

LAMPIRAN

Lampiran 1. Skala *Loneliness*

| NO | Pernyataan | SS | S | N | TS | STS |
|-----|--|----|---|---|----|-----|
| 1. | Saya merasa nyaman bersosialisasi dengan lingkungan sekitar | | | | | |
| 2. | Saya tidak memiliki teman dekat | | | | | |
| 3. | Saat saya sedang kesulitan, tidak ada satupun orang yang bisa saya minta bantuan | | | | | |
| 4. | Saya tidak merasa sendirian | | | | | |
| 5. | Saya menjadi bagian dari sekelompok temann | | | | | |
| 6. | Saya memiliki kesamaan yang menyenangkan dengan temann | | | | | |
| 7. | Saya tidak memiliki banyak teman yang bisa cocok dengan saya | | | | | |
| 8. | Ide dan saran saya tidak digunakan orang lain saat sedang diskusi | | | | | |
| 9. | Saya orang yang mudah bergaul | | | | | |
| 10. | Disekitar saya banyak orang yang membuat saya nyaman | | | | | |
| 11. | Saya merasa tersisih dari lingkungan sekitar | | | | | |
| 12. | Hubungan saya dengan teman - teman tidak mendalam | | | | | |
| 13. | Tidak ada yang benar benar mengenal saya dengan dengan baik | | | | | |

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|------------|---|--|--|--|--|--|
| 14. | Saya merasa terisolasi dari orang lain | | | | | |
| 15. | Saya dapat menemukan teman saat saya membutuhkan mereka | | | | | |
| 16. | Orang-orang di sekitar saya benar benar mengerti saya | | | | | |
| 17. | Saya tidak suka menjadi orang yang pendiam | | | | | |
| 18. | Orang-orang ada di sekitar saya tetapi saya tetap merasa sendiri | | | | | |
| 19. | Saya memiliki teman yang bisa saya ajak bertukar cerita | | | | | |
| 20. | Saya tidak memiliki orang yang bisa dihubungi saat sedang kesusahan | | | | | |

Lampiran 2. Skala *Self Compassion*

| NO | Pernyataan | SS | S | N | TS | STS |
|-----------|---|-----------|----------|----------|-----------|------------|
| 1. | Saya berusaha mengerti beberapa kekurangan meskipun saya tidak suka | | | | | |
| 2. | menyadari kekurangan diri sendiri membuat saya merasa rendah diri | | | | | |
| 3. | Saat saya kesulitan disuatu hal,saya berusaha mengingatkan diri sendiri bahwa kesulitan itu juga dirasakan orang lain | | | | | |
| 4. | Saya merasa sendirian ketika gagal melakukan sesuatu yang penting bagi saya | | | | | |
| 5. | Ketika sesuatu yang menyakitkan terjadi, saya mencoba melihat sesuatu dai sudut pandang yang lain | | | | | |
| 6. | Saya akan terbawa emosi, saat ada sesuatu yang membuat kesal | | | | | |
| 7. | Saat saya mengalami penderitaan saya tetap bersikap baik pada diri sendiri | | | | | |
| 8. | Saya cenderung lebih keras pada diri sendiri saat berada dalam masa sulit | | | | | |
| 9. | Saya melihat kegagalan yang saya alami sebagai hal yang wajar dalam perjalanan hidup sebagai manusia | | | | | |
| 10. | Saat memikirkan kekurangan diri sendiri, hal ini membuat saya semakin tertinggal jauh dari dunia luar | | | | | |
| 11. | Ketika gagal melakukan sesuatu, saya mencoba untuk memandang dari perspektif yang positif hal tersebut | | | | | |

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|-----|--|--|--|--|--|--|
| 12. | Ketika sesuatu yang menyakitkan terjadi, saya cenderung akan membesar-besarkan hal tersebut | | | | | |
| 13. | Saya tetap memperhatikan diri saya meskipun sedang dalam masa sulit | | | | | |
| 14. | Saya menjadi tidak peduli terhadap diri sendiri saat sedang bersedih | | | | | |
| 15. | Ketika sedang merasa putus asa, saya mengingatkan diri bahwa ada banyak orang yang merasakan hal yang sama juga | | | | | |
| 16. | Saat saya sedang sedih, saya merasa orang lain lebih bahagia daripada saya | | | | | |
| 17. | Saya akan menjaga emosi agar tetap seimbang saat ada sesuatu yang membuat kesal | | | | | |
| 18. | Saat sedang sedih, saya cenderung terpaku pada segala hal yang salah | | | | | |
| 19. | Saya mentoleransi kelemahan diri yang saya miliki | | | | | |
| 20. | Saya marah pada diri sendiri saat saya melakukan sebuah kesalahan | | | | | |
| 21. | Saat saya merasa sesuatu berjalan tidak sesuai harapan, saya memandang kesulitan itu sebagai bagian dari kehidupan yang akan dialami oleh setiap orang | | | | | |
| 22. | Saya sedang berjuang keras dan cenderung merasa orang lain memiliki jalan yang lebih mudah | | | | | |
| 23. | Saya tetap menerima dan terbuka pada diri saya sendiri saat sedang merasa sedih | | | | | |

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| 24. | Saya akan dihantui perasaan tidak mampu saat saya gagal melakukan hal yang penting bagi diri saya sendiri | | | | | |
| 25. | Saat sedang mengalami sakit hati saya mencoba untuk memahaminya | | | | | |
| 26. | Saya tidak mentoleransi kekurangan dalam diri saya sendiri | | | | | |

Lampiran 3. Skala Dukungan Sosial

| NO | Pernyataan | SS | S | N | TS | STS |
|-----------|--|-----------|----------|----------|-----------|------------|
| 1. | Saya memiliki teman saat sedang membutuhkan bantuan | | | | | |
| 2. | Saya memiliki teman untuk berbagi suka maupun duka | | | | | |
| 3. | Keluarga saya terus berusaha membantu saya saat dalam kesulitan | | | | | |
| 4. | Saya mendapatkan bantuan dan dukungan emosional yang saya butuhkan dari keluarga | | | | | |
| 5. | Saya memiliki teman dekat yang menjadi sumber kenyamanan | | | | | |
| 6. | Teman saya berusaha membantu saat saya dalam kesulitan | | | | | |
| 7. | Saya dapat mengandalkan teman saya jika keadaan tidak berjalan sesuai harapan | | | | | |
| 8. | Saya dapat bercerita tentang masalah yang saya hadapi kepada keluarga | | | | | |
| 9. | Saya mempunyai teman yang mau menemani saya dalam keadaan suka maupun duka | | | | | |
| 10. | Saya memiliki teman dekat yang mau peduli dengan perasaan saya | | | | | |
| 11. | Keluarga saya bersedia membantu saya dalam membuat keputusan | | | | | |
| 12. | Saya bisa membicarakan masalah yang saya hadapi dengan teman-teman saya | | | | | |

Lampiran 4. Kuesioner Penelitian Bantuan *G-Form*

Bagian 1 dari 4

HUBUNGAN ANTARA SELF COMPASSION DAN DUKUNGAN SOSIAL DENGAN LONELINESS PADA MAHASISWA RANTAU DI SURABAYA

B *I* U  

Assalamualaikum Wt:Wb
Shalom, Om Swastiastu, Namu Buddhaya, Salam Kebajikan, Rahayu
Perkenalkan saya Meicha Lady Rosstiana dari Mahasiswa Fakultas Psikologi Untag Surabaya
Saat ini saya sedang melakukan penelitian yang berjudul '**Hubungan Antara Dukungan Sosial dan self compassion dengan loneliness pada mahasiswa rantau di Surabaya**'.

Terkait hal ini, izinkan saya memohon bantuan teman-teman untuk berkenan menjadi responden dalam penelitian saya. Sebagai seorang peneliti, saya sangat mengharapkan teman-teman memberikan **respon atau jawaban setiap pernyataan yang telah saya sediakan dengan sejujur-jujumya**, sesuai dengan keadaan yang dialami, karena keberhasilan penelitian saya sangat ditentukan oleh hal tersebut.

Lampiran 5. Tabulasi Skala *Loneliness*

| | A | B | C | D | E | F | G | H | I | J | K | L | M | N | O | P | Q | R | S | T | U |
|----|--------|----|----|----|----|----|----|----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 1 | NO | Y1 | Y2 | Y3 | Y4 | Y5 | Y6 | Y7 | Y8 | Y9 | Y10 | Y11 | Y12 | Y13 | Y14 | Y15 | Y16 | Y17 | Y18 | Y19 | Y20 |
| 2 | RES 1 | 4 | 5 | 5 | 5 | 4 | 2 | 5 | 4 | 5 | 2 | 5 | 2 | 3 | 3 | 4 | 3 | 2 | 4 | 5 | 5 |
| 3 | RES 2 | 3 | 2 | 2 | 2 | 3 | 2 | 2 | 3 | 3 | 2 | 3 | 1 | 1 | 4 | 3 | 1 | 1 | 2 | 2 | 4 |
| 4 | RES 3 | 4 | 5 | 4 | 4 | 5 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| 5 | RES 4 | 5 | 5 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 4 | 2 | 4 | 4 | 3 | 5 | 4 | 4 | 2 | 4 | 3 |
| 6 | RES 5 | 4 | 4 | 4 | 4 | 5 | 5 | 2 | 4 | 2 | 4 | 4 | 5 | 4 | 4 | 4 | 4 | 3 | 5 | 5 | 3 |
| 7 | RES 6 | 4 | 4 | 4 | 5 | 5 | 5 | 2 | 4 | 2 | 4 | 4 | 5 | 4 | 4 | 4 | 4 | 4 | 5 | 4 | 4 |
| 8 | RES 7 | 2 | 4 | 1 | 3 | 3 | 2 | 4 | 3 | 3 | 3 | 2 | 1 | 1 | 3 | 2 | 2 | 5 | 2 | 2 | 3 |
| 9 | RES 8 | 3 | 3 | 4 | 5 | 4 | 2 | 3 | 4 | 4 | 4 | 5 | 2 | 1 | 3 | 4 | 1 | 2 | 2 | 5 | 3 |
| 10 | RES 9 | 4 | 5 | 5 | 4 | 5 | 4 | 3 | 4 | 4 | 2 | 4 | 4 | 2 | 5 | 4 | 4 | 4 | 4 | 5 | 5 |
| 11 | RES 10 | 5 | 4 | 4 | 4 | 5 | 5 | 2 | 4 | 3 | 4 | 4 | 4 | 3 | 3 | 5 | 4 | 4 | 5 | 5 | 3 |
| 12 | RES 11 | 4 | 5 | 2 | 5 | 4 | 4 | 2 | 4 | 4 | 4 | 2 | 2 | 2 | 4 | 4 | 4 | 2 | 4 | 4 | 4 |
| 13 | RES 12 | 4 | 5 | 5 | 2 | 4 | 4 | 1 | 4 | 1 | 1 | 3 | 2 | 1 | 2 | 3 | 2 | 2 | 3 | 5 | 2 |
| 14 | RES 13 | 3 | 3 | 5 | 4 | 4 | 2 | 2 | 5 | 5 | 5 | 5 | 3 | 2 | 4 | 3 | 2 | 3 | 2 | 4 | 4 |
| 15 | RES 14 | 3 | 4 | 4 | 4 | 4 | 4 | 2 | 4 | 1 | 2 | 3 | 3 | 1 | 5 | 4 | 3 | 3 | 3 | 3 | 5 |
| 16 | RES 15 | 5 | 2 | 5 | 3 | 1 | 1 | 2 | 5 | 3 | 4 | 3 | 2 | 4 | 3 | 3 | 2 | 5 | 3 | 4 | 3 |
| 17 | RES 16 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| 18 | RES 17 | 2 | 4 | 5 | 1 | 4 | 5 | 5 | 1 | 1 | 1 | 5 | 5 | 2 | 2 | 1 | 1 | 5 | 2 | 4 | 2 |
| 19 | RES 18 | 3 | 3 | 2 | 2 | 3 | 4 | 1 | 3 | 3 | 3 | 4 | 2 | 3 | 4 | 3 | 3 | 2 | 2 | 3 | 4 |
| 20 | RES 19 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| 21 | RES 20 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 5 | 3 | 3 | 3 | 3 | 3 | 5 |
| 22 | RES 21 | 4 | 5 | 5 | 1 | 1 | 1 | 2 | 3 | 2 | 3 | 4 | 4 | 3 | 5 | 4 | 3 | 4 | 3 | 4 | 5 |
| 23 | RES 22 | 4 | 5 | 5 | 5 | 5 | 5 | 4 | 4 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| 24 | RES 23 | 4 | 4 | 4 | 4 | 3 | 4 | 2 | 3 | 4 | 4 | 4 | 4 | 2 | 4 | 3 | 2 | 4 | 3 | 4 | 4 |
| 25 | RES 24 | 4 | 5 | 5 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 5 | 5 | 5 | 4 | 4 | 4 | 5 | 4 | 5 | 4 |
| 26 | RES 25 | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 3 | 4 | 3 | 4 | 2 | 2 | 5 | 4 | 4 | 2 | 2 | 2 | 5 |
| 27 | RES 26 | 2 | 1 | 2 | 2 | 3 | 3 | 5 | 3 | 3 | 3 | 5 | 3 | 5 | 4 | 3 | 3 | 5 | 3 | 5 | 4 |
| 28 | RES 27 | 4 | 5 | 5 | 1 | 5 | 5 | 4 | 4 | 5 | 3 | 4 | 5 | 2 | 3 | 4 | 2 | 5 | 4 | 5 | 3 |

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| 29 | RES 28 | 5 | 4 | 3 | 3 | 5 | 5 | 2 | 4 | 4 | 5 | 5 | 5 | 2 | 4 | 4 | 3 | 5 | 3 | 4 | 4 |
| 30 | RES 29 | 3 | 5 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 5 | 3 | 5 | 3 | 2 | 5 | 5 | 3 | 5 |
| 31 | RES 30 | 4 | 4 | 5 | 5 | 5 | 5 | 3 | 5 | 3 | 5 | 5 | 4 | 3 | 4 | 4 | 3 | 4 | 4 | 4 | 4 |
| 32 | RES 31 | 4 | 4 | 4 | 4 | 3 | 3 | 2 | 4 | 5 | 4 | 3 | 4 | 4 | 2 | 4 | 4 | 3 | 5 | 4 | 4 |
| 33 | RES 32 | 3 | 4 | 5 | 4 | 4 | 4 | 3 | 5 | 3 | 5 | 4 | 4 | 2 | 3 | 3 | 4 | 4 | 5 | 2 | 4 |
| 34 | RES 33 | 3 | 4 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 4 |
| 35 | RES 34 | 5 | 5 | 5 | 5 | 5 | 5 | 1 | 5 | 4 | 4 | 5 | 4 | 2 | 4 | 5 | 5 | 4 | 5 | 5 | 4 |
| 36 | RES 35 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 5 | 3 | 3 | 5 | 3 | 4 | 5 | 4 | 5 | 5 |
| 37 | RES 36 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| 38 | RES 37 | 5 | 1 | 1 | 1 | 4 | 5 | 2 | 2 | 5 | 5 | 5 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 5 | 3 |
| 39 | RES 38 | 5 | 5 | 4 | 3 | 5 | 5 | 1 | 4 | 5 | 2 | 4 | 2 | 2 | 3 | 4 | 2 | 5 | 1 | 2 | 3 |
| 40 | RES 39 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 5 | 5 | 5 | 5 | 4 | 4 | 4 | 5 | 5 | 4 | 5 | 5 | 4 |
| 41 | RES 40 | 4 | 3 | 5 | 5 | 4 | 3 | 3 | 5 | 4 | 3 | 5 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| 42 | RES 41 | 4 | 5 | 5 | 4 | 4 | 4 | 5 | 3 | 4 | 4 | 5 | 4 | 4 | 5 | 5 | 5 | 4 | 4 | 4 | 5 |
| 43 | RES 42 | 4 | 2 | 4 | 3 | 4 | 4 | 1 | 4 | 2 | 2 | 4 | 3 | 2 | 1 | 2 | 3 | 5 | 1 | 1 | 1 |
| 44 | RES 43 | 4 | 5 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 4 | 3 | 3 |
| 45 | RES 44 | 4 | 5 | 4 | 4 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 3 | 4 | 4 | 4 |
| 46 | RES 45 | 3 | 5 | 5 | 1 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 3 | 5 | 5 | 5 | 5 | 5 | 3 |
| 47 | RES 46 | 3 | 5 | 5 | 5 | 5 | 5 | 5 | 3 | 4 | 3 | 5 | 5 | 4 | 4 | 5 | 4 | 5 | 5 | 5 | 4 |
| 48 | RES 47 | 4 | 4 | 4 | 4 | 4 | 5 | 4 | 2 | 4 | 5 | 5 | 4 | 4 | 5 | 5 | 4 | 4 | 5 | 5 | 5 |
| 49 | RES 48 | 5 | 5 | 5 | 3 | 5 | 5 | 5 | 4 | 3 | 5 | 5 | 5 | 5 | 3 | 4 | 3 | 5 | 4 | 5 | 3 |
| 50 | RES 49 | 4 | 5 | 5 | 4 | 4 | 5 | 5 | 5 | 3 | 4 | 5 | 5 | 4 | 4 | 4 | 4 | 5 | 4 | 3 | 4 |
| 51 | RES 50 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 3 | 4 | 5 | 5 | 5 | 3 | 4 | 4 |
| 52 | RES 51 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 |
| 53 | RES 52 | 5 | 1 | 4 | 1 | 5 | 5 | 1 | 1 | 5 | 5 | 1 | 1 | 1 | 4 | 5 | 5 | 1 | 5 | 5 | 5 |
| 54 | RES 53 | 5 | 1 | 1 | 5 | 5 | 5 | 1 | 1 | 5 | 5 | 1 | 1 | 1 | 5 | 5 | 5 | 1 | 1 | 5 | 1 |
| 55 | RES 54 | 3 | 4 | 4 | 5 | 5 | 4 | 3 | 4 | 3 | 4 | 4 | 3 | 4 | 5 | 4 | 2 | 3 | 2 | 4 | 4 |
| 56 | RES 55 | 5 | 1 | 3 | 3 | 5 | 5 | 5 | 5 | 5 | 5 | 3 | 3 | 3 | 1 | 3 | 3 | 3 | 2 | 5 | 5 |

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| 57 | RES 56 | 2 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 |
| 58 | RES 57 | 4 | 5 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 3 |
| 59 | RES 58 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| 60 | RES 59 | 5 | 4 | 5 | 5 | 5 | 4 | 3 | 3 | 2 | 2 | 4 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 5 |
| 61 | RES 60 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 4 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 2 | 4 | 3 |
| 62 | RES 61 | 3 | 2 | 1 | 5 | 2 | 2 | 1 | 3 | 2 | 2 | 3 | 2 | 1 | 2 | 1 | 2 | 2 | 1 | 3 | 3 |
| 63 | RES 62 | 2 | 3 | 2 | 1 | 3 | 4 | 2 | 1 | 5 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 1 | 1 | 2 | 1 |
| 64 | RES 63 | 5 | 5 | 4 | 4 | 4 | 5 | 5 | 1 | 3 | 4 | 5 | 5 | 5 | 5 | 5 | 3 | 5 | 3 | 5 | 5 |
| 65 | RES 64 | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 3 | 2 | 4 | 4 | 3 | 3 | 4 | 2 | 3 | 3 | 2 | 3 | 3 |
| 66 | RES 65 | 3 | 1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 5 |
| 67 | RES 66 | 2 | 2 | 2 | 2 | 4 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 3 | 2 | 3 | 2 | 2 | 3 | 3 |
| 68 | RES 67 | 2 | 5 | 3 | 3 | 4 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 1 | 4 | 3 | 3 | 3 | 4 | 2 | 3 |
| 69 | RES 68 | 3 | 1 | 2 | 3 | 2 | 4 | 1 | 1 | 3 | 4 | 3 | 1 | 3 | 5 | 3 | 3 | 1 | 2 | 3 | 1 |
| 70 | RES 69 | 4 | 5 | 5 | 4 | 5 | 4 | 5 | 5 | 4 | 5 | 5 | 5 | 5 | 5 | 4 | 4 | 5 | 2 | 5 | 5 |
| 71 | RES 70 | 4 | 4 | 4 | 3 | 4 | 4 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 3 |
| 72 | RES 71 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 4 | 5 |
| 73 | RES 72 | 3 | 3 | 5 | 3 | 3 | 3 | 3 | 4 | 1 | 2 | 3 | 3 | 5 | 3 | 3 | 3 | 3 | 3 | 5 | 4 |
| 74 | RES 73 | 3 | 4 | 3 | 4 | 3 | 4 | 1 | 3 | 3 | 4 | 3 | 3 | 2 | 4 | 3 | 3 | 3 | 2 | 4 | 3 |
| 75 | RES 74 | 3 | 4 | 4 | 2 | 3 | 3 | 3 | 2 | 2 | 3 | 3 | 3 | 2 | 3 | 3 | 2 | 3 | 2 | 5 | 2 |
| 76 | RES 75 | 3 | 3 | 3 | 3 | 3 | 3 | 1 | 3 | 2 | 2 | 1 | 1 | 1 | 1 | 3 | 2 | 1 | 1 | 3 | 5 |
| 77 | RES 76 | 3 | 5 | 5 | 4 | 3 | 3 | 4 | 4 | 2 | 2 | 4 | 3 | 3 | 5 | 4 | 2 | 3 | 5 | 5 | 4 |
| 78 | RES 77 | 3 | 2 | 4 | 3 | 3 | 4 | 2 | 3 | 2 | 4 | 4 | 3 | 4 | 2 | 3 | 3 | 3 | 2 | 3 | 3 |
| 79 | RES 78 | 5 | 5 | 5 | 4 | 4 | 3 | 4 | 4 | 3 | 4 | 4 | 4 | 5 | 4 | 4 | 4 | 4 | 5 | 5 | 4 |
| 80 | RES 79 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 4 | 2 | 3 | 3 | 3 | 3 | 2 | 4 | 4 | 3 |
| 81 | RES 80 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 5 | 5 | 5 | 5 |
| 82 | RES 81 | 2 | 2 | 1 | 1 | 5 | 2 | 3 | 1 | 3 | 4 | 3 | 5 | 1 | 1 | 1 | 1 | 5 | 1 | 1 | 1 |
| 83 | RES 82 | 3 | 5 | 4 | 3 | 2 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| 84 | RES 83 | 5 | 1 | 5 | 2 | 4 | 4 | 2 | 4 | 5 | 3 | 4 | 2 | 4 | 5 | 3 | 4 | 2 | 4 | 5 | 4 |

Lampiran 6. Tabulasi Skala *Self Compassion*

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|----|--------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 2 | RES 1 | 5 | 4 | 4 | 4 | 5 | 2 | 4 | 4 | 4 | 2 | 4 | 4 | 4 | 2 | 4 | 5 | 4 | 4 | 5 | 3 | 5 | 2 | 5 | 1 | 4 | 3 | |
| 3 | RES 2 | 5 | 2 | 1 | 2 | 2 | 1 | 5 | 2 | 3 | 1 | 2 | 5 | 5 | 2 | 1 | 4 | 5 | 1 | 2 | 1 | 2 | 3 | 1 | 2 | 5 | 1 | |
| 4 | RES 3 | 2 | 2 | 4 | 2 | 2 | 2 | 2 | 4 | 2 | 2 | 2 | 2 | 2 | 4 | 2 | 3 | 2 | 2 | 4 | 2 | 4 | 2 | 2 | 2 | 2 | 2 | |
| 5 | RES 4 | 1 | 4 | 2 | 1 | 1 | 1 | 4 | 1 | 5 | 2 | 4 | 1 | 1 | 1 | 4 | 2 | 1 | 1 | 5 | 2 | 5 | 1 | 5 | 1 | 5 | 2 | |
| 6 | RES 5 | 2 | 4 | 5 | 4 | 2 | 4 | 4 | 2 | 4 | 3 | 4 | 2 | 2 | 3 | 2 | 3 | 4 | 2 | 3 | 2 | 2 | 4 | 3 | 2 | 4 | 2 | |
| 7 | RES 6 | 4 | 4 | 2 | 2 | 2 | 2 | 4 | 5 | 2 | 4 | 4 | 4 | 4 | 4 | 2 | 4 | 2 | 4 | 4 | 2 | 5 | 2 | 4 | 2 | 2 | 2 | |
| 8 | RES 7 | 5 | 2 | 2 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 4 | 2 | 4 | 2 | 2 | 4 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | |
| 9 | RES 8 | 3 | 4 | 1 | 2 | 3 | 3 | 4 | 3 | 1 | 2 | 4 | 3 | 3 | 3 | 1 | 5 | 2 | 3 | 3 | 1 | 3 | 1 | 2 | 3 | 2 | 1 | |
| 10 | RES 9 | 5 | 4 | 5 | 1 | 5 | 4 | 4 | 1 | 5 | 2 | 4 | 5 | 5 | 2 | 2 | 5 | 5 | 5 | 2 | 2 | 1 | 5 | 2 | 1 | 5 | 2 | |
| 11 | RES 10 | 4 | 2 | 2 | 1 | 2 | 1 | 2 | 2 | 2 | 1 | 2 | 4 | 4 | 5 | 4 | 4 | 1 | 4 | 5 | 2 | 2 | 2 | 5 | 2 | 5 | 2 | |
| 12 | RES 11 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 4 | 2 | 5 | 2 | 5 | 2 | 2 | 2 | 4 | 2 | 2 | 2 | 2 | 2 | 4 | 2 | 2 | 2 | 2 | |
| 13 | RES 12 | 3 | 2 | 4 | 1 | 3 | 3 | 2 | 3 | 4 | 4 | 2 | 3 | 3 | 5 | 4 | 5 | 1 | 3 | 5 | 4 | 3 | 1 | 4 | 3 | 1 | 4 | |
| 14 | RES 13 | 5 | 2 | 2 | 1 | 2 | 4 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 1 | 2 | 5 | 2 | 2 | 2 | 2 | 2 | 5 | 2 | |
| 15 | RES 14 | 2 | 2 | 2 | 2 | 3 | 2 | 5 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 5 | 2 | 2 | 2 | 2 | 2 | |
| 16 | RES 15 | 2 | 2 | 2 | 4 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 5 | 4 | 4 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 4 | 2 |
| 17 | RES 16 | 5 | 5 | 5 | 5 | 5 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | |
| 18 | RES 17 | 5 | 1 | 5 | 1 | 1 | 1 | 5 | 1 | 5 | 1 | 5 | 5 | 5 | 5 | 1 | 5 | 1 | 5 | 5 | 1 | 1 | 5 | 1 | 1 | 1 | 1 | 1 |
| 19 | RES 18 | 3 | 2 | 2 | 3 | 2 | 2 | 2 | 4 | 2 | 2 | 3 | 3 | 1 | 2 | 3 | 3 | 3 | 5 | 2 | 2 | 1 | 2 | 2 | 5 | 2 | 2 | |
| 20 | RES 19 | 5 | 4 | 2 | 4 | 3 | 2 | 4 | 3 | 2 | 2 | 4 | 2 | 5 | 2 | 5 | 4 | 4 | 2 | 2 | 2 | 3 | 2 | 2 | 3 | 4 | 2 | |
| 21 | RES 20 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | |
| 22 | RES 21 | 2 | 1 | 2 | 2 | 2 | 3 | 1 | 5 | 1 | 1 | 1 | 2 | 2 | 2 | 2 | 4 | 2 | 2 | 2 | 2 | 5 | 1 | 1 | 2 | 2 | 2 | |
| 23 | RES 22 | 1 | 1 | 1 | 4 | 4 | 1 | 1 | 4 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 1 | 5 | 4 | 1 | 2 | 1 | 4 | 1 | 1 | 4 | 4 | 1 |
| 24 | RES 23 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | |
| 25 | RES 24 | 5 | 4 | 2 | 4 | 4 | 3 | 4 | 4 | 2 | 5 | 4 | 4 | 4 | 4 | 2 | 4 | 4 | 4 | 4 | 2 | 4 | 2 | 5 | 4 | 4 | 2 | |
| 26 | RES 25 | 4 | 2 | 5 | 1 | 2 | 2 | 2 | 2 | 3 | 4 | 2 | 4 | 4 | 2 | 2 | 2 | 1 | 4 | 2 | 2 | 2 | 3 | 4 | 2 | 1 | 2 | |
| 27 | RES 26 | 5 | 1 | 2 | 1 | 3 | 3 | 1 | 3 | 3 | 1 | 1 | 3 | 3 | 1 | 2 | 5 | 1 | 3 | 1 | 2 | 3 | 3 | 1 | 3 | 5 | 2 | |
| 28 | RES 27 | 4 | 5 | 4 | 4 | 4 | 3 | 5 | 4 | 4 | 5 | 5 | 4 | 4 | 4 | 4 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 5 | 4 | 4 | |
| 29 | RES 28 | 3 | 4 | 2 | 3 | 2 | 1 | 4 | 2 | 1 | 4 | 4 | 3 | 3 | 4 | 2 | 5 | 3 | 3 | 4 | 2 | 2 | 1 | 4 | 2 | 3 | 2 | |
| 30 | RES 29 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 4 | 4 | 3 | 3 | |
| 31 | RES 30 | 4 | 4 | 2 | 2 | 3 | 2 | 4 | 3 | 2 | 5 | 4 | 4 | 3 | 2 | 5 | 2 | 4 | 3 | 2 | 3 | 2 | 5 | 3 | 2 | 5 | 2 | |
| 32 | RES 31 | 5 | 4 | 1 | 4 | 1 | 2 | 4 | 1 | 1 | 1 | 4 | 5 | 5 | 2 | 1 | 3 | 4 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 4 | 1 | |
| 33 | RES 32 | 3 | 3 | 4 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 4 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 4 | 2 | 2 | |
| 34 | RES 33 | 4 | 4 | 4 | 3 | 4 | 2 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 3 | 3 | 4 | 3 | 4 | 4 | 3 | 4 | 4 | 3 | 4 | |
| 35 | RES 34 | 5 | 5 | 5 | 4 | 2 | 5 | 5 | 2 | 3 | 1 | 5 | 1 | 1 | 5 | 5 | 5 | 4 | 1 | 5 | 5 | 2 | 3 | 1 | 2 | 4 | 5 | |
| 36 | RES 35 | 5 | 4 | 4 | 4 | 4 | 5 | 4 | 4 | 4 | 4 | 4 | 5 | 5 | 5 | 4 | 4 | 4 | 5 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | |
| 37 | RES 36 | 3 | 2 | 3 | 2 | 3 | 3 | 2 | 3 | 4 | 4 | 2 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 2 | 3 | |
| 38 | RES 37 | 5 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 1 | 1 | 1 | 2 | 2 | 4 | 1 | 1 | 2 | 2 | 1 | 1 | 2 | 1 | 5 | 2 | |
| 39 | RES 38 | 4 | 2 | 5 | 2 | 1 | 4 | 2 | 1 | 2 | 2 | 2 | 4 | 4 | 2 | 1 | 3 | 2 | 4 | 2 | 1 | 1 | 2 | 2 | 1 | 2 | 5 | |
| 40 | RES 39 | 4 | 4 | 2 | 4 | 3 | 2 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 5 | 2 | 5 | 4 | 4 | 5 | 2 | 3 | 4 | 4 | 3 | 4 | 2 | |
| 41 | RES 40 | 5 | 2 | 4 | 4 | 5 | 2 | 2 | 5 | 5 | 5 | 2 | 5 | 5 | 5 | 4 | 3 | 4 | 5 | 5 | 4 | 5 | 5 | 5 | 5 | 4 | 4 | |
| 42 | RES 41 | 2 | 4 | 4 | 5 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 2 | 2 | 4 | 4 | 5 | 5 | 2 | 4 | 4 | 4 | 4 | 4 | 4 | 5 | 4 | |
| 43 | RES 42 | 3 | 1 | 4 | 1 | 2 | 2 | 5 | 2 | 2 | 2 | 1 | 3 | 3 | 4 | 4 | 4 | 1 | 3 | 4 | 4 | 2 | 2 | 2 | 2 | 1 | 4 | |
| 44 | RES 43 | 5 | 4 | 2 | 2 | 2 | 1 | 4 | 2 | 2 | 1 | 4 | 2 | 2 | 4 | 2 | 4 | 2 | 2 | 4 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | |
| 45 | RES 44 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 5 | 4 | 4 | 4 | 4 | 4 | 5 | 4 | 3 | 4 | 4 | 4 | 4 | |
| 46 | RES 45 | 4 | 2 | 3 | 3 | 5 | 2 | 2 | 5 | 3 | 2 | 2 | 4 | 4 | 5 | 3 | 4 | 3 | 4 | 5 | 3 | 4 | 5 | 3 | 2 | 5 | 3 | 4 |
| 47 | RES 46 | 5 | 1 | 1 | 3 | 5 | 3 | 1 | 5 | 5 | 3 | 1 | 5 | 5 | 3 | 1 | 3 | 3 | 5 | 3 | 1 | 5 | 5 | 3 | 5 | 3 | 1 | |
| 48 | RES 47 | 5 | 2 | 1 | 4 | 2 | 3 | 2 | 2 | 2 | 4 | 2 | 2 | 2 | 4 | 1 | 4 | 4 | 2 | 4 | 1 | 2 | 2 | 4 | 2 | 4 | 1 | |
| 49 | RES 48 | 4 | 2 | 4 | 1 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 4 | 4 | 3 | 3 | 4 | 1 | 4 | 3 | 3 | 2 | 2 | 2 | 2 | 1 | 3 | |
| 50 | RES 49 | 2 | 3 | 3 | 4 | 3 | 2 | 3 | 3 | 2 | 3 | 3 | 5 | 2 | 2 | 3 | 4 | 4 | 2 | 2 | 3 | 3 | 1 | 2 | 3 | 4 | 3 | |
| 51 | RES 50 | 1 | 1 | 5 | 1 | 1 | 3 | 5 | 1 | 1 | 3 | 1 | 1 | 1 | 5 | 1 | 5 | 1 | 1 | 5 | 1 | 1 | 3 | 1 | 1 | 3 | 1 | 5 |
| 52 | RES 51 | 4 | 4 | 4 | 2 | 3 | 3 | 4 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 2 | 5 | 2 | 4 | 3 | 2 | 3 | 3 | 4 | 3 | 2 | 4 | |

Lampiran 7. Tabulasi Skala Dukungan Sosial

| | | | | | | | | | | | | | |
|----|--------|---|---|---|---|---|---|---|---|---|---|---|---|
| 2 | RES 1 | 4 | 5 | 3 | 3 | 5 | 5 | 4 | 2 | 3 | 5 | 3 | 4 |
| 3 | RES 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 4 | RES 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| 5 | RES 4 | 4 | 4 | 5 | 5 | 4 | 4 | 4 | 2 | 4 | 5 | 4 | 4 |
| 6 | RES 5 | 4 | 4 | 4 | 4 | 5 | 5 | 4 | 2 | 4 | 5 | 4 | 2 |
| 7 | RES 6 | 4 | 4 | 3 | 2 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 4 |
| 8 | RES 7 | 3 | 1 | 4 | 3 | 2 | 3 | 2 | 1 | 1 | 3 | 2 | 4 |
| 9 | RES 8 | 3 | 3 | 5 | 5 | 2 | 3 | 2 | 5 | 2 | 2 | 5 | 3 |
| 10 | RES 9 | 5 | 4 | 4 | 4 | 5 | 5 | 4 | 1 | 3 | 4 | 4 | 4 |
| 11 | RES 10 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| 12 | RES 11 | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 2 | 4 | 5 | 4 | 4 |
| 13 | RES 12 | 4 | 4 | 5 | 4 | 3 | 4 | 1 | 3 | 3 | 3 | 5 | 3 |
| 14 | RES 13 | 3 | 3 | 5 | 5 | 5 | 5 | 5 | 3 | 3 | 3 | 4 | 3 |
| 15 | RES 14 | 4 | 3 | 4 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 4 | 3 |
| 16 | RES 15 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 3 | 4 |
| 17 | RES 16 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| 18 | RES 17 | 4 | 4 | 5 | 5 | 5 | 4 | 5 | 5 | 5 | 5 | 5 | 5 |
| 19 | RES 18 | 3 | 3 | 2 | 1 | 3 | 3 | 2 | 1 | 3 | 3 | 3 | 4 |
| 20 | RES 19 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 4 |
| 21 | RES 20 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 4 |
| 22 | RES 21 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 2 | 4 | 4 | 3 | 4 |
| 23 | RES 22 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| 24 | RES 23 | 3 | 5 | 3 | 3 | 4 | 3 | 3 | 4 | 4 | 4 | 4 | 3 |
| 25 | RES 24 | 5 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 5 | 5 |
| 26 | RES 25 | 4 | 4 | 5 | 2 | 2 | 4 | 4 | 1 | 4 | 4 | 3 | 2 |
| 27 | RES 26 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| 28 | RES 27 | 5 | 5 | 1 | 1 | 5 | 5 | 2 | 2 | 4 | 4 | 2 | 2 |

| | | | | | | | | | | | | | |
|----|--------|---|---|---|---|---|---|---|---|---|---|---|---|
| 29 | RES 28 | 4 | 2 | 5 | 4 | 5 | 4 | 4 | 2 | 2 | 3 | 4 | 5 |
| 30 | RES 29 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| 31 | RES 30 | 5 | 3 | 5 | 5 | 3 | 4 | 4 | 3 | 3 | 5 | 5 | 2 |
| 32 | RES 31 | 5 | 3 | 5 | 5 | 4 | 5 | 4 | 5 | 4 | 4 | 5 | 3 |
| 33 | RES 32 | 4 | 4 | 5 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 3 |
| 34 | RES 33 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 2 |
| 35 | RES 34 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| 36 | RES 35 | 5 | 5 | 5 | 5 | 5 | 5 | 3 | 5 | 5 | 5 | 5 | 4 |
| 37 | RES 36 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| 38 | RES 37 | 5 | 4 | 4 | 2 | 3 | 3 | 3 | 1 | 3 | 3 | 4 | 5 |
| 39 | RES 38 | 4 | 4 | 1 | 1 | 4 | 4 | 2 | 1 | 1 | 2 | 1 | 4 |
| 40 | RES 39 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 5 | 5 | 4 | 5 |
| 41 | RES 40 | 4 | 3 | 5 | 3 | 3 | 3 | 3 | 5 | 3 | 3 | 5 | 2 |
| 42 | RES 41 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| 43 | RES 42 | 4 | 2 | 4 | 4 | 2 | 4 | 3 | 2 | 3 | 3 | 4 | 3 |
| 44 | RES 43 | 4 | 4 | 3 | 2 | 4 | 4 | 2 | 1 | 3 | 4 | 2 | 3 |
| 45 | RES 44 | 4 | 4 | 5 | 5 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 3 |
| 46 | RES 45 | 5 | 5 | 5 | 5 | 5 | 5 | 3 | 5 | 5 | 5 | 5 | 3 |
| 47 | RES 46 | 5 | 4 | 5 | 5 | 4 | 4 | 3 | 4 | 4 | 4 | 5 | 4 |
| 48 | RES 47 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 4 | 5 | 5 |
| 49 | RES 48 | 5 | 3 | 5 | 5 | 4 | 5 | 4 | 4 | 4 | 4 | 5 | 3 |
| 50 | RES 49 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 3 |
| 51 | RES 50 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| 52 | RES 51 | 4 | 4 | 3 | 3 | 4 | 4 | 4 | 2 | 4 | 4 | 3 | 4 |
| 53 | RES 52 | 5 | 5 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| 54 | RES 53 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| 55 | RES 54 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 2 | 2 | 2 | 2 | 4 |
| 56 | RES 55 | 3 | 3 | 5 | 5 | 4 | 4 | 3 | 1 | 2 | 2 | 4 | 3 |

| | | | | | | | | | | | | | | |
|----|--------|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 57 | RES 56 | 4 | 4 | 5 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| 58 | RES 57 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 3 |
| 59 | RES 58 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| 60 | RES 59 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 1 | 3 | 3 | 2 | 2 | 2 |
| 61 | RES 60 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 2 | 4 | 4 | 3 | 2 | 2 |
| 62 | RES 61 | 3 | 3 | 1 | 2 | 4 | 2 | 3 | 1 | 3 | 4 | 1 | 2 | 2 |
| 63 | RES 62 | 1 | 1 | 5 | 4 | 5 | 4 | 3 | 1 | 4 | 4 | 4 | 4 | 4 |
| 64 | RES 63 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| 65 | RES 64 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 4 |
| 66 | RES 65 | 5 | 5 | 5 | 5 | 5 | 3 | 1 | 3 | 3 | 5 | 5 | 5 | 5 |
| 67 | RES 66 | 3 | 3 | 2 | 2 | 3 | 4 | 3 | 2 | 3 | 4 | 2 | 4 | 4 |
| 68 | RES 67 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| 69 | RES 68 | 3 | 3 | 5 | 5 | 2 | 3 | 2 | 5 | 3 | 3 | 5 | 3 | 3 |
| 70 | RES 69 | 5 | 5 | 5 | 2 | 4 | 4 | 2 | 5 | 4 | 4 | 4 | 4 | 4 |
| 71 | RES 70 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 3 | 4 | 4 | 4 | 4 | 4 |
| 72 | RES 71 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 2 | 4 | 4 | 3 | 3 | 3 |
| 73 | RES 72 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| 74 | RES 73 | 3 | 3 | 4 | 3 | 3 | 4 | 3 | 2 | 3 | 3 | 3 | 2 | 2 |
| 75 | RES 74 | 3 | 4 | 5 | 5 | 4 | 3 | 2 | 5 | 3 | 3 | 5 | 4 | 4 |
| 76 | RES 75 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 |
| 77 | RES 76 | 4 | 4 | 3 | 2 | 4 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 |
| 78 | RES 77 | 4 | 3 | 3 | 2 | 3 | 4 | 3 | 2 | 3 | 3 | 3 | 3 | 3 |
| 79 | RES 78 | 4 | 4 | 5 | 5 | 5 | 5 | 5 | 4 | 4 | 5 | 4 | 3 | 3 |
| 80 | RES 79 | 4 | 2 | 1 | 1 | 4 | 4 | 4 | 1 | 2 | 2 | 1 | 4 | 4 |
| 81 | RES 80 | 1 | 3 | 4 | 4 | 2 | 4 | 4 | 4 | 4 | 4 | 5 | 5 | 5 |
| 82 | RES 81 | 1 | 1 | 5 | 5 | 2 | 2 | 3 | 5 | 1 | 5 | 5 | 4 | 4 |
| 83 | RES 82 | 4 | 4 | 5 | 5 | 4 | 4 | 2 | 5 | 4 | 4 | 5 | 2 | 2 |
| 84 | RES 83 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 4 | 4 | 4 | 4 | 4 |

| # | A | B | C | D | E | F | G | H | I | J | K | L | M |
|-----|---------|---|---|---|---|---|---|---|---|---|---|---|---|
| 85 | RES 84 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 4 | 4 | 5 | 4 |
| 86 | RES 85 | 4 | 4 | 3 | 3 | 5 | 5 | 5 | 3 | 5 | 5 | 3 | 4 |
| 87 | RES 86 | 5 | 5 | 4 | 4 | 5 | 5 | 5 | 2 | 4 | 5 | 3 | 5 |
| 88 | RES 87 | 4 | 3 | 5 | 4 | 4 | 5 | 4 | 2 | 3 | 4 | 5 | 3 |
| 89 | RES 88 | 4 | 4 | 5 | 4 | 4 | 3 | 3 | 3 | 3 | 4 | 5 | 3 |
| 90 | RES 89 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| 91 | RES 90 | 5 | 5 | 5 | 4 | 5 | 4 | 3 | 5 | 5 | 5 | 5 | 5 |
| 92 | RES 91 | 1 | 4 | 5 | 5 | 5 | 5 | 5 | 1 | 5 | 5 | 4 | 4 |
| 93 | RES 92 | 4 | 4 | 4 | 3 | 5 | 5 | 4 | 2 | 3 | 5 | 5 | 5 |
| 94 | RES 93 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 1 | 5 | 5 | 5 | 4 |
| 95 | RES 94 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 |
| 96 | RES 95 | 4 | 4 | 5 | 4 | 4 | 4 | 4 | 2 | 4 | 4 | 4 | 4 |
| 97 | RES 96 | 1 | 1 | 2 | 2 | 2 | 3 | 4 | 4 | 3 | 2 | 1 | 2 |
| 98 | RES 97 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 4 | 3 | 4 |
| 99 | RES 98 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| 100 | RES 99 | 4 | 3 | 5 | 5 | 4 | 1 | 5 | 4 | 3 | 3 | 5 | 3 |
| 101 | RES 100 | 4 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 |
| 102 | RES 101 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| 103 | RES 102 | 4 | 4 | 4 | 2 | 4 | 3 | 3 | 2 | 4 | 4 | 3 | 4 |
| 104 | RES 103 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 4 | 4 | 4 | 4 |
| 105 | RES 104 | 4 | 4 | 4 | 5 | 5 | 5 | 3 | 3 | 3 | 5 | 3 | 3 |

Lampiran 8. Hasil Uji Validitas dan Uji Reliabilitas

Skala *Loneliness*

Reliability Statistics

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .905 | 20 |

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|---------|----------------------------|--------------------------------|----------------------------------|----------------------------------|
| aitem1 | 68.99 | 168.612 | .498 | .902 |
| aitem2 | 68.97 | 161.407 | .540 | .901 |
| aitem3 | 68.87 | 162.234 | .566 | .900 |
| aitem4 | 69.19 | 166.720 | .409 | .904 |
| aitem5 | 68.78 | 169.417 | .424 | .903 |
| aitem6 | 68.86 | 168.688 | .449 | .903 |
| aitem7 | 69.63 | 160.021 | .583 | .899 |
| aitem8 | 69.33 | 165.620 | .505 | .901 |
| aitem9 | 69.29 | 169.528 | .348 | .905 |
| aitem10 | 69.16 | 165.575 | .516 | .901 |
| aitem11 | 68.95 | 161.871 | .631 | .898 |
| aitem12 | 69.38 | 158.159 | .692 | .896 |
| aitem13 | 69.70 | 159.726 | .629 | .898 |
| aitem14 | 69.08 | 165.353 | .508 | .901 |
| aitem15 | 69.13 | 163.004 | .701 | .897 |
| aitem16 | 69.50 | 164.524 | .589 | .899 |
| aitem17 | 69.22 | 161.339 | .580 | .899 |
| aitem18 | 69.52 | 158.038 | .697 | .896 |
| aitem19 | 68.76 | 166.553 | .536 | .901 |
| aitem20 | 69.05 | 168.279 | .409 | .904 |

*Skala Self Compassion***Reliability Statistics**

| Cronbach's | |
|------------|------------|
| Alpha | N of Items |
| .933 | 26 |

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item- Total Correlation | Cronbach's Alpha if Item Deleted |
|---------|-------------------------------|-----------------------------------|--------------------------------------|--|
| aitem1 | 71.51 | 391.223 | .466 | .932 |
| aitem2 | 72.12 | 379.055 | .721 | .928 |
| aitem3 | 71.48 | 395.786 | .383 | .933 |
| aitem4 | 72.12 | 380.414 | .697 | .928 |
| aitem5 | 72.17 | 380.533 | .728 | .928 |
| aitem6 | 72.26 | 400.213 | .360 | .933 |
| aitem7 | 71.93 | 384.898 | .581 | .930 |
| aitem8 | 72.12 | 384.278 | .626 | .929 |
| aitem9 | 72.03 | 389.873 | .529 | .931 |
| aitem10 | 72.07 | 382.335 | .646 | .929 |
| aitem11 | 71.98 | 382.524 | .618 | .929 |
| aitem12 | 71.83 | 386.436 | .598 | .930 |
| aitem13 | 71.84 | 383.750 | .648 | .929 |
| aitem14 | 71.69 | 390.487 | .492 | .931 |
| aitem15 | 72.02 | 391.650 | .458 | .932 |
| aitem16 | 71.40 | 393.350 | .475 | .931 |
| aitem17 | 71.98 | 381.708 | .645 | .929 |
| aitem18 | 71.97 | 381.523 | .716 | .928 |
| aitem19 | 71.49 | 395.068 | .400 | .933 |
| aitem20 | 72.28 | 383.776 | .668 | .929 |
| aitem21 | 72.01 | 387.466 | .538 | .931 |
| aitem22 | 72.17 | 389.912 | .540 | .931 |
| aitem23 | 71.93 | 384.918 | .574 | .930 |

| | | | | |
|---------|-------|---------|------|------|
| aitem24 | 72.25 | 383.296 | .684 | .929 |
| aitem25 | 71.77 | 387.597 | .518 | .931 |
| aitem26 | 71.78 | 390.465 | .501 | .931 |

Skala Dukungan Sosial

Reliability Statistics

| Cronbach's | |
|------------|------------|
| Alpha | N of Items |
| .903 | 12 |

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item- Total Correlation | Cronbach's Alpha if Item Deleted |
|---------|-------------------------------|-----------------------------------|--------------------------------------|--|
| aitem1 | 41.88 | 65.190 | .550 | .898 |
| aitem2 | 42.01 | 63.757 | .641 | .894 |
| aitem3 | 41.73 | 62.762 | .634 | .894 |
| aitem4 | 41.99 | 60.612 | .692 | .891 |
| aitem5 | 41.85 | 63.665 | .673 | .893 |
| aitem6 | 41.81 | 65.186 | .625 | .895 |
| aitem7 | 42.22 | 64.271 | .563 | .898 |
| aitem8 | 42.63 | 61.033 | .526 | .904 |
| aitem9 | 42.17 | 62.222 | .746 | .889 |
| aitem10 | 41.89 | 63.552 | .715 | .891 |
| aitem11 | 41.96 | 61.144 | .711 | .890 |
| aitem12 | 42.16 | 65.264 | .536 | .899 |

Lampiran 9. Hasil Uji Normalitas dan Uji Linieritas

Tests of Normality

| | Kolmogorov-Smirnov ^a | | | Shapiro-Wilk | | |
|------------|---------------------------------|-----|-------------------|--------------|-----|------|
| | Statistic | df | Sig. | Statistic | df | Sig. |
| loneliness | .054 | 104 | .200 [*] | .987 | 104 | .416 |

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

a. Lilliefors Significance Correction

ANOVA Table

| | | | Sum of Squares | df | Mean Square | F | Sig. |
|------------------------------|----------------|--------------------------|----------------|-----|-------------|--------|------|
| loneliness * self_compassion | Between Groups | (Combined) Linearity | 13049.721 | 55 | 237.268 | 2.034 | .007 |
| | | Deviation from Linearity | 6319.218 | 1 | 6319.218 | 54.161 | .000 |
| | Within Groups | | 6730.503 | 54 | 124.639 | 1.068 | .410 |
| | Total | | 5600.433 | 48 | 116.676 | | |
| | | | 18650.154 | 103 | | | |

ANOVA Table

| | | | Sum of Squares | df | Mean Square | F | Sig. |
|------------------------------|----------------|--------------------------|----------------|-----|-------------|--------|------|
| loneliness * dukungan sosial | Between Groups | (Combined) Linearity | 10999.644 | 30 | 366.655 | 3.499 | .000 |
| | | Deviation from Linearity | 5808.911 | 1 | 5808.911 | 55.428 | .000 |
| | Within Groups | | 5190.733 | 29 | 178.991 | 1.708 | .341 |
| | Total | | 7650.510 | 73 | 104.802 | | |
| | | | 18650.154 | 103 | | | |

Lampiran 10. Hasil Uji Multikolinieritas dan Uji Heteroskedastisitas

Coefficients^a

| Model | | Collinearity Statistics | |
|-------|-----------------|-------------------------|-------|
| | | Tolerance | VIF |
| 1 | self_compassion | .987 | 1.013 |
| | dukungan_sosial | .987 | 1.013 |

a. Dependent Variable: loneliness

Collinearity Diagnostics^a

| Model | Dimension | Eigenvalue | Condition Index | Variance Proportions | | |
|-------|-----------|------------|-----------------|----------------------|---------------------|---------------------|
| | | | | (Constant) | self_compas sion | dukungan_so sial |
| 1 | 1 | 2.935 | 1.000 | .00 | .01 | .00 |
| | 2 | .050 | 7.691 | .04 | .88 | .19 |
| | 3 | .016 | 13.611 | .96 | .11 | .80 |

a. Dependent Variable: loneliness

Correlations

| | | self_compas sion | dukungan_so sial | ABS_RES |
|-----------------|---------------------|---------------------|---------------------|---------|
| self_compassion | Pearson Correlation | 1 | .578** | -.173 |
| | Sig. (2-tailed) | | <.001 | .080 |
| | N | 104 | 104 | 104 |
| dukungan_sosial | Pearson Correlation | .578** | 1 | -.096 |
| | Sig. (2-tailed) | <.001 | | .334 |
| | N | 104 | 104 | 104 |
| ABS_RES | Pearson Correlation | -.173 | -.096 | 1 |
| | Sig. (2-tailed) | .080 | .334 | |
| | N | 104 | 104 | 104 |

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

Lampiran 11. Hasil Uji Analisis Regresi Berganda

Descriptive Statistics

| | Mean | Std. Deviation | N |
|-----------------|---------|----------------|-----|
| loneliness | 47.1923 | 13.45621 | 104 |
| self_compassion | 74.8077 | 20.43226 | 104 |
| dukungan_sosial | 45.8462 | 8.63586 | 104 |

Model Summary^b

| Model | R | R Square | Adjusted R Square | Std. Error of the Estimate | Durbin-Watson |
|-------|-------------------|----------|-------------------|----------------------------|---------------|
| 1 | .765 ^a | .585 | .577 | 8.75551 | 1.778 |

a. Predictors: (Constant), dukungan_sosial, self_compassion

b. Dependent Variable: loneliness

ANOVA^a

| Model | | Sum of Squares | df | Mean Square | F | Sig. |
|-------|------------|----------------|-----|-------------|--------|-------------------|
| 1 | Regression | 10907.596 | 2 | 5453.798 | 71.144 | .000 ^b |
| | Residual | 7742.558 | 101 | 76.659 | | |
| | Total | 18650.154 | 103 | | | |

a. Dependent Variable: loneliness

b. Predictors: (Constant), dukungan_sosial, self_compassion

Coefficients^a

| Model | | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. |
|-------|-----------------|-----------------------------|------------|---------------------------|--------|------|
| | | B | Std. Error | Beta | | |
| 1 | (Constant) | 108.773 | 5.367 | | 20.268 | .000 |
| | self_compassion | -.347 | .042 | -.526 | -8.155 | .000 |
| | dukungan_sosial | -.778 | .101 | -.499 | -7.737 | .000 |

a. Dependent Variable: loneliness

Correlations

| | | self_compassi on | dukungan_so sial | loneliness |
|-----------------|---------------------|---------------------|---------------------|----------------|
| self_compassion | Pearson Correlation | 1 | .112 | -.582** |
| | Sig. (2-tailed) | | .258 | .000 |
| | N | 104 | 104 | 104 |
| dukungan_sosial | Pearson Correlation | .112 | 1 | -.558** |
| | Sig. (2-tailed) | .258 | | .000 |
| | N | 104 | 104 | 104 |
| loneliness | Pearson Correlation | -.582** | -.558** | 1 |
| | Sig. (2-tailed) | .000 | .000 | |
| | N | 104 | 104 | 104 |

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

Lampiran 12 Data Jumlah Mahasiswa Fakultas Psikologi Untag Surabaya 2024



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(ADEMIK)

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31 Oktober 2024

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Kepada Yth. : Dekan Fakultas Psikologi
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Jl. Semolowaru No. 45 Surabaya

Menindaklanjuti surat dari Dekan Fakultas Psikologi tentang permohonan data mahasiswa guna ijin penelitian untuk data Skripsi pada Program Studi Strata-1 Psikologi atas nama MEICHA LADY R., NIM 1512100323. Berikut jumlah mahasiswa yang aktif Semester Gasal 2024/2025 Program Studi Psikologi Fakultas Psikologi UNTAG Surabaya Angkatan 2021-2024:

| No. | Program Studi | Angkatan | | | | TOTAL |
|--------------|---------------|----------|------|------|------|-------|
| | | 2021 | 2022 | 2023 | 2024 | |
| 1. | Psikologi | 313 | 356 | 300 | 283 | 1252 |
| TOTAL | | 313 | 356 | 300 | 283 | 1252 |

Demikian surat balasan kami, atas perhatian dan kerjasamanya disampaikan terimakasih.

Kepala Biro Akademik,

Lurja Priska Narulita, S.ST.,MT

NPP. 20460.15.0653

Tembusan Kepada Yth:

1. MEICHA LADY R. / NIM 1512100323
2. Arsip

Lampiran 13 Hasil Turnitin

HUBUNGAN ANTARA SELF COMPASSION DAN DUKUNGAN SOSIAL DENGAN LONELINESS PADA MAHASISWA RANTAU DI SURABAYA

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