berulang kali, saya akan tetap merasa percaya diri dengan penampilan saya | | | | |

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| 10. | Tubuh saya tidak ideal, tetapi saya bangga memilikinya | | | | |
| 11. | Saya belum puas dengan bentuk badan saya saat ini | | | | |
| 12. | Saya merasa berat badan saya sudah sesuai dengan tinggi badan saya | | | | |
| 13. | Saya benci dengan timbunan lemak yang ada di beberapa bagian tubuh saya | | | | |
| 14. | Terkadang saya merasa kecewa dengan keadaan tubuh saya yang kurang proporsional | | | | |
| 15. | Saya berfikir teman-teman saya menilai buruk penampilan bentuk tubuh saya | | | | |
| 16. | Saya seringkali menimbang badan saya karena merasa tubuh saya lebih gemuk | | | | |
| 17. | Saya memilih baju berwarna gelap supaya saya tidak terlihat gemuk | | | | |
| 18. | Saya malas melakukan aktivitas sosial di lingkungan sekitar saya, karena saya merasa kurang nyaman dengan tubuh saya | | | | |
| 19. | Saya merasa bertemu dengan teman-teman dalam kondisi badan seperti apapun adalah hal yang menyenangkan | | | | |
| 20. | Saya memakai semua model pakaian yang saya inginkan | | | | |

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| 21. | Berat badan yang berlebihan bukan masalah penting bagi penampilan tubuh saya | | | | |
| 22. | Saya merasa percaya diri saat harus berjalan di tengah keramaian, meski tubuh saya tidak ideal | | | | |
| 23. | Saya berpikir tubuh saya adalah tubuh yang baik karena terlihat sehat | | | | |
| 24. | Berat badan saya saat ini membuat saya merasa lebih percaya diri dalam memakai baju apapun | | | | |
| 25. | Saya merasa risih dengan kondisi fisik saya saat harus presentasi di depan kelas | | | | |
| 26. | Saya berulang kali menyisir rambut saya karena merasa penampilan saya kurang rapi | | | | |
| 27. | Saat memilih pakaian, saya memilih yang bisa menutupi kekurangan tubuh saya | | | | |
| 28. | Lebih baik saya mengerjakan tugas kampus seorang diri daripada bersama teman-teman saya karena malu dengan penampilan tubuh saya | | | | |
| 29. | Meskipun penampilan tubuh saya kurang menarik, saya suka melakukan sesuatu dengan orang lain dibandingkan harus berdiam diri | | | | |

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| 30. | Saya cuek dengan trend model penampilan rambut, karena yang terpenting bagi saya nyaman menggunakannya | | | | |
| 31. | Saya tidak terpengaruh pada ejekan teman saya mengenai tinggi badan saya | | | | |
| 32. | Saya tetap percaya diri jika orang lain memperhatikan bentuk tubuh saya | | | | |
| 33. | Saya malu jika orang lain menanyakan berapa berat dan tinggi badan saya | | | | |
| 34. | Saat saya berkeringat, saya berulang kali <i>retouch make up</i> karena merasa <i>make up</i> saya luntur | | | | |
| 35. | Saya menutupi kekurangan di wajah saya melalui <i>make up</i> | | | | |
| 36. | Saya merasa kurang nyaman bila berpergian bersama teman-teman perempuan yang memiliki tubuh yang lebih baik | | | | |
| 37. | Saat hari libur saya mengisi waktu dengan teman-teman pergi ke salon kecantikan untuk mempercantik penampilan tubuh | | | | |
| 38. | Saya tetap senang kemana pun saya pergi, meski saya tidak memakai riasan | | | | |
| 39. | Tidak terlalu penting bagi saya untuk selalu mengecek riasan yang ada pada wajah saya | | | | |

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| 40. | Saya menyatakan apa adanya saat orang lain menanyakan berat badan saya | | | | |
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2. Aitem Setelah Uji Coba Skala Ketidakpuasan Tubuh

| No. | Pernyataan | SS | S | TS | STS |
|-----|--|----|---|----|-----|
| 1. | Saya merasa perlu melakukan banyak usaha untuk perubahan pada berat badan saya | | | | |
| 2. | Saya merasa tubuh saya kurang ideal | | | | |
| 3. | Saya akan menundukkan wajah bila bertemu dengan sosok yang memiliki tubuh ideal, karena saya malu dengan bentuk tubuh saya | | | | |
| 4. | Saya bercermin beberapa kali sebelum berangkat ke kampus | | | | |
| 5. | Saat memilih pakaian, saya memperhatikan di bagian pinggang dan paha agar terlihat ideal | | | | |
| 6. | Saya malas melakukan aktivitas sosial di lingkungan sekitar saya, karena saya merasa kurang nyaman dengan tubuh saya | | | | |
| 7. | Saya merasa bertemu dengan teman-teman dalam kondisi badan seperti apapun adalah hal yang menyenangkan | | | | |
| 8. | Saya tidak menentukan model rok atau celana agar terlihat sesuai dengan kaki saya | | | | |

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|-----|--|--|--|--|--|
| 9. | Tanpa bercermin berulang kali, saya akan tetap merasa percaya diri dengan penampilan saya | | | | |
| 10. | Tubuh saya tidak ideal, tetapi saya bangga memilikinya | | | | |
| 11. | Saya berpikir tubuh saya adalah tubuh yang baik karena terlihat sehat | | | | |
| 12. | Saya merasa berat badan saya sudah sesuai dengan tinggi badan saya | | | | |
| 13. | Saya benci dengan timbunan lemak yang ada di beberapa bagian tubuh saya | | | | |
| 14. | Terkadang saya merasa kecewa dengan keadaan tubuh saya yang kurang proporsional | | | | |
| 15. | Saya berfikir teman-teman saya menilai buruk penampilan bentuk tubuh saya | | | | |
| 16. | Saya seringkali menimbang badan saya karena merasa tubuh saya lebih gemuk | | | | |
| 17. | Saya memilih baju berwarna gelap supaya saya tidak terlihat gemuk | | | | |
| 18. | Lebih baik saya mengerjakan tugas kampus seorang diri daripada bersama teman-teman saya karena malu dengan penampilan tubuh saya | | | | |
| 19. | Saya memakai semua model pakaian yang saya inginkan | | | | |

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|-----|---|--|--|--|--|
| 20. | Berat badan yang berlebihan bukan masalah penting bagi penampilan tubuh saya | | | | |
| 21. | Saya merasa percaya diri saat harus berjalan di tengah keramaian, meski tubuh saya tidak ideal | | | | |
| 22. | Berat badan saya saat ini membuat saya merasa lebih percaya diri dalam memakai baju apapun | | | | |
| 23. | Saya merasa risih dengan kondisi fisik saya saat harus presentasi di depan kelas | | | | |
| 24. | Saya berulang kali menyisir rambut saya karena merasa penampilan saya kurang rapi | | | | |
| 25. | Saat memilih pakaian, saya memilih yang bisa menutupi kekurangan tubuh saya | | | | |
| 26. | Saya merasa kurang nyaman bila berpergian bersama teman-teman perempuan yang memiliki tubuh yang lebih baik | | | | |
| 27. | Saya menutupi kekurangan di wajah saya melalui <i>make up</i> | | | | |
| 28. | Saya tidak terpengaruh pada ejekan teman saya mengenai tinggi badan saya | | | | |
| 29. | Saya tetap percaya diri jika orang lain memperhatikan bentuk tubuh saya | | | | |

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|-----|--|--|--|--|--|
| 30. | Saya malu jika orang lain menanyakan berapa berat dan tinggi badan saya | | | | |
| 31. | Saya menyatakan apa adanya saat orang lain menanyakan berat badan saya | | | | |
| 32. | 32 Saat saya berkeringat, saya berulang kali <i>retouch make up</i> karena merasa <i>make up</i> saya luntur | | | | |

B. Aitem Skala Harga Diri

1. Aitem Uji Coba Skala Harga Diri

| No. | Pernyataan | SS | S | TS | STS |
|-----|---|----|---|----|-----|
| 1. | Saya dapat memaklumi perbedaan pendapat | | | | |
| 2. | Orang-orang di sekitar saya mencintai apa adanya | | | | |
| 3. | Saya memiliki banyak teman | | | | |
| 4. | Saya mampu mengikuti peraturan yang ada disekitar saya | | | | |
| 5. | Saya mampu melakukan suatu hal yang sama baiknya dengan yang orang lain lakukan | | | | |
| 6. | Saya dapat menyelesaikan tugas sesuai dengan jadwal yang sudah ditentukan | | | | |
| 7. | Saya dapat menyelesaikan tugas sesuai dengan jadwal yang sudah ditentukan | | | | |
| 8. | Saya menyelesaikan permasalahan yang ada sebaik yang saya bisa | | | | |

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| 9. | Saya bimbang dengan keputusan apa yang harus saya ambil dalam menghadapi permasalahan | | | | |
| 10. | Pekerjaan yang saya lakukan berakhir dengan banyak kesalahan | | | | |
| 11. | Saya tidak memiliki target yang jelas pada tujuan hidup saya | | | | |
| 12. | Saya ceroboh dalam melakukan sesuatu sehingga tidak bisa sebaik yang kebanyakan orang lain lakukan | | | | |
| 13. | Dalam berperilaku biasanya saya hanya mengikuti kehendak saya sendiri | | | | |
| 14. | Hanya sedikit orang yang ingin berteman dengan saya | | | | |
| 15. | Teman-teman meninggalkan saya ketika saya sedang mengalami kesulitan | | | | |
| 16. | Saya tidak menyukai orang yang mengejek hasil pekerjaan saya | | | | |
| 17. | Saya mampu mengelola emosi saya dengan baik | | | | |
| 18. | Teman-teman saya ada ketika saya senang maupun susah | | | | |
| 19. | Teman-teman merasa senang dengan kehadiran saya | | | | |
| 20. | Saya berperilaku sesuai dengan standar moral, etika dan agama yang ada di lingkungan saya | | | | |
| 21. | Saya merasa saya bisa sukses seperti orang lain | | | | |

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| 22. | Saya lulus ujian dengan nilai yang memuaskan sesuai dengan yang diharapkan orang tua saya | | | | |
| 23. | Tugas yang saya kerjakan memiliki hasil yang memuaskan | | | | |
| 24. | Saya mampu mengambil keputusan tanpa dipengaruhi orang lain | | | | |
| 25. | Saya menanyakan kepada orang lain mengenai keputusan yang saya ambil | | | | |
| 26. | Saya merasa tidak mampu menyelesaikan permasalahan yang saya hadapi | | | | |
| 27. | Saya belajar asal-asalan karena orang tua saya tidak peduli dengan prestasi saya | | | | |
| 28. | Saya minder dengan pencapaian saya sehingga saya merasa tidak bisa sukses seperti orang lain | | | | |
| 29. | Saya tetap melakukan hal yang saya inginkan meskipun hal tersebut melanggar aturan | | | | |
| 30. | Saya merasa dikucilkan oleh teman-teman saya | | | | |
| 31. | Saya merasa kesepian karena tidak ada orang yang dapat diajak berbagi cerita | | | | |
| 32. | Saya hanya bersikap sopan pada saat tertentu saja | | | | |

2. Aitem Setelah Uji Coba Skala Harga Diri

| No. | Pernyataan | SS | S | TS | STS |
|-----|--|----|---|----|-----|
| 1. | Saya dapat memaklumi perbedaan pendapat | | | | |
| 2. | Teman-teman saya ada ketika saya senang maupun susah | | | | |
| 3. | Saya mampu mengikuti peraturan yang ada disekitar saya | | | | |
| 4. | Saya bimbang dengan keputusan apa yang harus saya ambil dalam menghadapi permasalahan | | | | |
| 5. | Pekerjaan yang saya lakukan berakhir dengan banyak kesalahan | | | | |
| 6. | Saya belajar asal-asalan karena orang tua saya tidak peduli dengan prestasi saya | | | | |
| 7. | Saya ceroboh dalam melakukan sesuatu sehingga tidak bisa sebaik yang kebanyakan orang lain lakukan | | | | |
| 8. | Hanya sedikit orang yang ingin berteman dengan saya | | | | |
| 9. | Teman-teman meninggalkan saya ketika saya sedang mengalami kesulitan | | | | |
| 10. | Saya hanya bersikap sopan pada saat tertentu saja | | | | |
| 11. | Saya mampu mengelola emosi saya dengan baik | | | | |
| 12. | Saya menanyakan kepada orang lain mengenai keputusan yang saya ambil | | | | |

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| 13. | Saya merasa tidak mampu menyelesaikan permasalahan yang saya hadapi | | | | |
| 14. | Saya minder dengan pencapaian saya sehingga saya merasa tidak bisa sukses seperti orang lain | | | | |
| 15. | Saya merasa dikucilkan oleh teman-teman saya | | | | |
| 16. | Saya merasa kesepian karena tidak ada orang yang dapat diajak berbagi cerita | | | | |

LAMPIRAN 2
TABULASI DATA SKALA
KETIDAKPUASAN TUBUH DAN HARGA DIRI

A. Tabulasi Data Aitem Skala Ketidakpuasan Tubuh

| N O | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 1 0 | 1 1 | 1 2 | 1 3 | 1 4 | 1 5 | 1 6 | 1 7 | 1 8 | 1 9 | 2 0 | 2 1 | 2 2 | 2 3 | 2 4 | 2 5 | 2 6 | 2 7 | 2 8 | 2 9 | 3 0 | 3 1 | 3 2 | | |
|----------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|---|---|
| 1 | 3 | 3 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 |
| 2 | 4 | 3 | 2 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 2 | 1 | 3 | 3 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 2 | 2 | 4 | 1 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | |
| 3 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 2 | 4 | 2 | 4 | 3 | 2 | 2 | 3 | 2 | 2 | 3 | 3 | 2 | 3 | 3 | 3 | 4 | 2 | 2 | 3 | 3 | 3 | 4 | 2 | 2 | | |
| 4 | 2 | 2 | 1 | 3 | 2 | 3 | 2 | 1 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 1 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | | |
| 5 | 4 | 3 | 1 | 4 | 4 | 3 | 3 | 1 | 2 | 4 | 3 | 3 | 2 | 2 | 3 | 2 | 1 | 2 | 2 | 1 | 2 | 3 | 2 | 4 | 1 | 1 | 2 | 2 | 4 | 4 | 4 | 1 | | |
| 6 | 2 | 3 | 2 | 3 | 3 | 3 | 3 | 1 | 3 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | | |
| 7 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 2 | 3 | 3 | 3 | 2 | 3 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | | |
| 8 | 2 | 3 | 1 | 2 | 2 | 1 | 1 | 1 | 3 | 3 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 3 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | |
| 9 | 4 | 3 | 2 | 2 | 3 | 2 | 1 | 2 | 2 | 3 | 2 | 2 | 3 | 2 | 1 | 2 | 1 | 2 | 1 | 1 | 1 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 1 | 1 | | |
| 1 0 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 4 | 4 | 4 | 2 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 2 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | |
| 1 1 | 3 | 3 | 2 | 2 | 2 | 1 | 2 | 1 | 2 | 3 | 3 | 2 | 1 | 1 | 1 | 1 | 2 | 4 | 2 | 1 | 1 | 2 | 1 | 1 | 1 | 2 | 3 | 2 | 2 | 2 | 1 | 1 | | |
| 1 2 | 3 | 3 | 1 | 3 | 3 | 3 | 3 | 1 | 3 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | | |
| 1 3 | 4 | 3 | 1 | 2 | 2 | 3 | 1 | 2 | 3 | 3 | 3 | 1 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 3 | 1 | 2 | 2 | 2 | 2 | 1 | 2 | | |

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| 1 4 | 3 | 3 | 4 | 3 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | |
| 1 5 | 4 | 4 | 3 | 3 | 3 | 3 | 2 | 1 | 3 | 1 | 3 | 3 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 3 | 3 | 2 | 3 | 2 | 2 | 2 | 4 | 2 | 2 | 2 | 3 | |
| 1 6 | 1 | 4 | 2 | 4 | 2 | 3 | 4 | 3 | 2 | 3 | 4 | 3 | 2 | 2 | 2 | 1 | 2 | 3 | 3 | 2 | 3 | 3 | 2 | 1 | 4 | 3 | 4 | 3 | 4 | 2 | 2 | |
| 1 7 | 2 | 2 | 3 | 2 | 2 | 3 | 2 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 2 | 3 | 3 | 2 | 3 | 3 | 3 | 2 | 3 | 3 | 2 | 2 | |
| 1 8 | 3 | 3 | 3 | 4 | 2 | 3 | 2 | 1 | 3 | 2 | 3 | 4 | 2 | 2 | 2 | 3 | 1 | 1 | 1 | 1 | 1 | 4 | 2 | 4 | 2 | 1 | 1 | 4 | 1 | 1 | 2 | 4 |
| 1 9 | 4 | 4 | 3 | 3 | 4 | 3 | 2 | 2 | 4 | 4 | 4 | 3 | 3 | 4 | 2 | 2 | 3 | 3 | 3 | 4 | 3 | 4 | 4 | 4 | 2 | 3 | 2 | 4 | 2 | 2 | 2 | 3 |
| 2 0 | 3 | 2 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 3 | 2 | 3 | 3 | 2 |
| 2 1 | 3 | 4 | 2 | 4 | 3 | 3 | 2 | 1 | 3 | 3 | 3 | 2 | 3 | 4 | 2 | 2 | 1 | 2 | 1 | 1 | 1 | 2 | 4 | 4 | 2 | 2 | 1 | 4 | 2 | 3 | 2 | 2 |
| 2 2 | 4 | 4 | 1 | 2 | 1 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 1 | 2 | 2 | 3 | 1 | 3 | 3 | 1 | 1 | 4 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 |
| 2 3 | 2 | 3 | 1 | 2 | 2 | 2 | 2 | 1 | 3 | 2 | 3 | 1 | 2 | 2 | 2 | 2 | 1 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 1 | 2 | 2 | 1 | 2 |
| 2 4 | 4 | 4 | 1 | 3 | 4 | 2 | 4 | 1 | 3 | 3 | 3 | 3 | 4 | 4 | 1 | 1 | 1 | 3 | 1 | 2 | 4 | 1 | 4 | 4 | 1 | 2 | 2 | 4 | 1 | 4 | 1 | 2 |

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| 25 | 2 | 3 | 2 | 4 | 3 | 2 | 3 | 2 | 3 | 4 | 1 | 2 | 2 | 3 | 2 | 2 | 3 | 3 | 4 | 3 | 3 | 2 | 1 | 4 | 2 | 1 | 3 | 4 | 2 | 3 | 4 | 3 | |
| 26 | 3 | 3 | 2 | 4 | 3 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 3 | 2 | 2 | 3 | 1 | 3 | 3 | 1 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | |
| 27 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 1 | 3 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 4 | 3 | 2 | 3 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | |
| 28 | 4 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 4 | 4 | 4 | 2 | 2 | 3 | 4 | 3 | 3 | 3 | 4 | 4 | 4 | 2 | 3 | 3 | 4 | 2 | 2 | 3 | 1 | |
| 29 | 2 | 2 | 2 | 3 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | |
| 30 | 4 | 4 | 3 | 3 | 3 | 2 | 3 | 2 | 3 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 2 | 2 | 3 | 4 | 4 | 4 | 3 | |
| 31 | 3 | 3 | 2 | 4 | 3 | 3 | 3 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | |
| 32 | 1 | 2 | 1 | 3 | 1 | 1 | 2 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 1 | 2 | 1 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | |
| 33 | 1 | 1 | 1 | 3 | 1 | 1 | 1 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 1 | 1 | 2 | 2 | 1 | 1 | 1 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | |
| 34 | 4 | 4 | 3 | 3 | 3 | 1 | 1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 4 | 1 | |
| 35 | 3 | 4 | 2 | 4 | 2 | 3 | 1 | 1 | 3 | 2 | 3 | 2 | 1 | 2 | 1 | 1 | 3 | 2 | 2 | 2 | 2 | 3 | 2 | 1 | 3 | 2 | 1 | 1 | 2 | 2 | 2 | 3 | 2 |

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| 36 | 3 | 3 | 1 | 3 | 2 | 3 | 1 | 1 | 3 | 3 | 3 | 1 | 1 | 1 | 1 | 1 | 2 | 3 | 2 | 1 | 3 | 1 | 3 | 3 | 1 | 2 | 2 | 1 | 2 | 3 | 2 | 1 |
| 37 | 4 | 4 | 2 | 3 | 4 | 3 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 4 | 2 | 2 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 4 | 2 | 2 | 3 | 3 | 2 | 2 | 2 | 2 |
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B. Tabulasi Data Aitem Skala Harga Diri

| NO | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|-----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
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| 76 | 3 | 3 | 2 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 3 | 2 | 3 | 2 | 3 | 2 |

C. Total Tabulasi Data Aitem

| No. | Ketidakpuasan Tubuh (Y) | Harga Diri (X) |
|-----|-------------------------|----------------|
| 1. | 71 | 40 |
| 2. | 77 | 47 |
| 3. | 91 | 35 |
| 4. | 66 | 48 |
| 5. | 80 | 42 |
| 6. | 73 | 50 |
| 7. | 82 | 48 |
| 8. | 43 | 51 |
| 9. | 65 | 49 |
| 10. | 115 | 45 |
| 11. | 58 | 52 |
| 12. | 73 | 53 |
| 13. | 69 | 52 |
| 14. | 75 | 40 |
| 15. | 78 | 47 |
| 16. | 85 | 35 |
| 17. | 82 | 48 |
| 18. | 73 | 42 |
| 19. | 99 | 50 |
| 20. | 77 | 48 |
| 21. | 78 | 51 |
| 22. | 74 | 49 |
| 23. | 61 | 45 |
| 24. | 82 | 52 |
| 25. | 85 | 53 |
| 26. | 76 | 52 |
| 27. | 55 | 50 |
| 28. | 101 | 42 |
| 29. | 70 | 44 |
| 30. | 102 | 21 |
| 31. | 81 | 21 |
| 32. | 41 | 44 |

| | | |
|-----|----|----|
| 33. | 44 | 49 |
| 34. | 88 | 44 |
| 35. | 68 | 39 |
| 36. | 63 | 53 |
| 37. | 83 | 55 |
| 38. | 78 | 42 |
| 39. | 87 | 45 |
| 40. | 84 | 46 |
| 41. | 79 | 49 |
| 42. | 83 | 40 |
| 43. | 82 | 42 |
| 44. | 87 | 38 |
| 45. | 95 | 39 |
| 46. | 86 | 51 |
| 47. | 90 | 41 |
| 48. | 90 | 45 |
| 49. | 80 | 41 |
| 50. | 87 | 44 |
| 51. | 82 | 42 |
| 52. | 90 | 41 |
| 53. | 85 | 43 |
| 54. | 82 | 50 |
| 55. | 89 | 46 |
| 56. | 87 | 39 |
| 57. | 82 | 39 |
| 58. | 90 | 43 |
| 59. | 87 | 39 |
| 60. | 90 | 41 |
| 61. | 92 | 36 |
| 62. | 87 | 38 |
| 63. | 83 | 46 |
| 64. | 78 | 42 |
| 65. | 85 | 34 |
| 66. | 82 | 42 |

| | | |
|------|----|----|
| 67. | 79 | 45 |
| 68. | 82 | 49 |
| 69. | 90 | 45 |
| 70. | 90 | 38 |
| 71. | 80 | 46 |
| 72. | 81 | 41 |
| 73. | 85 | 41 |
| 74. | 77 | 43 |
| 75. | 84 | 45 |
| 76. | 88 | 40 |
| 77. | 84 | 39 |
| 78. | 82 | 42 |
| 79. | 93 | 40 |
| 80. | 86 | 42 |
| 81. | 80 | 44 |
| 82. | 80 | 43 |
| 83. | 85 | 39 |
| 84. | 84 | 40 |
| 85. | 81 | 45 |
| 86. | 82 | 39 |
| 87. | 86 | 46 |
| 88. | 83 | 43 |
| 89. | 84 | 40 |
| 90. | 85 | 42 |
| 91. | 86 | 44 |
| 92. | 80 | 42 |
| 93. | 83 | 43 |
| 94. | 82 | 41 |
| 95. | 86 | 46 |
| 96. | 89 | 39 |
| 97. | 94 | 43 |
| 98. | 59 | 46 |
| 99. | 56 | 49 |
| 100. | 50 | 44 |

LAMPIRAN 3

UJI VALIDITAS DAN RELIABILITAS SKALA

KETIDAKPUASAN TUBUH DAN HARGA DIRI

A. Uji Validitas Skala Ketidakpuasan Tubuh Putaran Pertama

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|--------|-------------------------------|--------------------------------------|--|--|
| item1 | 91.30 | 203.528 | .314 | .904 |
| item2 | 91.13 | 203.706 | .430 | .903 |
| item3 | 92.23 | 197.564 | .561 | .901 |
| item4 | 91.27 | 200.064 | .559 | .901 |
| item5 | 91.70 | 200.424 | .521 | .901 |
| item6 | 92.37 | 206.930 | .256 | .905 |
| item7 | 92.53 | 213.775 | -.099 | .909 |
| item8 | 91.73 | 204.616 | .410 | .903 |
| item9 | 91.90 | 200.093 | .530 | .901 |
| item10 | 92.60 | 200.869 | .559 | .901 |
| item11 | 92.30 | 229.666 | -.673 | .918 |
| item12 | 91.53 | 203.430 | .445 | .903 |
| item13 | 91.57 | 204.875 | .308 | .904 |
| item14 | 91.53 | 197.844 | .610 | .900 |
| item15 | 92.00 | 195.103 | .665 | .899 |
| item16 | 91.83 | 195.454 | .669 | .899 |
| item17 | 91.77 | 192.944 | .711 | .898 |
| item18 | 92.37 | 198.516 | .708 | .900 |
| item19 | 92.40 | 205.421 | .518 | .903 |
| item20 | 92.37 | 199.757 | .520 | .901 |
| item21 | 91.87 | 202.395 | .396 | .903 |
| item22 | 92.23 | 199.978 | .547 | .901 |
| item23 | 92.13 | 203.499 | .335 | .904 |
| item24 | 91.93 | 198.892 | .526 | .901 |
| item25 | 91.93 | 195.720 | .631 | .900 |
| item26 | 91.83 | 198.764 | .479 | .902 |
| item27 | 91.20 | 198.786 | .526 | .901 |
| item28 | 92.63 | 203.620 | .489 | .902 |
| item29 | 92.60 | 210.041 | .113 | .906 |
| item30 | 92.53 | 208.395 | .165 | .906 |
| item31 | 92.23 | 200.461 | .524 | .901 |
| item32 | 92.23 | 201.495 | .552 | .901 |

| | | | | |
|--------|-------|---------|-------|------|
| item33 | 91.63 | 190.930 | .719 | .898 |
| item34 | 92.17 | 198.695 | .521 | .901 |
| item35 | 91.67 | 197.954 | .520 | .901 |
| item36 | 92.23 | 194.323 | .666 | .899 |
| item37 | 91.20 | 222.924 | -.545 | .914 |
| item38 | 92.13 | 204.464 | .312 | .904 |
| item39 | 91.87 | 204.671 | .265 | .905 |
| item40 | 92.30 | 201.734 | .492 | .902 |

B. Uji Validitas Skala Ketidakpuasan Tubuh Putaran Kedua

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|--------|-------------------------------|--------------------------------------|--|--|
| item1 | 76.37 | 213.068 | .357 | .934 |
| item2 | 76.20 | 213.269 | .486 | .932 |
| item3 | 77.30 | 208.010 | .562 | .931 |
| item4 | 76.33 | 210.713 | .553 | .931 |
| item5 | 76.77 | 210.047 | .564 | .931 |
| item8 | 76.80 | 216.028 | .368 | .933 |
| item9 | 76.97 | 211.344 | .498 | .932 |
| item10 | 77.67 | 211.264 | .567 | .931 |
| item12 | 76.60 | 213.421 | .478 | .932 |
| item13 | 76.63 | 214.723 | .345 | .933 |
| item14 | 76.60 | 208.317 | .610 | .931 |
| item15 | 77.07 | 205.857 | .651 | .930 |
| item16 | 76.90 | 205.817 | .671 | .930 |
| item17 | 76.83 | 202.695 | .735 | .929 |
| item18 | 77.43 | 209.289 | .693 | .930 |
| item19 | 77.47 | 216.878 | .458 | .933 |
| item20 | 77.43 | 209.702 | .546 | .931 |
| item21 | 76.93 | 212.478 | .418 | .933 |
| item22 | 77.30 | 210.148 | .565 | .931 |
| item23 | 77.20 | 213.062 | .379 | .933 |
| item24 | 77.00 | 208.828 | .550 | .931 |
| item25 | 77.00 | 206.414 | .620 | .930 |
| item26 | 76.90 | 208.162 | .521 | .932 |

| | | | | |
|--------|-------|---------|------|------|
| item27 | 76.27 | 209.030 | .538 | .931 |
| item28 | 77.70 | 214.700 | .463 | .932 |
| item31 | 77.30 | 210.769 | .536 | .931 |
| item32 | 77.30 | 211.803 | .566 | .931 |
| item33 | 76.70 | 201.114 | .724 | .929 |
| item34 | 77.23 | 209.013 | .529 | .932 |
| item35 | 76.73 | 208.478 | .519 | .932 |
| item36 | 77.30 | 204.769 | .663 | .930 |
| item38 | 77.20 | 216.234 | .264 | .934 |
| item40 | 77.37 | 213.206 | .449 | .932 |

C. Uji Validitas Skala Ketidakpuasan Tubuh Putaran Ketiga

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|--------|-------------------------------|--------------------------------------|--|--|
| item1 | 74.17 | 206.006 | .369 | .934 |
| item2 | 74.00 | 206.552 | .484 | .933 |
| item3 | 75.10 | 201.403 | .559 | .932 |
| item4 | 74.13 | 204.533 | .527 | .932 |
| item5 | 74.57 | 203.564 | .554 | .932 |
| item8 | 74.60 | 209.352 | .361 | .934 |
| item9 | 74.77 | 204.806 | .489 | .933 |
| item10 | 75.47 | 204.257 | .582 | .932 |
| item12 | 74.40 | 206.593 | .482 | .933 |
| item13 | 74.43 | 207.633 | .359 | .934 |
| item14 | 74.40 | 201.766 | .604 | .932 |
| item15 | 74.87 | 199.361 | .645 | .931 |
| item16 | 74.70 | 199.114 | .674 | .931 |
| item17 | 74.63 | 196.033 | .738 | .930 |
| item18 | 75.23 | 202.668 | .689 | .931 |
| item19 | 75.27 | 210.133 | .452 | .933 |
| item20 | 75.23 | 202.668 | .561 | .932 |
| item21 | 74.73 | 205.582 | .425 | .934 |
| item22 | 75.10 | 203.128 | .579 | .932 |
| item23 | 75.00 | 205.724 | .403 | .934 |
| item24 | 74.80 | 201.683 | .569 | .932 |

| | | | | |
|--------|-------|---------|------|------|
| item25 | 74.80 | 199.821 | .617 | .931 |
| item26 | 74.70 | 201.803 | .509 | .933 |
| item27 | 74.07 | 202.340 | .537 | .932 |
| item28 | 75.50 | 207.845 | .468 | .933 |
| item31 | 75.10 | 204.093 | .533 | .932 |
| item32 | 75.10 | 204.990 | .570 | .932 |
| item33 | 74.50 | 195.086 | .704 | .930 |
| item34 | 75.03 | 202.309 | .529 | .932 |
| item35 | 74.53 | 202.051 | .509 | .933 |
| item36 | 75.10 | 197.955 | .671 | .931 |
| item40 | 75.17 | 206.695 | .437 | .933 |

D. Uji Validitas Skala Harga Diri Putaran Pertama

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|--------|----------------------------|--------------------------------|----------------------------------|----------------------------------|
| item1 | 90.47 | 49.292 | .441 | .774 |
| item2 | 91.07 | 49.720 | .242 | .783 |
| item3 | 90.87 | 50.464 | .317 | .779 |
| item4 | 90.77 | 49.357 | .479 | .774 |
| item5 | 91.00 | 53.310 | -.058 | .792 |
| item6 | 90.90 | 53.955 | -.136 | .797 |
| item7 | 90.83 | 54.075 | -.184 | .794 |
| item8 | 90.73 | 54.064 | -.167 | .795 |
| item9 | 91.53 | 49.223 | .304 | .780 |
| item10 | 91.17 | 49.799 | .660 | .773 |
| item11 | 91.03 | 52.585 | .052 | .788 |
| item12 | 91.37 | 46.171 | .727 | .759 |
| item13 | 91.57 | 50.323 | .271 | .781 |
| item14 | 91.27 | 47.789 | .573 | .768 |
| item15 | 91.27 | 49.237 | .448 | .774 |
| item16 | 91.90 | 51.886 | .058 | .793 |
| item17 | 91.07 | 46.547 | .575 | .765 |
| item18 | 91.07 | 47.926 | .472 | .771 |
| item19 | 91.17 | 52.764 | .029 | .789 |
| item20 | 90.83 | 52.833 | .010 | .790 |

| | | | | |
|--------|-------|--------|-------|------|
| item21 | 90.40 | 52.386 | .072 | .788 |
| item22 | 91.07 | 51.582 | .133 | .787 |
| item23 | 91.03 | 55.275 | -.347 | .800 |
| item24 | 90.90 | 54.093 | -.153 | .797 |
| item25 | 91.80 | 50.234 | .371 | .778 |
| item26 | 91.17 | 48.626 | .525 | .771 |
| item27 | 90.97 | 48.861 | .432 | .774 |
| item28 | 91.20 | 44.924 | .672 | .758 |
| item29 | 91.23 | 48.185 | .338 | .778 |
| item30 | 91.33 | 45.816 | .585 | .763 |
| item31 | 91.17 | 46.420 | .482 | .769 |
| item32 | 90.90 | 49.059 | .379 | .776 |

E. Uji Validitas Skala Harga Diri Putaran Kedua

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|--------|-------------------------------|--------------------------------------|--|--|
| item1 | 51.40 | 52.041 | .473 | .883 |
| item2 | 52.00 | 52.138 | .295 | .890 |
| item3 | 51.80 | 54.924 | .132 | .892 |
| item4 | 51.70 | 52.010 | .527 | .882 |
| item9 | 52.47 | 51.706 | .352 | .888 |
| item10 | 52.10 | 52.645 | .693 | .881 |
| item12 | 52.30 | 48.769 | .762 | .874 |
| item14 | 52.20 | 51.062 | .535 | .881 |
| item15 | 52.20 | 50.303 | .696 | .877 |
| item17 | 52.00 | 50.345 | .489 | .883 |
| item18 | 52.00 | 50.069 | .556 | .880 |
| item25 | 52.73 | 52.202 | .520 | .882 |
| item26 | 52.10 | 50.369 | .684 | .878 |
| item27 | 51.90 | 51.679 | .451 | .884 |
| item28 | 52.13 | 46.533 | .792 | .871 |
| item29 | 52.17 | 52.420 | .236 | .894 |
| item30 | 52.27 | 47.168 | .729 | .874 |
| item31 | 52.10 | 47.886 | .606 | .879 |
| item32 | 51.83 | 50.764 | .516 | .882 |

F. Uji Validitas Skala Harga Diri Putaran Ketiga

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|--------|-------------------------------|--------------------------------------|--|--|
| item1 | 42.47 | 43.637 | .432 | .902 |
| item4 | 42.77 | 43.564 | .490 | .900 |
| item9 | 43.53 | 42.809 | .373 | .906 |
| item10 | 43.17 | 43.799 | .718 | .898 |
| item12 | 43.37 | 40.309 | .770 | .891 |
| item14 | 43.27 | 43.030 | .461 | .901 |
| item15 | 43.27 | 41.582 | .723 | .893 |
| item17 | 43.07 | 41.789 | .489 | .901 |
| item18 | 43.07 | 41.720 | .536 | .899 |
| item25 | 43.80 | 43.131 | .577 | .898 |
| item26 | 43.17 | 41.730 | .698 | .894 |
| item27 | 42.97 | 43.482 | .393 | .903 |
| item28 | 43.20 | 38.234 | .802 | .888 |
| item30 | 43.33 | 38.230 | .800 | .888 |
| item31 | 43.17 | 39.178 | .641 | .896 |
| item32 | 42.90 | 41.886 | .550 | .898 |

G. Uji Reliabilitas Skala Ketidakpuasan Tubuh Putaran Pertama

Reliability Statistics

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .905 | 40 |

H. Uji Reliabilitas Skala Ketidakpuasan Tubuh Putaran Kedua

Reliability Statistics

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .933 | 33 |

I. Uji Reliabilitas Skala Ketidakpuasan Tubuh Putaran Ketiga**Reliability Statistics**

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .934 | 32 |

J. Uji Reliabilitas Skala Harga Diri Putaran Pertama**Reliability Statistics**

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .786 | 32 |

K. Uji Reliabilitas Skala Harga Diri Putaran Kedua**Reliability Statistics**

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .888 | 19 |

L. Uji Reliabilitas Skala Harga Diri Putaran Ketiga**Reliability Statistics**

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .903 | 16 |

LAMPIRAN 4
UJI PRASYARAT

A. Uji Normalitas

One-Sample Kolmogorov-Smirnov Test

| | | Unstandardized Residual |
|----------------------------------|----------------|-------------------------|
| N | | 100 |
| Normal Parameters ^{a,b} | Mean | .0000000 |
| | Std. Deviation | 8.36908408 |
| | Absolute | .108 |
| Most Extreme Differences | Positive | .103 |
| | Negative | -.108 |
| Kolmogorov-Smirnov Z | | 1.037 |
| Asymp. Sig. (2-tailed) | | .233 |

a. Test distribution is Normal.

b. Calculated from data.

B. Uji Linearitas

ANOVA Table

| | | Sum of Squares | Df | Mean Square | F | Sig. |
|--|--------------------------|----------------|----|-------------|--------|------|
| (Combined) | | 4090.177 | 20 | 204.509 | 1.604 | .073 |
| ketidakuan uasan tubuh * harga diri | Between Groups | 2074.011 | 1 | 2074.011 | 16.265 | .000 |
| | Deviation from Linearity | 2016.166 | 19 | 106.114 | .832 | .663 |
| | Within Groups | 10073.613 | 79 | 127.514 | | |
| Total | | 14163.790 | 99 | | | |

LAMPIRAN 5
UJI HIPOTESIS

A. Uji *Product Moment*

Correlations

| | | harga diri | ketidakpuasan tubuh |
|---------------------|---------------------|------------|---------------------|
| harga diri | Pearson Correlation | 1 | -.383** |
| | Sig. (2-tailed) | | .000 |
| | N | 100 | 100 |
| ketidakpuasan tubuh | Pearson Correlation | -.383** | 1 |
| | Sig. (2-tailed) | .000 | |
| | N | 100 | 100 |

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

B. Hasil Kategorisasi

Kategori Ketidakpuasan Tubuh

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------|-----------|---------|---------------|--------------------|
| Valid | Rendah | 11 | 11.0 | 11.0 | 11.0 |
| | Sedang | 73 | 73.0 | 73.0 | 84.0 |
| | Tinggi | 16 | 16.0 | 16.0 | 100.0 |
| | Total | 100 | 100.0 | 100.0 | |

Kategori Harga Diri

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------|-----------|---------|---------------|--------------------|
| Valid | Rendah | 2 | 2.0 | 2.0 | 2.0 |
| | Sedang | 49 | 49.0 | 49.0 | 51.0 |
| | Tinggi | 49 | 49.0 | 49.0 | 100.0 |
| | Total | 100 | 100.0 | 100.0 | |