

Lampiran I Kuisisioner pengambilan data

Assalamu'alaikum Wr. Wb, Shalom, Om Swastiastu, Namu Budaya, Salam Kebajikan dan Salam Sejahtera untuk kita semua. Kepada Responden yang Terhormat Perkenalkan saya Ika Sandraini Mahasiswa Fakultas Psikologi Universitas 17 Agustus 1945 Surabaya yang saat ini sedang menyusun skripsi sebagai syarat untuk kelulusan. Saya sebagai penulis yang melakukan penelitian berjudul "Hubungan Antara Efikasi Diri dengan Quarter Life Crisis Pada Mahasiswa Tingkat Akhir di Surabaya". Adapun kriteria dalam penelitian ini adalah :

1. Mahasiswa Surabaya
2. Mahasiswa Tingkat Akhir

Sehubungan dengan hal tersebut, saya sangat mengharapkan kesediaan Saudara/i dapat meluangkan waktunya untuk mengisi kuisisioner yang saya susun. Semua jawaban yang Saudara/i berikan akan dijaga kerahasiaannya dan hanya akan digunakan untuk keperluan akademis. Atas partisipasi dan bantuan teman-teman, saya ucapkan terima kasih. Semoga selalu dalam lindungan Tuhan.

1. Form kesediaan Nama/Inisial :
2. Jenis Kelamin :
3. Usia :
4. Asal Kampus :
5. Program Studi :
6. Semester :
7. Bersedia menjadi responden dalam penelitian ini :

Kuisisioner ini memiliki 4 pilihan jawaban, diantaranya :

Sangat Setuju (SS)

Setuju (S)

Tidak Setuju (TS)

Sangat Tidak Setuju (STS)

Pilihlah jawaban yang sesuai dengan keadaan yang sedang teman teman alami. Tidak ada jawaban benar atau salah, semua jawaban benar

Lampiran II Skala Efikasi Diri

| No | Pernyataan | Sangat Setuju | Setuju | Tidak Setuju | Sangat Tidak Setuju |
|----|------------------------------------------------------------------------------------------------------|---------------|--------|--------------|---------------------|
| 1 | Saya merasa bahwa keadaan akan tetap sulit dan tidak ada yang bisa saya lakukan untuk mengubahnya | | | | |
| 2 | Saya ragu orang-orang di lingkungan baru akan menerima saya | | | | |
| 3 | Saya merasa tertantang untuk melakukan kegiatan yang tidak bisa saya lakukan | | | | |
| 4 | Saya memilih menyerah ketika melihat orang lain gagal mengerjakan tugas tersebut | | | | |
| 5 | Saya merasa terpengaruh oleh stres dan tekanan, sehingga sulit untuk berkonsentrasi pada tugas akhir | | | | |
| 6 | Saya menunda pengerjaan tugas akhir karena merasa kewalahan dengan semua yang saya kerjakan | | | | |
| 7 | Saya merasa terbebani oleh tugas yang sulit | | | | |
| 8 | Saya yakin dapat berprestasi melalui kerja keras saya. | | | | |
| 9 | Saya terjebak dan tidak tahu cara mengembangkan potensi saya | | | | |
| 10 | Saya termotivasi untuk menyelesaikan tugas yang sulit meskipun ada tantangan | | | | |
| 11 | Mengerjakan tugas yang sulit hanya membuang waktu saja | | | | |
| 12 | Mengerjakan tugas diluar kemampuan adalah hal sia-sia | | | | |
| 13 | Saya mampu membagi pengetahuan saya dalam kondisi lingkungan yang berbeda | | | | |
| 14 | Saya merasa kesulitan untuk beradaptasi di lingkungan yang baru. | | | | |
| 15 | Saya merasa putus asa ketika menghadapi tantangan dan saya ragu apakah bisa mengatasinya | | | | |
| 16 | Saya memiliki keyakinan yang kuat pada potensi diri saya dalam meraih keberhasilan | | | | |
| 17 | Saya menyalahkan keadaan ketika saya gagal | | | | |

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|----|---------------------------------------------------------------------------|--|--|--|--|
| 18 | Saya meremehkan kemampuan yang saya miliki | | | | |
| 19 | Saya memiliki rencana jangka panjang untuk mengembangkan karir saya | | | | |
| 20 | Saya akan berusaha sampai tujuan saya tercapai | | | | |
| 21 | Saya cenderung menghindari tugas yang menantang karena merasa tidak mampu | | | | |
| 22 | Saya merasa stres saat mengerjakan tugas sulit | | | | |
| 23 | Saya ragu ketika mengerjakan tugas sulit karena beresiko gagal | | | | |

Lampiran III Skala *Quarter Life Crisis*

| No | Pernyataan | Sangat Setuju | Setuju | Tidak Setuju | Sangat Tidak Setuju |
|----|-----------------------------------------------------------------------------------------------------------------------------|---------------|--------|--------------|---------------------|
| 1 | Saya kesulitan dalam menentukan pilihan ketika dihadapkan dengan beberapa opsi. | | | | |
| 2 | Saya sedang mencoba memahami nilai - nilai dan prioritas yang benar -benar penting dalam hidup saya | | | | |
| 3 | Saya akhir-akhir ini mengkhawatirkan banyak hal, seperti keputusan karir, melanjutkan studi, dan menikah | | | | |
| 4 | Saya mengalami kebingungan dalam memilih pekerjaan | | | | |
| 5 | Saya merasa perlu untuk mempertanyakan kembali keputusan yang telah saya ambil terkait karir saya | | | | |
| 6 | Ketika saya berbuat salah, saya merasa takut orang tua mengkritik diri saya secara berlebihan | | | | |
| 7 | Saya merasa cemas ketika membuat keputusan besar dalam hidup saya | | | | |
| 8 | Saya percaya proses mengenali diri membantu saya merencanakan karir yang lebih jelas setelah lulus. | | | | |
| 9 | Ketika saya merasa gagal, saya bersedia membuka diri terhadap perubahan dan pertumbuhan di masa depan | | | | |
| 10 | Saya terjebak dalam siklus menerungi diri secara berlebihan , sehingga sulit bagi saya untuk menyelesaikan tugas akhir saya | | | | |

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|----|----------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|
| 11 | Terkadang saya takut dan cemas karena melihat banyaknya sarjana yang tidak memiliki pekerjaan setelah lulus | | | | |
| 12 | Saya tidak mengkhawatirkan masa depan saya | | | | |
| 13 | Saya merasa percaya diri dalam mengambil keputusan karena telah mempertimbangkannya dengan baik | | | | |
| 14 | Saya merasa bahwa waktu yang saya habiskan dengan orang-orang terdekat tidak memberikan kebahagiaan yang saya harapkan. | | | | |
| 15 | waktu berjalan begitu cepat, sementara saya belum memutuskan karir yang tepat | | | | |
| 16 | Ketika saya berusaha menentukan tujuan, saya sering merasa terjebak dan tidak tahu harus mulai dari mana. | | | | |
| 17 | Saya berfikir cepat atau lambat saya bisa sukses | | | | |
| 18 | Saya menyadari bahwa saya membutuhkan dukungan ketika saya merasa putus asa dalam menjalani kehidupan | | | | |
| 19 | Saya merasa tidak sehebat teman saya dalam bidang akademis | | | | |
| 20 | Saya merasa sudah semakin dewasa, namun belum mampu menghasilkan apa-apa | | | | |
| 21 | Saya sering merasa putus asa karena rasa takut gagal | | | | |
| 22 | Saya percaya bahwa usaha saya selama ini akan membuahkan hasil | | | | |
| 23 | Saya merasa stres saat mengerjakan tugas sulit | | | | |
| 24 | Saya ingin melakukan semua hal sesempurna mungkin dan menghindari kegagalan | | | | |
| 25 | Saya mampu mendengarkan keluhan dari keluarga dan teman | | | | |
| 26 | Proses mencari tujuan yang jelas membuat saya lebih terbuka terhadap berbagai peluang yang ada di depan saya. | | | | |
| 27 | Sikap positif terhadap kegagalan membantu saya tetap termotivasi untuk terus berusaha dan mencapai hasil yang lebih baik di masa depan | | | | |

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|----|-------------------------------------------------------------------------------------------------------------|--|--|--|--|
| 28 | Saya khawatir dikecewakan oleh orang terdekat | | | | |
| 29 | Saya yakin setiap orang mengalami ketakutan gagal dan itu adalah bagian normal dari proses | | | | |
| 30 | Saya memiliki beberapa impian dan mengetahui cara mewujudkannya | | | | |
| 31 | Saya tidak tahu apa yang akan saya lakukan setelah lulus dari perkuliahan | | | | |
| 32 | Saya merasa mampu melewati berbagai tantangan dalam hidup saya | | | | |
| 33 | Saya sering membandingkan diri saya dengan orang lain yang tampak mampu mengatasi tekanan dengan lebih baik | | | | |

Lampiran IV Tabulasi Data Efikasi Diri

| No | UF | UF | F | UF | UF | UF | F | UF | F | UF | F | UF | UF | F | UF | UF | F | UF | F | F | UF | F | UF | UF | | | |
|----|----|----|---|----|----|----|---|----|---|----|---|----|----|---|----|----|---|----|---|---|----|---|----|----|---|---|----|
| 1 | 2 | 1 | 4 | 2 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 4 | 3 | 3 | 2 | 3 | 2 | 2 | 55 |
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| 3 | 3 | 3 | 3 | 3 | 2 | 2 | 3 | 3 | 3 | 2 | 3 | 4 | 4 | 3 | 2 | 3 | 3 | 3 | 1 | 3 | 3 | 4 | 3 | 3 | 1 | 2 | 63 |
| 4 | 3 | 2 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 2 | 3 | 64 |
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| 6 | 2 | 1 | 3 | 3 | 2 | 3 | 4 | 2 | 3 | 2 | 4 | 2 | 2 | 3 | 1 | 1 | 4 | 2 | 2 | 4 | 3 | 4 | 2 | 4 | 1 | 2 | 55 |
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| 9 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 69 |
| 10 | 3 | 2 | 4 | 3 | 1 | 2 | 3 | 3 | 4 | 3 | 4 | 3 | 4 | 4 | 4 | 1 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 75 |
| 11 | 2 | 3 | 3 | 3 | 1 | 2 | 3 | 2 | 3 | 2 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 4 | 3 | 4 | 3 | 3 | 2 | 2 | 60 |
| 12 | 2 | 3 | 2 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 61 |
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| 15 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 4 | 4 | 3 | 4 | 3 | 3 | 2 | 2 | 74 |
| 16 | 2 | 3 | 3 | 3 | 1 | 2 | 3 | 2 | 3 | 1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 60 |
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| 18 | 3 | 3 | 3 | 3 | 2 | 3 | 4 | 2 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 66 |
| 19 | 2 | 2 | 3 | 3 | 3 | 2 | 3 | 2 | 3 | 3 | 4 | 4 | 3 | 4 | 3 | 2 | 3 | 1 | 3 | 3 | 3 | 3 | 2 | 3 | 2 | 2 | 62 |
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| 22 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 66 |
| 23 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 3 | 70 |
| 24 | 3 | 2 | 4 | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 2 | 4 | 4 | 3 | 3 | 3 | 2 | 4 | 3 | 4 | 3 | 4 | 73 |
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| 46 | 4 | 4 | 4 | 2 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 1 | 4 | 3 | 4 | 1 | 4 | 3 | 4 | 4 | 2 | 4 | 78 | |
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| 48 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 4 | 4 | 4 | 3 | 4 | 4 | 3 | 4 | 3 | 3 | 4 | 4 | 3 | 4 | 3 | 3 | 78 | |
| 49 | 4 | 4 | 4 | 2 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 4 | 4 | 3 | 2 | 4 | 2 | 1 | 3 | 2 | 4 | 2 | 2 | 4 | 2 | 1 | 60 | |
| 50 | 2 | 2 | 2 | 1 | 4 | 3 | 2 | 1 | 2 | 4 | 3 | 2 | 2 | 4 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 4 | 3 | 1 | 2 | 52 | |
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| 63 | 3 | 4 | 3 | 3 | 4 | 2 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 4 | 3 | 4 | 3 | 3 | 4 | 3 | 4 | 3 | 3 | 4 | 76 | |
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| 69 | 3 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 4 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 4 | 4 | 83 | |

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| 71 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 4 | 2 | 4 | 3 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 79 |
| 72 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 83 | |
| 73 | 4 | 3 | 3 | 4 | 4 | 3 | 4 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 79 |
| 74 | 3 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 4 | 3 | 4 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 84 |
| 75 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 3 | 87 |
| 76 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 83 |
| 77 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 78 | |
| 78 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 4 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 4 | 4 | 86 | |
| 79 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 3 | 4 | 3 | 3 | 4 | 3 | 4 | 3 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 4 | 4 | 85 | |
| 80 | 3 | 4 | 3 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 80 | |
| 81 | 4 | 4 | 4 | 3 | 4 | 4 | 3 | 4 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 3 | 4 | 4 | 4 | 3 | 3 | 3 | 4 | 4 | 3 | 4 | 85 | |
| 82 | 4 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 3 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 84 | |
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| 3 | 1 | 1 | 3 | 2 | 4 | 2 | 3 | 1 | 4 | 1 | 4 | 1 | 2 | 3 | 3 | 3 | 3 | 2 | 1 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 2 | 2 | 79 | |
| 2 | 2 | 3 | 2 | 3 | 3 | 2 | 2 | 1 | 2 | 2 | 3 | 2 | 3 | 4 | 3 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 4 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 3 | 2 | 73 |
| 2 | 2 | 3 | 3 | 4 | 3 | 3 | 2 | 3 | 2 | 1 | 3 | 2 | 3 | 1 | 3 | 2 | 1 | 2 | 3 | 2 | 2 | 2 | 3 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 1 | 72 |
| 2 | 2 | 3 | 3 | 4 | 3 | 2 | 2 | 2 | 3 | 4 | 2 | 2 | 4 | 3 | 3 | 2 | 1 | 2 | 3 | 1 | 2 | 2 | 3 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 73 |
| 2 | 2 | 3 | 4 | 3 | 2 | 3 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 1 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 3 | 2 | 74 |
| 2 | 1 | 1 | 2 | 1 | 2 | 4 | 1 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 1 | 2 | 1 | 2 | 2 | 1 | 2 | 1 | 2 | 2 | 1 | 2 | 2 | 3 | 3 | 65 |
| 2 | 2 | 3 | 4 | 3 | 3 | 2 | 1 | 2 | 2 | 2 | 1 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 3 | 1 | 2 | 2 | 3 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 71 |
| 2 | 2 | 2 | 1 | 2 | 2 | 4 | 1 | 2 | 2 | 1 | 2 | 1 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 1 | 2 | 1 | 2 | 2 | 2 | 1 | 2 | 3 | 3 | 70 |
| 2 | 2 | 3 | 2 | 3 | 2 | 3 | 1 | 1 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 1 | 2 | 1 | 2 | 1 | 2 | 3 | 3 | 72 |
| 1 | 2 | 1 | 1 | 1 | 2 | 3 | 2 | 2 | 1 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 1 | 2 | 1 | 2 | 1 | 2 | 2 | 2 | 1 | 2 | 3 | 3 | 72 |
| 3 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 3 | 3 | 2 | 2 | 1 | 2 | 1 | 2 | 2 | 2 | 1 | 2 | 3 | 3 | 79 | |
| 3 | 3 | 2 | 1 | 2 | 2 | 4 | 2 | 1 | 2 | 2 | 2 | 1 | 2 | 1 | 1 | 2 | 2 | 1 | 2 | 1 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 1 | 2 | 3 | 3 | 70 |
| 2 | 2 | 3 | 2 | 3 | 2 | 3 | 1 | 1 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 1 | 2 | 3 | 3 | 70 |
| 2 | 2 | 2 | 1 | 2 | 2 | 4 | 1 | 2 | 2 | 2 | 2 | 1 | 2 | 1 | 2 | 2 | 1 | 1 | 2 | 4 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 4 | 3 | 72 | |
| 3 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 2 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 1 | 2 | 3 | 3 | 80 | |
| 1 | 2 | 2 | 1 | 1 | 1 | 4 | 2 | 2 | 1 | 1 | 1 | 2 | 1 | 1 | 2 | 2 | 1 | 1 | 2 | 1 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 1 | 2 | 2 | 4 | 4 | 69 |
| 4 | 3 | 3 | 4 | 2 | 3 | 1 | 4 | 2 | 3 | 2 | 1 | 3 | 1 | 4 | 3 | 2 | 3 | 4 | 3 | 4 | 4 | 1 | 2 | 4 | 3 | 3 | 4 | 3 | 3 | 1 | 2 | 90 | |
| 1 | 2 | 2 | 1 | 1 | 1 | 4 | 2 | 2 | 1 | 1 | 1 | 2 | 1 | 1 | 2 | 2 | 1 | 1 | 2 | 1 | 2 | 3 | 3 | 4 | 2 | 4 | 4 | 4 | 3 | 1 | 2 | 69 | |
| 3 | 3 | 3 | 4 | 2 | 4 | 2 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 1 | 2 | 4 | 1 | 1 | 3 | 2 | 3 | 1 | 3 | 3 | 4 | 4 | 3 | 3 | 1 | 1 | 77 | |
| 1 | 2 | 2 | 1 | 1 | 1 | 4 | 2 | 2 | 1 | 1 | 1 | 2 | 1 | 1 | 2 | 2 | 1 | 1 | 2 | 1 | 2 | 2 | 3 | 1 | 1 | 1 | 2 | 1 | 2 | 2 | 3 | 3 | 69 |
| 2 | 2 | 1 | 1 | 1 | 2 | 3 | 2 | 1 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 4 | 2 | 1 | 4 | 2 | 1 | 1 | 2 | 1 | 2 | 1 | 3 | 3 | 71 |
| 4 | 1 | 1 | 1 | 2 | 1 | 4 | 3 | 3 | 1 | 1 | 2 | 1 | 1 | 1 | 2 | 1 | 1 | 2 | 1 | 2 | 2 | 1 | 3 | 1 | 3 | 2 | 2 | 1 | 2 | 2 | 4 | 3 | 61 |
| 2 | 2 | 1 | 2 | 1 | 1 | 3 | 1 | 2 | 2 | 2 | 2 | 1 | 2 | 1 | 2 | 2 | 1 | 1 | 1 | 1 | 2 | 2 | 4 | 2 | 2 | 1 | 2 | 1 | 2 | 1 | 3 | 4 | 64 |
| 1 | 2 | 1 | 1 | 2 | 1 | 4 | 2 | 1 | 2 | 2 | 1 | 1 | 2 | 1 | 2 | 1 | 1 | 1 | 2 | 1 | 1 | 1 | 4 | 2 | 1 | 1 | 2 | 1 | 2 | 1 | 3 | 4 | 63 |
| 2 | 1 | 1 | 1 | 2 | 1 | 4 | 2 | 3 | 2 | 2 | 1 | 2 | 2 | 1 | 1 | 2 | 2 | 1 | 1 | 1 | 2 | 1 | 3 | 2 | 2 | 1 | 2 | 2 | 1 | 4 | 4 | 64 | |
| 1 | 2 | 1 | 2 | 2 | 2 | 3 | 2 | 1 | 1 | 1 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 1 | 1 | 1 | 2 | 1 | 3 | 1 | 2 | 2 | 2 | 1 | 2 | 1 | 3 | 4 | 63 |
| 2 | 2 | 1 | 2 | 2 | 2 | 3 | 2 | 2 | 1 | 2 | 2 | 3 | 2 | 1 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 1 | 2 | 2 | 1 | 3 | 3 | 69 | |
| 2 | 2 | 1 | 2 | 1 | 1 | 4 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 1 | 1 | 1 | 2 | 2 | 1 | 3 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 3 | 3 | 66 |

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|----|----|----|
| 3 | 2 | 4 | 4 | 2 | 3 | 1 | 1 | 2 | 3 | 3 | 3 | 1 | 3 | 3 | 4 | 1 | 1 | 3 | 3 | 1 | 1 | 3 | 3 | 2 | 1 | 1 | 4 | 2 | 2 | 1 | 4 | 2 | 79 | |
| 3 | 2 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 2 | 3 | 3 | 3 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 3 | 2 | 2 | 4 | 4 | 4 | 84 |
| 3 | 2 | 3 | 3 | 3 | 4 | 1 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 2 | 3 | 3 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 85 | | |
| 2 | 4 | 3 | 2 | 3 | 3 | 2 | 3 | 2 | 1 | 1 | 2 | 1 | 1 | 2 | 1 | 1 | 1 | 2 | 1 | 2 | 2 | 3 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 64 | | |
| 3 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 3 | 3 | 2 | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 79 | | |
| 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 2 | 2 | 4 | 4 | 1 | 3 | 4 | 4 | 3 | 3 | 3 | 4 | 83 | |

Lampiran VI Uji Validitas dan Uji Reabilitas Skala Efikasi Diri

Putaran ke-1

Reliability Statistics

| | |
|------------------|------------|
| Cronbach's Alpha | N of Items |
| .864 | 36 |

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|--------|----------------------------|--------------------------------|----------------------------------|----------------------------------|
| item1 | 105.75 | 175.722 | .123 | .865 |
| item2 | 106.14 | 166.482 | .474 | .858 |
| item3 | 105.85 | 173.951 | .191 | .864 |
| item4 | 106.09 | 167.379 | .403 | .860 |
| item5 | 105.92 | 168.650 | .420 | .860 |
| item6 | 105.94 | 168.727 | .413 | .860 |
| item7 | 106.16 | 163.630 | .523 | .857 |
| item8 | 106.08 | 169.576 | .324 | .862 |
| item9 | 105.81 | 171.238 | .309 | .862 |
| item10 | 106.11 | 163.654 | .557 | .856 |
| item11 | 106.05 | 168.545 | .382 | .860 |
| item12 | 106.07 | 166.059 | .468 | .858 |
| item13 | 106.00 | 167.438 | .483 | .858 |
| item14 | 105.93 | 171.552 | .267 | .863 |
| item15 | 106.02 | 170.845 | .292 | .862 |
| item16 | 106.19 | 167.885 | .370 | .861 |
| item17 | 105.86 | 169.208 | .367 | .861 |
| item18 | 105.99 | 173.855 | .165 | .865 |
| item19 | 105.99 | 171.806 | .252 | .863 |

| | | | | |
|--------|--------|---------|------|------|
| item20 | 106.06 | 168.946 | .409 | .860 |
| item21 | 106.19 | 165.570 | .500 | .858 |
| item22 | 106.07 | 169.213 | .332 | .862 |
| item23 | 106.15 | 167.908 | .412 | .860 |
| item24 | 106.33 | 168.798 | .344 | .861 |
| item25 | 106.32 | 170.854 | .284 | .863 |
| item26 | 106.00 | 170.632 | .269 | .863 |
| item27 | 106.30 | 164.789 | .507 | .857 |
| item28 | 106.24 | 166.234 | .428 | .859 |
| item29 | 105.99 | 171.254 | .306 | .862 |
| item30 | 106.29 | 175.977 | .041 | .869 |
| item31 | 106.05 | 167.908 | .417 | .860 |
| item32 | 106.25 | 166.764 | .452 | .859 |
| item33 | 106.17 | 170.323 | .331 | .862 |
| item34 | 106.17 | 172.200 | .269 | .863 |
| item35 | 106.39 | 168.617 | .360 | .861 |
| item36 | 106.24 | 166.254 | .479 | .858 |

Putaran ke-2

Reliability Statistics

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .868 | 26 |

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|--------|----------------------------|--------------------------------|----------------------------------|----------------------------------|
| item2 | 75.23 | 116.946 | .515 | .860 |
| item4 | 75.18 | 117.315 | .459 | .862 |
| item5 | 75.01 | 119.871 | .401 | .863 |
| item6 | 75.02 | 119.467 | .420 | .863 |
| item7 | 75.25 | 114.369 | .568 | .858 |
| item8 | 75.17 | 119.215 | .378 | .864 |
| item9 | 74.90 | 122.328 | .273 | .867 |
| item10 | 75.20 | 114.083 | .620 | .857 |
| item11 | 75.14 | 119.264 | .391 | .864 |
| item12 | 75.16 | 116.535 | .509 | .860 |
| item13 | 75.09 | 118.902 | .460 | .862 |
| item16 | 75.28 | 119.793 | .324 | .866 |

| | | | | |
|--------|-------|---------|------|------|
| item17 | 74.95 | 120.420 | .343 | .865 |
| item20 | 75.15 | 120.429 | .372 | .864 |
| item21 | 75.28 | 116.333 | .531 | .860 |
| item22 | 75.16 | 119.978 | .331 | .865 |
| item23 | 75.24 | 119.923 | .358 | .865 |
| item24 | 75.42 | 119.687 | .340 | .865 |
| item27 | 75.39 | 116.578 | .491 | .861 |
| item28 | 75.33 | 117.994 | .402 | .863 |
| item29 | 75.08 | 122.352 | .269 | .867 |
| item31 | 75.14 | 119.374 | .391 | .864 |
| item32 | 75.34 | 117.777 | .461 | .862 |
| item33 | 75.26 | 121.876 | .278 | .867 |
| item35 | 75.48 | 118.380 | .415 | .863 |
| item36 | 75.33 | 116.979 | .508 | .860 |

Putaran ke-3

Reliability Statistics

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .865 | 23 |

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|--------|----------------------------|--------------------------------|----------------------------------|----------------------------------|
| item2 | 75.23 | 116.946 | .515 | .860 |
| item4 | 75.18 | 117.315 | .459 | .862 |
| item5 | 75.01 | 119.871 | .401 | .863 |
| item6 | 75.02 | 119.467 | .420 | .863 |
| item7 | 75.25 | 114.369 | .568 | .858 |
| item8 | 75.17 | 119.215 | .378 | .864 |
| item10 | 75.20 | 114.083 | .620 | .857 |
| item11 | 75.14 | 119.264 | .391 | .864 |
| item12 | 75.16 | 116.535 | .509 | .860 |
| item13 | 75.09 | 118.902 | .460 | .862 |
| item16 | 75.28 | 119.793 | .324 | .866 |
| item17 | 74.95 | 120.420 | .343 | .865 |
| item20 | 75.15 | 120.429 | .372 | .864 |
| item21 | 75.28 | 116.333 | .531 | .860 |

| | | | | |
|--------|-------|---------|------|------|
| item22 | 75.16 | 119.978 | .331 | .865 |
| item23 | 75.24 | 119.923 | .358 | .865 |
| item24 | 75.42 | 119.687 | .340 | .865 |
| item27 | 75.39 | 116.578 | .491 | .861 |
| item28 | 75.33 | 117.994 | .402 | .863 |
| item31 | 75.14 | 119.374 | .391 | .864 |
| item32 | 75.34 | 117.777 | .461 | .862 |
| item35 | 75.48 | 118.380 | .415 | .863 |
| item36 | 75.33 | 116.979 | .508 | .860 |

Lampiran VII Hasil Uji Validitas dan Uji Reliabilitas Skala *Quarter Life Crisis*
Putaran ke-1

Reliability Statistics

| | |
|------------------|------------|
| Cronbach's Alpha | N of Items |
| .925 | 48 |

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|--------|----------------------------|--------------------------------|----------------------------------|----------------------------------|
| item1 | 117.49 | 427.614 | .585 | .922 |
| item2 | 117.49 | 427.614 | .585 | .922 |
| item3 | 118.11 | 443.047 | .202 | .925 |
| item4 | 117.69 | 431.051 | .456 | .923 |
| item5 | 117.87 | 436.053 | .371 | .924 |
| item6 | 117.49 | 427.107 | .509 | .923 |
| item7 | 117.57 | 428.236 | .524 | .923 |
| item8 | 117.42 | 438.593 | .246 | .925 |
| item9 | 117.96 | 439.227 | .272 | .925 |
| item10 | 117.54 | 431.673 | .406 | .924 |
| item11 | 117.72 | 471.975 | -.542 | .932 |
| item12 | 118.33 | 441.425 | .240 | .925 |
| item13 | 118.28 | 443.286 | .165 | .925 |
| item14 | 118.08 | 440.183 | .237 | .925 |
| item15 | 117.65 | 430.964 | .482 | .923 |
| item16 | 117.44 | 427.302 | .469 | .923 |
| item17 | 118.24 | 441.239 | .238 | .925 |

| | | | | |
|--------|--------|---------|------|------|
| item18 | 117.47 | 427.733 | .555 | .922 |
| item19 | 117.18 | 435.560 | .328 | .924 |
| item20 | 118.05 | 435.669 | .408 | .924 |
| item21 | 118.07 | 443.259 | .132 | .926 |
| item22 | 117.57 | 427.092 | .513 | .923 |
| item23 | 117.43 | 430.893 | .465 | .923 |
| item24 | 117.98 | 445.368 | .091 | .926 |
| item25 | 118.23 | 438.876 | .265 | .925 |
| item26 | 117.43 | 431.829 | .422 | .924 |
| item27 | 117.69 | 426.234 | .517 | .923 |
| item28 | 117.44 | 429.332 | .465 | .923 |
| item29 | 117.59 | 445.198 | .102 | .926 |
| item30 | 118.19 | 444.963 | .107 | .926 |
| item31 | 117.90 | 436.143 | .344 | .924 |
| item32 | 117.78 | 429.773 | .440 | .923 |
| item33 | 118.24 | 443.528 | .179 | .925 |
| item34 | 117.02 | 415.950 | .782 | .920 |
| item35 | 117.04 | 416.043 | .725 | .920 |
| item36 | 117.19 | 417.198 | .704 | .921 |
| item37 | 116.76 | 436.831 | .339 | .924 |
| item38 | 117.27 | 414.774 | .687 | .921 |
| item39 | 117.33 | 412.689 | .740 | .920 |
| item40 | 117.36 | 414.668 | .695 | .921 |
| item41 | 116.90 | 417.477 | .737 | .921 |
| item42 | 117.37 | 413.747 | .703 | .921 |
| item43 | 117.21 | 415.701 | .708 | .921 |
| item44 | 117.20 | 413.344 | .772 | .920 |
| item45 | 116.69 | 441.489 | .219 | .925 |
| item46 | 117.34 | 413.438 | .708 | .920 |
| item47 | 116.97 | 441.800 | .143 | .926 |
| item48 | 117.02 | 415.497 | .739 | .920 |

Putaran ke-2

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .947 | 33 |

Item-Total Statistics

| | Scale | Mean if | Scale Variance if | Corrected Item- | Cronbach's Alpha |
|--------|--------------|--------------|-------------------|-------------------|------------------|
| | Item Deleted | Item Deleted | Item Deleted | Total Correlation | if Item Deleted |
| item1 | 82.48 | | 362.629 | .604 | .945 |
| item2 | 82.48 | | 362.629 | .604 | .945 |
| item4 | 82.68 | | 365.483 | .482 | .946 |
| item5 | 82.86 | | 373.951 | .303 | .947 |
| item6 | 82.48 | | 360.599 | .567 | .945 |
| item7 | 82.56 | | 362.963 | .547 | .945 |
| item10 | 82.53 | | 365.822 | .437 | .946 |
| item15 | 82.64 | | 365.226 | .514 | .946 |
| item16 | 82.43 | | 359.998 | .543 | .946 |
| item18 | 82.46 | | 361.971 | .596 | .945 |
| item19 | 82.17 | | 367.583 | .412 | .947 |
| item20 | 83.04 | | 371.342 | .383 | .947 |
| item22 | 82.56 | | 361.402 | .549 | .945 |
| item23 | 82.42 | | 364.902 | .504 | .946 |
| item26 | 82.42 | | 364.344 | .500 | .946 |
| item27 | 82.68 | | 361.402 | .530 | .946 |
| item28 | 82.43 | | 363.002 | .514 | .946 |
| item31 | 82.89 | | 372.251 | .307 | .947 |
| item32 | 82.77 | | 363.520 | .485 | .946 |
| item34 | 82.01 | | 351.353 | .813 | .943 |
| item35 | 82.03 | | 351.039 | .764 | .943 |
| item36 | 82.18 | | 353.053 | .718 | .944 |
| item37 | 81.75 | | 370.836 | .367 | .947 |
| item38 | 82.26 | | 352.550 | .659 | .944 |
| item39 | 82.32 | | 350.974 | .703 | .944 |
| item40 | 82.35 | | 352.019 | .677 | .944 |
| item41 | 81.89 | | 352.101 | .785 | .943 |
| item42 | 82.36 | | 351.695 | .673 | .944 |
| item43 | 82.20 | | 353.068 | .687 | .944 |
| item44 | 82.19 | | 349.507 | .786 | .943 |
| item46 | 82.33 | | 351.047 | .687 | .944 |
| item48 | 82.01 | | 352.084 | .738 | .944 |

Lampiran VIII Hasil Uji Normalitas

One-Sample Kolmogorov-Smirnov

Test Unstandardized Residual

| | | |
|----------------------------------|----------------|---------------------|
| N | | 202 |
| Normal Parameters ^{a,b} | Mean | .0000000 |
| | Std. Deviation | 7.03878404 |
| Most Extreme Differences | Absolute | .044 |
| | Positive | .044 |
| | Negative | -.027 |
| Test Statistic | | .044 |
| Asymp. Sig. (2-tailed) | | .200 ^{c,d} |

Lampiran ke IX Hasil Uji Linieritas

ANOVA Table

| | | Sum of Squares | df | Mean Square | F | Sig. |
|------------------------------|--------------------------|----------------|-----|-------------|--------|------|
| Y * X Between n Groups | (Combined) | 3711.021 | 40 | 92.776 | 1.942 | .002 |
| | Linearity | 1445.559 | 1 | 1445.559 | 30.253 | .000 |
| | Deviation from Linearity | 2265.462 | 39 | 58.089 | 1.216 | .201 |
| Within Groups | | 7692.979 | 161 | 47.782 | | |
| Total | | 11404.000 | 201 | | | |

Lampiran ke X Hasil Uji Korelasi Product Moment

| | | X | Y |
|---|---------------------|---------|---------|
| X | Pearson Correlation | 1 | -.325** |
| | Sig. (2-tailed) | | .000 |
| | N | 202 | 202 |
| Y | Pearson Correlation | -.325** | 1 |
| | Sig. (2-tailed) | .000 | |
| | N | 202 | 202 |

Lampiran ke XI Kategorisasi Efikasi Diri

Kategori

| | | Freque ncy | Percent | Valid Percent | Cumulative Percent |
|-------|--------|---------------|---------|---------------|-----------------------|
| Valid | Rendah | 49 | 15.5 | 24.3 | 24.3 |
| | Sedang | 90 | 28.5 | 44.6 | 68.8 |
| | Tinggi | 63 | 19.9 | 31.2 | 100.0 |
| | Total | 202 | 63.9 | 100.0 | |

Lampiran ke XII Kategorisasi *Quarter Life Crisis*

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------|-----------|---------|---------------|-----------------------|
| Valid | Rendah | 41 | 20.3 | 20.3 | 20.3 |
| | Sedang | 111 | 55.0 | 55.0 | 75.2 |
| | Tinggi | 50 | 24.8 | 24.8 | 100.0 |
| | Total | 202 | 100.0 | 100.0 | |