

LAMPIRAN

Lampiran 1. Kuesioner Penelitian

Assalamualaikum Wr.Wb. Shalom, Om swastiastu, Namu buddhaya, Salam Kebajikan, Rahayu

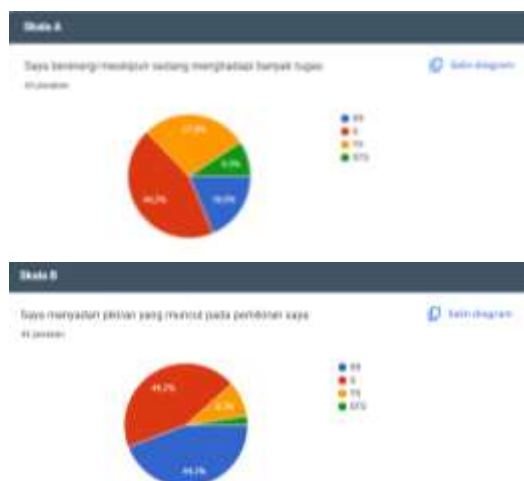
Perkenalkan saya Qurrotul A'yun, Mahasiswi Semester Akhir Fakultas Psikologi. Saat ini saya sedang melakukan penelitian terkait Mindfulness dengan tingkat Stres Akademik pada mahasiswa semester satu yang sedang merantau di Kota Surabaya, untuk memenuhi tugas akhir sebagai syarat kelulusan. Pada kesempatan ini, saya memohon kesediaan saudara/i untuk dapat berpartisipasi mengisi kuesioner ini. Kriteria responden yang dibutuhkan dalam penelitian ini, yaitu:

1. Mahasiswa/i aktif di Kota Surabaya
2. Semester 1
3. Mahasiswa/i yang sedang merantau di Kota Surabaya

Dalam kuesioner ini tidak ada jawaban benar/salah. Saudara/i hendaknya mengisi sesuai dengan keadaan yang sebenarnya, serta hasil jawaban yang diberikan bersifat rahasia dan hanya digunakan untuk keperluan penelitian. Saya mengucapkan terima kasih atas ketersediaannya dan kerjasama saudara/i dalam meluangkan waktu untuk mengisi kuesioner ini.

Wassalamualaikum Wr.Wb.

Lampiran 2. Hasil Pra Survei Penelitian



Lampiran 3. Kuesioner Penelitian *G-Form*



Kuesioner Penelitian

Assalamualaikum Wa Wa!

Shalom, Om swastasto, Namu budhihaya, Salam ketagihan, Rehiya!

Perkenalkan saya Jarotul Rizki, Mahasiswa Semester Akhir Fakultas Psikologi. Saat ini saya sedang melakukan penelitian terkait *Mindfulness* dengan tingkat Stress Akademik pada mahasiswa semester satu yang sedang menempa di Kota Surabaya, untuk memenuhi tugas akhir sebagai syarat kelulusan. Pada kesempatan ini, saya memohon kesediaan waktunya untuk dapat berpartisipasi mengisi kuesioner ini.

Karena responden yang dibutuhkan dalam penelitian ini, yaitu:

1. Mahasiswa aktif di Kota Surabaya
2. Semester 1
3. Mahasiswa yang sedang menempa di Kota Surabaya

Dalam kuesioner ini tidak ada jawaban benar/salah. Sebesar() hendaknya mengisi sesuai dengan keadaan yang sebenarnya, serta hasil jawaban yang diberikan bersifat rahasia dan hanya digunakan untuk keperluan penelitian.

Nama/Isi *
Jawaban Anda

Umur (angka) *
Jawaban Anda

Jenis Kelamin *
 Laki-laki
 Perempuan

Asal Universitas *
Jawaban Anda

Asal kota sebelum menempa ke Surabaya *
Jawaban Anda

Nomor WA Aktif (optional)
(Untuk pengiriman reminder bagi responden yang berminat)
Jawaban Anda

INSTRUKSI Pengerjaan

Dalam kuesioner ini tidak ada jawaban benar atau salah. Anda hendaknya mengisi sesuai dengan keadaan yang sebenarnya, serta jawaban yang diberikan bersifat rahasia dan hanya digunakan untuk keperluan penelitian.

Skala Jawaban :

Sangat Benar (SB)

Benar (B)

Tidak Benar (TB)

Sangat Tidak Benar (STB)

Saya berenergi meskipun sedang menghadapi banyak tugas *

- SB
 B
 TB
 STB

Saya menyadari pikiran yang muncul pada pemikiran saya *

- SB
 B
 TB
 STB

Saya mengabaikan pengalaman positif/negatif yang saya alami ketika berenang *

- SB
 B
 TB
 STB

Saya melakukan hal secara spontan tanpa berpikir dahulu *

Lampiran 4. Skala Stres Akademik

| No. | Pernyataan | S | SS | TS | STS |
|-----|-----------------------------------------------------------------------------|---|----|----|-----|
| 1. | Saya berenergi meskipun sedang menghadapi banyak tugas | | | | |
| 2. | Saya mempunyai percaya diri yang tinggi pada saat dikelas | | | | |
| 3. | Saya menunda atau menghindari tugas yang sulit | | | | |
| 4. | Saya kurang percaya diri ketika berpartisipasi dikelas | | | | |
| 5. | Saya dapat mengola emosi yang baik ketika kegiatan pembelajaran berlangsung | | | | |
| 6. | Saya pusing ketika banyak tugas yang harus dikerjakan | | | | |
| 7. | Saya memendam perasaan dari pada mengutarakannya | | | | |
| 8. | Saya sulit berkonsentrasi ketika belajar dengan waktu yang lama | | | | |
| 9. | Saya sedih ketika menghadapi beberapa tugas yang menumpuk | | | | |
| 10 | Saya memiliki nafsu makan yang baik ketika menghadapi banyak tugas | | | | |
| 11. | Saya dapat berpikir jernih ketika menghadapi banyaknya tugas | | | | |
| 12. | Saay sedih ketika mendapatkan tugas yang sulit | | | | |
| 13. | Saya hilang nafsu makan ketika dihadapkan dengan tugas yang menumpuk | | | | |
| 14. | Saya menghabiskan waktu dengan bermain sosmed ketika sedang belajar | | | | |

| | | | | | |
|-----|------------------------------------------------------------------------------|--|--|--|--|
| 15. | Saya berpikir negatif dengan hasil ujian yang akan saya dapatkan | | | | |
| 16. | Saya mudah tersinggung ketika mengalami kesulitan memahami materi dikelas | | | | |
| 17. | Saya memiliki waktu tidur yang berantakan | | | | |
| 18. | Saya mudah beradaptasi dengan situasi baru di lingkungan kampus | | | | |
| 19. | Saya mampu tetap tenang dan fokus ketika menghadapi tantangan dalam akademik | | | | |
| 20. | Saya mampu mengelola beban akademik tanpa merasa tertekan | | | | |
| 21. | Saya lupa dengan apa yang saya pelajari dikelas | | | | |

Lampiran 5. Skala *Mindfulness*

| No. | Pernyataan | S | SS | TS | STS |
|-----|-------------------------------------------------------------------------------|---|----|----|-----|
| 1. | Saya menyadari pikiran yang muncul pada pemikiran saya | | | | |
| 2. | Saya mengutarakan pengalaman positif/negatif yang saya alami kepada seseorang | | | | |
| 3. | Saya melakukan hal secara spontan tanpa berpikir dahulu | | | | |
| 4. | Saya membiarkan perasaan saya muncul tanpa mencoba mengkritiknya | | | | |
| 5. | Saya terbawa suasana ketika merasa cemas/marah | | | | |
| 6. | Saya menyadari apa yang terjadi disekitar saya | | | | |

| | | | | | |
|-----|------------------------------------------------------------------------------|--|--|--|--|
| 7. | Saya melakukan banyak hal sekaligus tanpa menyadarinya | | | | |
| 8. | Saya terjebak dalam pikiran yang negatif | | | | |
| 9. | Saya mampu merasakan suasana sekitar, seperti suara, cahaya, dan suhu | | | | |
| 10. | Saya mampu menjelaskan perasaan yang saya alami dengan kata-kata yang jelas | | | | |
| 11. | Saya berusaha tidak terburu-buru dalam melakukan suatu hal | | | | |
| 12. | Saya membiarkan pikiran datang dan pergi tanpa terjebak didalamnya | | | | |
| 13. | Saya merasa bingung untuk menjelaskan perasaan yang saya alami | | | | |
| 14. | Saya sulit fokus pada beberapa tugas dalam waktu yang lama | | | | |
| 15. | Saya bereaksi berlebihan pada perasaan yang muncul | | | | |
| 16. | Saya mampu mengenali perubahan emosi selama beraktivitas | | | | |
| 17. | Saya mudah untuk menjelaskan apa yang saya pikirkan pada saat itu juga | | | | |
| 18. | Saya melakukan aktivitas setiap hari dengan perhatian yang penuh | | | | |
| 19. | Saya kesulitan menjelaskan apa yang saya rasakan kepada orang lain | | | | |
| 20. | Saya melakukan aktivitas tanpa menyadari apa yang saya lakukan pada saat itu | | | | |
| 21. | Saya sulit untuk tidak bereaksi ketika mengalami emosi yang tinggi | | | | |

| | | | | |
|-----|---------|---------|-------|------|
| Y06 | 73,5526 | 119,821 | ,411 | ,832 |
| Y07 | 73,3158 | 119,519 | ,406 | ,832 |
| Y08 | 73,5789 | 124,737 | ,143 | ,841 |
| Y09 | 73,5263 | 130,472 | -,119 | ,848 |
| Y10 | 72,6053 | 127,759 | ,022 | ,843 |
| Y11 | 72,6053 | 125,110 | ,229 | ,837 |
| Y12 | 72,5526 | 122,254 | ,413 | ,833 |
| Y13 | 73,8158 | 117,506 | ,552 | ,827 |
| Y14 | 73,8947 | 113,016 | ,714 | ,821 |
| Y15 | 73,6579 | 118,772 | ,489 | ,829 |
| Y16 | 73,7368 | 119,713 | ,380 | ,833 |
| Y17 | 73,4211 | 118,521 | ,404 | ,832 |
| Y18 | 72,3947 | 135,164 | -,353 | ,854 |
| Y19 | 73,2105 | 117,360 | ,579 | ,827 |
| Y20 | 73,0789 | 119,318 | ,374 | ,833 |
| Y21 | 73,3684 | 118,509 | ,515 | ,829 |
| Y22 | 73,5000 | 119,122 | ,457 | ,830 |
| Y23 | 73,5526 | 116,957 | ,523 | ,828 |
| Y24 | 73,4211 | 117,872 | ,494 | ,829 |
| Y25 | 74,1053 | 118,097 | ,471 | ,830 |
| Y26 | 72,8158 | 119,127 | ,484 | ,830 |
| Y27 | 72,8158 | 119,938 | ,507 | ,830 |
| Y28 | 73,2105 | 126,063 | ,076 | ,844 |
| Y29 | 73,0000 | 120,649 | ,425 | ,832 |
| Y30 | 73,3684 | 115,482 | ,541 | ,827 |

Putaran ke 2**Reliability Statistics**

| Cronbach's Alpha | N of Items |
|---------------------|------------|
| ,884 | 21 |

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item- Total Correlation | Cronbach's Alpha if Item Deleted |
|-----|-------------------------------|-----------------------------------|--------------------------------------|----------------------------------------|
| Y01 | 48,5526 | 103,984 | ,331 | ,883 |
| Y03 | 48,5526 | 102,957 | ,375 | ,882 |
| Y06 | 49,0526 | 100,916 | ,479 | ,879 |
| Y07 | 48,8158 | 100,100 | ,501 | ,878 |
| Y12 | 48,0526 | 104,862 | ,377 | ,882 |
| Y13 | 49,3158 | 99,735 | ,567 | ,876 |
| Y14 | 49,3947 | 94,840 | ,771 | ,869 |
| Y15 | 49,1579 | 100,028 | ,556 | ,877 |
| Y16 | 49,2368 | 102,023 | ,379 | ,882 |
| Y17 | 48,9211 | 102,399 | ,331 | ,884 |
| Y19 | 48,7105 | 99,725 | ,588 | ,876 |
| Y20 | 48,5789 | 103,115 | ,301 | ,885 |
| Y21 | 48,8684 | 100,604 | ,534 | ,877 |
| Y22 | 49,0000 | 100,703 | ,501 | ,878 |
| Y23 | 49,0526 | 97,727 | ,618 | ,874 |
| Y24 | 48,9211 | 98,885 | ,574 | ,876 |
| Y25 | 49,6053 | 99,164 | ,545 | ,877 |
| Y26 | 48,3158 | 102,222 | ,439 | ,880 |
| Y27 | 48,3158 | 102,871 | ,465 | ,879 |
| Y29 | 48,5000 | 103,932 | ,360 | ,882 |
| Y30 | 48,8684 | 96,874 | ,604 | ,875 |

Lampiran 9. Hasil Uji Coba Validitas dan Reliabilitas Skala *Mindfulness*

Putaran ke 1

Reliability Statistics

| Cronbach's Alpha | N of Items |
|---------------------|------------|
| ,811 | 45 |

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item- Total Correlation | Cronbach's Alpha if Item Deleted |
|-----|-------------------------------|-----------------------------------|--------------------------------------|----------------------------------------|
| X01 | 116,0526 | 172,862 | ,325 | ,806 |
| X02 | 116,3421 | 165,907 | ,546 | ,799 |
| X03 | 116,5263 | 172,040 | ,316 | ,806 |
| X04 | 116,1842 | 171,127 | ,321 | ,806 |
| X05 | 115,8947 | 171,340 | ,369 | ,805 |
| X06 | 116,3684 | 168,077 | ,396 | ,803 |
| X07 | 116,8684 | 183,252 | -,159 | ,820 |
| X08 | 116,7368 | 167,442 | ,379 | ,804 |
| X09 | 117,5263 | 183,607 | -,189 | ,819 |
| X10 | 117,0000 | 168,108 | ,448 | ,802 |
| X11 | 115,9737 | 171,648 | ,350 | ,805 |
| X12 | 116,4737 | 164,094 | ,616 | ,796 |
| X13 | 116,1053 | 171,610 | ,321 | ,806 |
| X14 | 116,6316 | 183,536 | -,175 | ,820 |
| X15 | 116,3684 | 169,698 | ,428 | ,803 |
| X16 | 116,4211 | 173,277 | ,300 | ,807 |
| X17 | 117,0789 | 170,129 | ,330 | ,805 |
| X18 | 116,8684 | 169,361 | ,406 | ,803 |
| X19 | 116,4474 | 173,389 | ,242 | ,808 |
| X20 | 116,7368 | 171,172 | ,335 | ,805 |
| X21 | 116,1053 | 172,421 | ,343 | ,806 |

| | | | | |
|-----|----------|---------|-------|------|
| X22 | 116,4737 | 164,580 | ,595 | ,797 |
| X23 | 116,3947 | 171,381 | ,321 | ,806 |
| X24 | 116,9211 | 182,831 | -,144 | ,819 |
| X25 | 116,5526 | 187,713 | -,315 | ,825 |
| X26 | 116,9211 | 172,723 | ,281 | ,807 |
| X27 | 116,9211 | 165,804 | ,548 | ,799 |
| X28 | 116,5789 | 171,385 | ,373 | ,805 |
| X29 | 117,4211 | 172,142 | ,297 | ,807 |
| X30 | 117,1316 | 170,928 | ,356 | ,805 |
| X31 | 116,0263 | 174,945 | ,196 | ,809 |
| X32 | 116,1316 | 171,577 | ,357 | ,805 |
| X33 | 116,2632 | 178,523 | ,038 | ,814 |
| X34 | 116,4211 | 178,737 | ,011 | ,816 |
| X35 | 116,2895 | 173,509 | ,257 | ,808 |
| X36 | 117,1316 | 182,766 | -,152 | ,818 |
| X37 | 117,0000 | 163,676 | ,635 | ,796 |
| X38 | 116,5263 | 171,337 | ,363 | ,805 |
| X39 | 116,6842 | 176,438 | ,090 | ,814 |
| X40 | 116,8684 | 171,577 | ,371 | ,805 |
| X41 | 115,9737 | 177,756 | ,068 | ,813 |
| X42 | 116,2105 | 170,333 | ,389 | ,804 |
| X43 | 116,2105 | 176,009 | ,202 | ,809 |
| X44 | 115,8421 | 170,623 | ,338 | ,805 |
| X45 | 116,5000 | 170,203 | ,334 | ,805 |

Putaran ke 2

Reliability Statistics

| Cronbach's | |
|------------|------------|
| Alpha | N of Items |
| ,868 | 28 |

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item- Total Correlation | Cronbach's Alpha if Item Deleted |
|-----|-------------------------------|-----------------------------------|--------------------------------------|----------------------------------------|
| X01 | 72,6579 | 138,988 | ,344 | ,866 |
| X02 | 72,9474 | 132,646 | ,568 | ,860 |
| X03 | 73,1316 | 138,496 | ,321 | ,866 |
| X04 | 72,7895 | 137,252 | ,344 | ,866 |
| X05 | 72,5000 | 137,122 | ,413 | ,864 |
| X06 | 72,9737 | 133,972 | ,439 | ,863 |
| X08 | 73,3421 | 135,258 | ,346 | ,866 |
| X10 | 73,6053 | 136,299 | ,390 | ,865 |
| X11 | 72,5789 | 138,791 | ,322 | ,866 |
| X12 | 73,0789 | 130,777 | ,650 | ,857 |
| X13 | 72,7105 | 137,184 | ,369 | ,865 |
| X15 | 72,9737 | 137,161 | ,394 | ,864 |
| X17 | 73,6579 | 135,474 | ,396 | ,864 |
| X18 | 73,4737 | 135,661 | ,431 | ,863 |
| X20 | 73,3421 | 137,961 | ,328 | ,866 |
| X21 | 72,7105 | 138,968 | ,342 | ,866 |
| X22 | 73,0789 | 131,696 | ,606 | ,858 |
| X23 | 73,0000 | 137,243 | ,355 | ,865 |
| X27 | 73,5263 | 133,067 | ,545 | ,860 |
| X28 | 73,1842 | 138,533 | ,345 | ,866 |
| X30 | 73,7368 | 137,659 | ,352 | ,865 |
| X32 | 72,7368 | 137,983 | ,367 | ,865 |
| X37 | 73,6053 | 131,435 | ,619 | ,858 |
| X38 | 73,1316 | 137,955 | ,363 | ,865 |
| X40 | 73,4737 | 138,580 | ,350 | ,865 |
| X42 | 72,8158 | 138,154 | ,335 | ,866 |
| X44 | 72,4474 | 136,740 | ,364 | ,865 |
| X45 | 73,1053 | 136,097 | ,370 | ,865 |

Lampiran 10. Tabulasi Data Skala Stres Akademik

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

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|----------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|----|
| REFS 101 | 3 | 3 | 1 | 2 | 3 | 2 | 1 | 2 | 2 | 3 | 3 | 4 | 1 | 2 | 2 | 2 | 2 | 3 | 2 | 4 | 2 | 49 |
| REFS 102 | 3 | 2 | 2 | 1 | 3 | 2 | 3 | 2 | 2 | 3 | 4 | 4 | 1 | 2 | 2 | 1 | 1 | 3 | 4 | 3 | 3 | 51 |
| REFS 103 | 3 | 3 | 2 | 2 | 3 | 2 | 2 | 2 | 1 | 3 | 3 | 2 | 1 | 1 | 2 | 1 | 2 | 3 | 4 | 3 | 2 | 47 |
| REFS 104 | 3 | 3 | 2 | 1 | 4 | 1 | 3 | 2 | 2 | 4 | 3 | 2 | 3 | 2 | 1 | 2 | 1 | 2 | 4 | 4 | 2 | 54 |
| REFS 105 | 3 | 3 | 2 | 2 | 4 | 1 | 1 | 2 | 2 | 4 | 3 | 4 | 1 | 2 | 1 | 1 | 1 | 1 | 4 | 3 | 2 | 50 |
| REFS 106 | 3 | 4 | 2 | 1 | 3 | 2 | 1 | 1 | 1 | 4 | 4 | 4 | 2 | 1 | 2 | 1 | 1 | 3 | 3 | 3 | 1 | 47 |
| REFS 107 | 3 | 4 | 2 | 3 | 2 | 2 | 3 | 2 | 1 | 4 | 3 | 3 | 2 | 3 | 2 | 1 | 1 | 3 | 4 | 4 | 2 | 54 |
| REFS 108 | 4 | 3 | 1 | 3 | 3 | 1 | 1 | 1 | 2 | 3 | 3 | 3 | 2 | 1 | 3 | 2 | 2 | 2 | 3 | 1 | 1 | 45 |
| REFS 109 | 2 | 3 | 3 | 1 | 3 | 2 | 3 | 2 | 2 | 4 | 3 | 3 | 1 | 1 | 3 | 1 | 2 | 4 | 3 | 3 | 2 | 51 |
| REFS 110 | 3 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 4 | 2 | 1 | 2 | 2 | 2 | 2 | 4 | 4 | 1 | 50 |
| REFS 111 | 3 | 4 | 2 | 3 | 3 | 1 | 1 | 1 | 2 | 3 | 3 | 3 | 1 | 2 | 2 | 2 | 2 | 2 | 4 | 4 | 2 | 49 |
| REFS 112 | 3 | 4 | 1 | 3 | 4 | 2 | 3 | 2 | 3 | 3 | 3 | 4 | 2 | 2 | 1 | 1 | 2 | 4 | 4 | 4 | 2 | 57 |
| REFS 113 | 3 | 3 | 2 | 1 | 4 | 2 | 1 | 2 | 2 | 4 | 3 | 3 | 1 | 2 | 2 | 2 | 2 | 3 | 4 | 3 | 2 | 61 |
| REFS 114 | 3 | 4 | 2 | 3 | 3 | 2 | 1 | 2 | 2 | 3 | 3 | 4 | 1 | 2 | 1 | 1 | 1 | 3 | 3 | 2 | 2 | 48 |
| REFS 115 | 3 | 3 | 1 | 3 | 3 | 2 | 1 | 1 | 3 | 3 | 3 | 4 | 2 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 63 |
| REFS 116 | 3 | 3 | 1 | 2 | 4 | 1 | 2 | 2 | 1 | 3 | 3 | 3 | 2 | 2 | 1 | 3 | 3 | 4 | 3 | 2 | 2 | 50 |
| REFS 117 | 3 | 3 | 1 | 1 | 4 | 2 | 1 | 2 | 2 | 4 | 2 | 3 | 3 | 1 | 1 | 2 | 2 | 4 | 4 | 2 | 2 | 49 |
| REFS 118 | 3 | 4 | 2 | 3 | 4 | 2 | 2 | 1 | 1 | 3 | 2 | 4 | 2 | 1 | 1 | 1 | 1 | 3 | 3 | 4 | 1 | 48 |
| REFS 119 | 3 | 4 | 2 | 2 | 4 | 1 | 2 | 2 | 2 | 4 | 3 | 3 | 1 | 2 | 2 | 1 | 2 | 3 | 3 | 4 | 2 | 52 |
| REFS 120 | 4 | 3 | 2 | 3 | 4 | 2 | 1 | 2 | 3 | 4 | 4 | 2 | 1 | 2 | 3 | 1 | 1 | 4 | 3 | 2 | 2 | 53 |
| REFS 121 | 3 | 4 | 2 | 2 | 4 | 2 | 1 | 2 | 2 | 3 | 3 | 3 | 1 | 1 | 2 | 2 | 2 | 3 | 4 | 1 | 1 | 50 |
| REFS 122 | 3 | 3 | 2 | 2 | 3 | 1 | 2 | 2 | 2 | 3 | 3 | 4 | 2 | 1 | 1 | 2 | 3 | 4 | 4 | 3 | 2 | 52 |
| REFS 123 | 4 | 4 | 1 | 2 | 3 | 2 | 2 | 3 | 2 | 3 | 4 | 3 | 2 | 2 | 1 | 2 | 2 | 3 | 4 | 4 | 1 | 54 |
| REFS 124 | 4 | 4 | 2 | 2 | 4 | 1 | 1 | 2 | 2 | 2 | 3 | 4 | 2 | 1 | 1 | 2 | 1 | 3 | 3 | 4 | 1 | 49 |
| REFS 125 | 4 | 4 | 1 | 3 | 2 | 2 | 1 | 2 | 1 | 4 | 3 | 4 | 1 | 1 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 50 |
| REFS 126 | 3 | 4 | 2 | 1 | 4 | 2 | 2 | 2 | 1 | 3 | 3 | 3 | 2 | 2 | 1 | 1 | 1 | 3 | 4 | 3 | 1 | 48 |
| REFS 127 | 4 | 3 | 2 | 1 | 4 | 2 | 3 | 1 | 2 | 3 | 3 | 3 | 2 | 1 | 2 | 1 | 2 | 3 | 4 | 3 | 1 | 45 |
| REFS 128 | 3 | 4 | 1 | 1 | 4 | 2 | 2 | 2 | 2 | 4 | 3 | 3 | 2 | 1 | 2 | 2 | 1 | 3 | 4 | 2 | 2 | 52 |
| REFS 129 | 3 | 4 | 1 | 1 | 3 | 2 | 2 | 2 | 2 | 4 | 3 | 3 | 2 | 1 | 2 | 2 | 2 | 4 | 3 | 4 | 2 | 61 |
| REFS 130 | 4 | 3 | 2 | 2 | 3 | 2 | 2 | 3 | 1 | 2 | 4 | 3 | 2 | 2 | 1 | 2 | 1 | 3 | 3 | 3 | 1 | 49 |
| REFS 131 | 3 | 4 | 1 | 2 | 3 | 1 | 1 | 1 | 2 | 4 | 4 | 3 | 1 | 2 | 2 | 1 | 2 | 3 | 4 | 4 | 2 | 50 |
| REFS 132 | 4 | 3 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 3 | 4 | 3 | 1 | 2 | 3 | 1 | 1 | 3 | 3 | 4 | 2 | 52 |
| REFS 133 | 3 | 4 | 1 | 2 | 3 | 2 | 2 | 1 | 1 | 3 | 3 | 3 | 1 | 2 | 2 | 2 | 1 | 4 | 3 | 4 | 2 | 49 |
| REFS 134 | 3 | 4 | 1 | 2 | 3 | 1 | 2 | 2 | 1 | 3 | 4 | 4 | 2 | 1 | 1 | 1 | 2 | 4 | 3 | 3 | 1 | 48 |
| REFS 135 | 3 | 3 | 1 | 1 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 1 | 2 | 3 | 1 | 1 | 3 | 4 | 3 | 2 | 47 |
| REFS 136 | 4 | 3 | 2 | 2 | 3 | 1 | 1 | 2 | 2 | 4 | 3 | 3 | 2 | 1 | 2 | 2 | 2 | 4 | 4 | 3 | 2 | 52 |
| REFS 137 | 3 | 3 | 2 | 2 | 4 | 2 | 2 | 1 | 2 | 3 | 3 | 4 | 1 | 1 | 1 | 2 | 2 | 4 | 4 | 4 | 2 | 52 |
| REFS 138 | 3 | 4 | 2 | 2 | 4 | 1 | 1 | 2 | 2 | 3 | 4 | 3 | 1 | 1 | 2 | 2 | 1 | 4 | 3 | 3 | 2 | 50 |
| REFS 139 | 4 | 3 | 2 | 1 | 3 | 2 | 2 | 2 | 1 | 3 | 3 | 3 | 2 | 1 | 1 | 1 | 1 | 3 | 4 | 4 | 2 | 48 |
| REFS 140 | 3 | 4 | 2 | 2 | 4 | 2 | 2 | 2 | 2 | 3 | 4 | 3 | 1 | 2 | 1 | 2 | 2 | 3 | 3 | 3 | 1 | 51 |
| REFS 141 | 3 | 3 | 1 | 1 | 3 | 2 | 2 | 1 | 2 | 3 | 3 | 3 | 2 | 1 | 3 | 2 | 1 | 4 | 3 | 3 | 2 | 49 |
| REFS 142 | 3 | 4 | 2 | 2 | 3 | 1 | 2 | 2 | 1 | 3 | 4 | 3 | 2 | 1 | 1 | 1 | 2 | 3 | 4 | 4 | 1 | 49 |
| REFS 143 | 4 | 3 | 1 | 1 | 4 | 2 | 2 | 2 | 1 | 3 | 4 | 3 | 2 | 2 | 2 | 2 | 1 | 4 | 4 | 3 | 1 | 51 |
| REFS 144 | 3 | 4 | 2 | 1 | 3 | 1 | 2 | 2 | 2 | 1 | 3 | 3 | 1 | 3 | 2 | 1 | 2 | 4 | 4 | 2 | 1 | 48 |
| REFS 145 | 3 | 3 | 2 | 2 | 4 | 1 | 3 | 2 | 2 | 2 | 3 | 3 | 1 | 2 | 2 | 1 | 2 | 1 | 3 | 4 | 2 | 48 |
| REFS 146 | 3 | 3 | 1 | 1 | 3 | 2 | 2 | 1 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 1 | 1 | 4 | 4 | 3 | 1 | 46 |
| REFS 147 | 3 | 4 | 3 | 2 | 4 | 2 | 1 | 2 | 1 | 2 | 3 | 4 | 2 | 2 | 2 | 2 | 1 | 2 | 3 | 2 | 1 | 48 |
| REFS 148 | 3 | 3 | 1 | 2 | 3 | 1 | 2 | 2 | 1 | 4 | 3 | 4 | 2 | 2 | 1 | 2 | 1 | 4 | 4 | 2 | 2 | 49 |
| REFS 149 | 3 | 3 | 1 | 2 | 4 | 2 | 1 | 1 | 1 | 4 | 4 | 3 | 2 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 2 | 50 |
| REFS 150 | 3 | 3 | 2 | 2 | 3 | 2 | 2 | 1 | 1 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 2 | 47 |
| REFS 151 | 4 | 3 | 1 | 2 | 4 | 2 | 2 | 2 | 2 | 3 | 3 | 4 | 1 | 3 | 2 | 1 | 1 | 2 | 4 | 2 | 2 | 50 |
| REFS 152 | 4 | 4 | 2 | 1 | 3 | 1 | 2 | 2 | 2 | 3 | 3 | 4 | 1 | 2 | 2 | 1 | 1 | 4 | 4 | 3 | 1 | 50 |
| REFS 153 | 3 | 3 | 2 | 1 | 4 | 2 | 2 | 1 | 1 | 4 | 3 | 3 | 2 | 1 | 2 | 2 | 2 | 2 | 4 | 4 | 1 | 49 |
| REFS 154 | 3 | 2 | 1 | 2 | 3 | 2 | 1 | 2 | 2 | 3 | 2 | 4 | 1 | 2 | 1 | 1 | 2 | 4 | 3 | 3 | 1 | 45 |
| REFS 155 | 4 | 4 | 2 | 1 | 3 | 2 | 1 | 2 | 1 | 3 | 3 | 4 | 2 | 2 | 2 | 2 | 1 | 3 | 4 | 3 | 1 | 50 |
| REFS 156 | 3 | 3 | 2 | 3 | 4 | 2 | 1 | 2 | 3 | 3 | 4 | 4 | 1 | 2 | 1 | 1 | 2 | 3 | 4 | 4 | 1 | 53 |
| REFS 157 | 3 | 3 | 2 | 1 | 3 | 1 | 2 | 2 | 2 | 3 | 3 | 2 | 3 | 2 | 1 | 4 | 1 | 3 | 4 | 3 | 2 | 51 |
| REFS 158 | 4 | 4 | 2 | 2 | 4 | 3 | 1 | 2 | 2 | 2 | 3 | 2 | 2 | 1 | 1 | 2 | 1 | 2 | 3 | 4 | 2 | 51 |
| REFS 159 | 3 | 3 | 1 | 1 | 4 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 1 | 1 | 2 | 2 | 2 | 3 | 4 | 3 | 2 | 47 |
| REFS 160 | 4 | 4 | 1 | 2 | 4 | 1 | 2 | 2 | 2 | 3 | 4 | 3 | 2 | 2 | 1 | 2 | 3 | 3 | 3 | 1 | 1 | 51 |
| REFS 161 | 4 | 3 | 2 | 1 | 4 | 2 | 2 | 2 | 2 | 3 | 4 | 4 | 1 | 2 | 1 | 2 | 2 | 3 | 4 | 4 | 2 | 54 |
| REFS 162 | 3 | 4 | 2 | 2 | 3 | 2 | 1 | 2 | 2 | 4 | 3 | 3 | 1 | 1 | 2 | 2 | 2 | 4 | 3 | 3 | 2 | 51 |
| REFS 163 | 3 | 4 | 2 | 1 | 3 | 2 | 2 | 1 | 2 | 3 | 3 | 3 | 2 | 3 | 2 | 2 | 1 | 3 | 4 | 3 | 1 | 50 |
| REFS 164 | 4 | 4 | 3 | 2 | 2 | 2 | 1 | 3 | 2 | 4 | 3 | 3 | 1 | 1 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 51 |
| REFS 165 | 4 | 4 | 2 | 2 | 3 | 2 | 1 | 2 | 1 | 3 | 3 | 4 | 2 | 1 | 2 | 1 | 2 | 3 | 4 | 3 | 2 | 51 |
| REFS 166 | 4 | 3 | 2 | 2 | 4 | 2 | 2 | 1 | 2 | 3 | 3 | 3 | 1 | 1 | 2 | 1 | 1 | 3 | 3 | 3 | 1 | 47 |
| REFS 167 | 3 | 3 | 1 | 2 | 3 | 2 | 2 | 2 | 2 | 3 | 3 | 2 | 1 | 3 | 2 | 1 | 1 | 3 | 4 | 4 | 2 | 49 |
| REFS 168 | 4 | 3 | 1 | 2 | 4 | 2 | 2 | 2 | 1 | 3 | 4 | 4 | 2 | 2 | 1 | 2 | 3 | 4 | 4 | 1 | 1 | 53 |
| REFS 169 | 3 | 4 | 1 | 2 | 3 | 2 | 2 | 2 | 2 | 4 | 3 | 3 | 2 | 2 | 1 | 1 | 2 | 3 | 4 | 3 | 2 | 51 |
| REFS 170 | 4 | 4 | 2 | 1 | 3 | 1 | 2 | 2 | 2 | 4 | 2 | 4 | 2 | 2 | 1 | 1 | 2 | 2 | 3 | 3 | 1 | 48 |
| REFS 171 | 4 | 4 | 1 | 2 | 3 | 2 | 1 | 1 | 2 | 4 | 3 | 4 | 2 | 1 | 2 | 1 | 2 | 3 | 3 | 4 | 2 | 51 |
| REFS 172 | 3 | 4 | 1 | 1 | 4 | 2 | 3 | 2 | 2 | 2 | 3 | 3 | 1 | 1 | 2 | 1 | 2 | 3 | 4 | 3 | 3 | 50 |
| REFS 173 | 4 | 3 | 1 | 1 | 3 | 2 | 2 | 2 | 2 | 3 | 4 | 3 | 2 | 1 | 1 | 3 | 1 | 3 | 4 | 2 | 1 | 47 |
| REFS 174 | 3 | 3 | 1 | 2 | 4 | 2 | 2 | 1 | 2 | 3 | 3 | 3 | 2 | 2 | 1 | 2 | 4 | 2 | 3 | 2 | 2 | 49 |
| REFS 175 | 3 | 4 | 2 | 2 | 4 | 1 | 2 | 2 | 2 | 4 | 4 | 4 | 1 | 2 | 3 | 1 | 1 | 3 | 4 | 3 | 2 | 54 |
| REFS 176 | 4 | 4 | 1 | 2 | 4 | 2 | 2 | 1 | 1 | 4 | 4 | 3 | 1 | 1 | 1 | 2 | 2 | 3 | 4 | 3 | 2 | 51 |
| REFS 177 | 3 | 4 | 1 | 2 | 4 | 2 | 1 | 1 | 1 | 4 | 4 | 3 | 1 | 1 | 2 | 1 | 3 | 3 | 3 | 2 | 1 | 47 |
| REFS 178 | 3 | 3 | 1 | 2 | 3 | 1 | 2 | 2 | 2 | 3 | 2 | 3 | 1 | 2 | 2 | 1 | 1 | 2 | 3 | 3 | 3 | 46 |
| REFS 179 | 3 | 3 | 1 | 1 | 3 | 1 | 2 | 1 | 2 | 3 | 3 | 3 | 1 | 3 | 3 | 2 | 2 | 4 | 3 | 2 | 2 | 48 |
| REFS 180 | 4 | 4 | 2 | 1 | 3 | 2 | 1 | 2 | 2 | 3 | 4 | 4 | 2 | 1 | 3 | 2 | 3 | 3 | 4 | 3 | 2 | 55 |
| REFS 181 | 3 | 3 | 1 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 3 | 4 | 2 | 3 | 2 | 2 | 2 | 2 | 4 | 3 | 2 | 52 |
| REFS 182 | 3 | 2 | 3 | 1 | 2 | 1 | 2 | 2 | 2 | 4 | 3 | 3 | 2 | 2 | 2 | 1 | 1 | 3 | 3 | 3 | 2 | 47 |
| REFS 183 | 3 | 3 | 2 | 1 | 2 | 2 | 2 | 2 | 1 | 4 | 3 | 3 | 2 | 2 | | | | | | | | |

Lampiran 11. Tabulasi Data Skala *Mindfulness*

| No | X ₁ | X ₂ | X ₃ | X ₄ | X ₅ | X ₆ | X ₇ | X ₈ | X ₉ | X ₁₀ | X ₁₁ | X ₁₂ | X ₁₃ | X ₁₄ | X ₁₅ | X ₁₆ | X ₁₇ | X ₁₈ | X ₁₉ | X ₂₀ | X ₂₁ | X ₂₂ | X ₂₃ | X ₂₄ | X ₂₅ | X ₂₆ | X ₂₇ | X ₂₈ | Total | | |
|--------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-------|----|----|
| RES_1 | 1 | 2 | 1 | 2 | 2 | 2 | 1 | 2 | 1 | 3 | 1 | 3 | 1 | 1 | 1 | 2 | 2 | 1 | 1 | 1 | 2 | 2 | 1 | 1 | 1 | 2 | 2 | 1 | 45 | | |
| RES_2 | 2 | 1 | 2 | 2 | 1 | 2 | 3 | 2 | 3 | 1 | 1 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 1 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 2 | 1 | 49 | |
| RES_3 | 2 | 1 | 2 | 2 | 1 | 2 | 2 | 2 | 1 | 2 | 2 | 1 | 1 | 1 | 2 | 1 | 1 | 2 | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 44 | |
| RES_4 | 2 | 1 | 2 | 2 | 1 | 2 | 1 | 2 | 2 | 1 | 1 | 2 | 2 | 2 | 1 | 1 | 1 | 2 | 2 | 1 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 2 | 1 | 45 | |
| RES_5 | 2 | 1 | 2 | 2 | 1 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 1 | 2 | 2 | 1 | 1 | 1 | 2 | 1 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 47 | |
| RES_6 | 2 | 1 | 2 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 4 | 1 | 2 | 2 | 2 | 1 | 51 | |
| RES_7 | 2 | 1 | 2 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 1 | 1 | 1 | 2 | 1 | 1 | 2 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 42 | |
| RES_8 | 2 | 1 | 1 | 2 | 1 | 3 | 2 | 4 | 1 | 2 | 3 | 3 | 1 | 1 | 2 | 2 | 2 | 1 | 2 | 1 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 1 | 51 | | |
| RES_9 | 1 | 1 | 1 | 2 | 1 | 2 | 3 | 2 | 2 | 2 | 1 | 3 | 2 | 2 | 3 | 2 | 1 | 1 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 1 | 1 | 1 | 1 | 45 | |
| RES_10 | 1 | 1 | 1 | 1 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 1 | 1 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 1 | 1 | 1 | 40 | |
| RES_11 | 2 | 1 | 1 | 2 | 1 | 3 | 2 | 3 | 4 | 1 | 2 | 2 | 1 | 2 | 2 | 3 | 1 | 1 | 1 | 2 | 1 | 2 | 1 | 1 | 2 | 2 | 1 | 1 | 1 | 47 | |
| RES_12 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 1 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 45 | |
| RES_13 | 2 | 1 | 1 | 2 | 1 | 2 | 2 | 2 | 1 | 2 | 1 | 1 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 2 | 1 | 1 | 43 | |
| RES_14 | 2 | 2 | 1 | 1 | 2 | 2 | 1 | 2 | 1 | 1 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 1 | 1 | 2 | 2 | 1 | 1 | 2 | 1 | 1 | 40 | |
| RES_15 | 2 | 1 | 1 | 2 | 2 | 1 | 2 | 2 | 2 | 1 | 2 | 1 | 1 | 2 | 1 | 2 | 1 | 2 | 2 | 1 | 2 | 1 | 2 | 1 | 1 | 2 | 2 | 1 | 1 | 43 | |
| RES_16 | 2 | 1 | 2 | 1 | 1 | 1 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 1 | 2 | 2 | 1 | 2 | 1 | 2 | 2 | 1 | 2 | 2 | 1 | 1 | 1 | 1 | 44 | |
| RES_17 | 2 | 2 | 1 | 1 | 2 | 1 | 2 | 3 | 1 | 1 | 2 | 2 | 1 | 1 | 2 | 1 | 2 | 2 | 1 | 1 | 2 | 2 | 1 | 1 | 2 | 2 | 1 | 1 | 1 | 43 | |
| RES_18 | 2 | 1 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 1 | 2 | 1 | 1 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 47 | |
| RES_19 | 1 | 1 | 1 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 1 | 1 | 2 | 2 | 1 | 2 | 2 | 1 | 1 | 1 | 46 | |
| RES_20 | 2 | 2 | 2 | 2 | 1 | 2 | 1 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 1 | 2 | 1 | 2 | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 1 | 2 | 2 | 1 | 46 | |
| RES_21 | 2 | 2 | 1 | 1 | 2 | 1 | 2 | 4 | 4 | 2 | 1 | 3 | 2 | 4 | 3 | 2 | 3 | 4 | 3 | 5 | 1 | 3 | 4 | 1 | 1 | 2 | 2 | 1 | 1 | 44 | |
| RES_22 | 2 | 1 | 1 | 2 | 2 | 1 | 2 | 1 | 1 | 1 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 1 | 2 | 2 | 1 | 2 | 1 | 1 | 2 | 2 | 2 | 1 | 1 | 44 | |
| RES_23 | 2 | 1 | 1 | 1 | 2 | 2 | 4 | 4 | 1 | 1 | 1 | 3 | 3 | 4 | 4 | 1 | 3 | 2 | 4 | 3 | 3 | 1 | 4 | 4 | 3 | 1 | 1 | 1 | 2 | 60 | |
| RES_24 | 4 | 3 | 3 | 3 | 3 | 1 | 2 | 3 | 2 | 4 | 2 | 1 | 4 | 1 | 4 | 1 | 1 | 2 | 3 | 4 | 5 | 1 | 3 | 4 | 4 | 4 | 1 | 2 | 2 | 71 | |
| RES_25 | 3 | 4 | 2 | 2 | 2 | 2 | 4 | 3 | 2 | 3 | 3 | 2 | 4 | 2 | 3 | 1 | 1 | 3 | 4 | 3 | 2 | 3 | 4 | 4 | 2 | 1 | 2 | 1 | 2 | 72 | |
| RES_26 | 1 | 1 | 2 | 1 | 1 | 2 | 4 | 4 | 2 | 2 | 1 | 2 | 4 | 4 | 3 | 2 | 1 | 1 | 4 | 3 | 4 | 2 | 4 | 4 | 3 | 1 | 2 | 2 | 1 | 67 | |
| RES_27 | 1 | 2 | 2 | 2 | 3 | 4 | 4 | 2 | 1 | 1 | 2 | 2 | 3 | 3 | 3 | 5 | 1 | 3 | 4 | 4 | 2 | 3 | 3 | 3 | 1 | 1 | 1 | 1 | 1 | 66 | |
| RES_28 | 2 | 2 | 1 | 1 | 1 | 2 | 4 | 4 | 1 | 2 | 1 | 2 | 4 | 3 | 2 | 2 | 3 | 4 | 4 | 4 | 4 | 2 | 3 | 4 | 1 | 1 | 1 | 1 | 1 | 65 | |
| RES_29 | 1 | 3 | 1 | 2 | 1 | 2 | 4 | 4 | 2 | 1 | 2 | 2 | 3 | 4 | 3 | 2 | 1 | 2 | 4 | 3 | 5 | 1 | 3 | 4 | 2 | 1 | 2 | 1 | 1 | 60 | |
| RES_30 | 2 | 2 | 1 | 1 | 1 | 1 | 4 | 4 | 1 | 1 | 1 | 1 | 3 | 3 | 4 | 1 | 1 | 1 | 3 | 4 | 5 | 2 | 3 | 4 | 1 | 1 | 1 | 1 | 1 | 59 | |
| RES_31 | 1 | 1 | 2 | 2 | 1 | 2 | 3 | 4 | 1 | 1 | 2 | 1 | 4 | 4 | 4 | 2 | 3 | 4 | 1 | 1 | 2 | 4 | 3 | 4 | 4 | 2 | 2 | 4 | 3 | 66 | |
| RES_32 | 1 | 1 | 1 | 1 | 1 | 1 | 4 | 4 | 1 | 1 | 1 | 3 | 4 | 3 | 1 | 2 | 2 | 3 | 3 | 5 | 1 | 3 | 3 | 3 | 1 | 3 | 1 | 1 | 1 | 57 | |
| RES_33 | 1 | 1 | 2 | 2 | 1 | 2 | 3 | 4 | 3 | 2 | 1 | 4 | 4 | 3 | 2 | 1 | 1 | 3 | 2 | 3 | 1 | 4 | 3 | 4 | 2 | 3 | 2 | 3 | 2 | 66 | |
| RES_34 | 1 | 1 | 1 | 2 | 1 | 1 | 4 | 4 | 1 | 1 | 1 | 2 | 5 | 4 | 2 | 3 | 2 | 1 | 3 | 2 | 4 | 2 | 4 | 2 | 4 | 2 | 1 | 2 | 1 | 61 | |
| RES_35 | 1 | 1 | 2 | 1 | 1 | 2 | 4 | 4 | 2 | 2 | 4 | 4 | 5 | 3 | 3 | 1 | 2 | 3 | 4 | 4 | 2 | 2 | 4 | 3 | 3 | 1 | 1 | 2 | 1 | 64 | |
| RES_36 | 2 | 2 | 1 | 3 | 2 | 1 | 2 | 4 | 2 | 1 | 2 | 2 | 3 | 4 | 3 | 2 | 1 | 2 | 4 | 3 | 5 | 1 | 3 | 4 | 2 | 1 | 2 | 1 | 1 | 63 | |
| RES_37 | 2 | 2 | 1 | 1 | 1 | 1 | 3 | 4 | 1 | 3 | 2 | 1 | 3 | 3 | 4 | 2 | 1 | 2 | 2 | 2 | 5 | 1 | 3 | 4 | 4 | 1 | 2 | 2 | 1 | 60 | |
| RES_38 | 2 | 2 | 1 | 1 | 2 | 2 | 4 | 4 | 1 | 1 | 1 | 1 | 3 | 3 | 3 | 2 | 2 | 3 | 3 | 2 | 4 | 1 | 4 | 4 | 3 | 1 | 1 | 1 | 1 | 62 | |
| RES_39 | 2 | 3 | 1 | 2 | 1 | 1 | 4 | 4 | 2 | 1 | 1 | 1 | 3 | 4 | 4 | 3 | 3 | 1 | 4 | 4 | 4 | 2 | 2 | 3 | 4 | 3 | 2 | 2 | 1 | 71 | |
| RES_40 | 1 | 1 | 1 | 3 | 1 | 2 | 4 | 4 | 3 | 1 | 1 | 2 | 4 | 3 | 4 | 2 | 2 | 2 | 4 | 3 | 5 | 3 | 4 | 3 | 4 | 2 | 1 | 1 | 1 | 60 | |
| RES_41 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 4 | 2 | 2 | 1 | 4 | 3 | 3 | 3 | 1 | 1 | 3 | 4 | 2 | 1 | 3 | 2 | 2 | 3 | 2 | 2 | 2 | 1 | 61 | |
| RES_42 | 1 | 2 | 2 | 1 | 1 | 2 | 3 | 5 | 1 | 2 | 1 | 2 | 5 | 3 | 4 | 2 | 1 | 2 | 2 | 3 | 5 | 1 | 4 | 3 | 4 | 1 | 2 | 2 | 1 | 60 | |
| RES_43 | 2 | 2 | 1 | 1 | 1 | 2 | 4 | 4 | 1 | 2 | 1 | 3 | 4 | 4 | 3 | 2 | 1 | 3 | 4 | 3 | 5 | 1 | 3 | 4 | 1 | 2 | 1 | 2 | 1 | 61 | |
| RES_44 | 2 | 1 | 1 | 2 | 1 | 2 | 4 | 4 | 1 | 3 | 2 | 1 | 3 | 4 | 4 | 1 | 2 | 1 | 2 | 4 | 1 | 2 | 4 | 4 | 1 | 2 | 2 | 1 | 1 | 64 | |
| RES_45 | 1 | 3 | 1 | 2 | 1 | 1 | 4 | 4 | 2 | 1 | 1 | 2 | 4 | 3 | 4 | 1 | 4 | 5 | 3 | 5 | 1 | 4 | 3 | 4 | 4 | 1 | 2 | 1 | 1 | 67 | |
| RES_46 | 2 | 3 | 2 | 3 | 1 | 1 | 3 | 4 | 1 | 2 | 3 | 2 | 3 | 4 | 4 | 2 | 1 | 2 | 3 | 3 | 4 | 1 | 2 | 4 | 4 | 2 | 2 | 1 | 1 | 69 | |
| RES_47 | 2 | 2 | 1 | 2 | 1 | 2 | 4 | 4 | 2 | 1 | 1 | 2 | 3 | 4 | 3 | 1 | 1 | 3 | 3 | 4 | 2 | 2 | 3 | 3 | 1 | 1 | 2 | 1 | 1 | 63 | |
| RES_48 | 1 | 2 | 3 | 2 | 1 | 2 | 4 | 4 | 3 | 1 | 1 | 3 | 4 | 4 | 4 | 2 | 5 | 1 | 4 | 3 | 4 | 1 | 4 | 4 | 4 | 4 | 2 | 1 | 1 | 70 | |
| RES_49 | 3 | 3 | 2 | 1 | 1 | 3 | 3 | 4 | 1 | 2 | 1 | 1 | 2 | 3 | 4 | 1 | 2 | 1 | 4 | 2 | 4 | 1 | 2 | 3 | 3 | 3 | 1 | 1 | 1 | 65 | |
| RES_50 | 1 | 2 | 1 | 3 | 2 | 2 | 3 | 5 | 1 | 3 | 2 | 1 | 4 | 4 | 2 | 1 | 2 | 1 | 4 | 5 | 4 | 3 | 4 | 4 | 3 | 1 | 2 | 1 | 1 | 66 | |
| RES_51 | 1 | 3 | 1 | 2 | 1 | 1 | 2 | 4 | 4 | 2 | 1 | 2 | 3 | 4 | 4 | 1 | 2 | 1 | 3 | 4 | 5 | 1 | 3 | 4 | 2 | 1 | 2 | 1 | 1 | 63 | |
| RES_52 | 2 | 1 | 2 | 1 | 2 | 2 | 4 | 5 | 2 | 1 | 1 | 2 | 3 | 4 | 4 | 3 | 2 | 1 | 4 | 4 | 5 | 1 | 3 | 4 | 3 | 1 | 2 | 1 | 1 | 64 | |
| RES_53 | 2 | 1 | 1 | 1 | 2 | 1 | 3 | 4 | 1 | 2 | 1 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 4 | 4 | 4 | 2 | 2 | 2 | 4 | 2 | 2 | 1 | 1 | 63 | |
| RES_54 | 1 | 2 | 2 | 2 | 1 | 1 | 3 | 4 | 2 | 2 | 1 | 2 | 4 | 3 | 3 | 2 | 2 | 1 | 3 | 4 | 5 | 2 | 3 | 3 | 4 | 1 | 2 | 2 | 1 | 65 | |
| RES_55 | 2 | 3 | 3 | 1 | 1 | 1 | 4 | 4 | 1 | 2 | 2 | 2 | 4 | 2 | 2 | 3 | 3 | 3 | 3 | 4 | 5 | 2 | 3 | 2 | 3 | 2 | 2 | 1 | 1 | 68 | |
| RES_56 | 1 | 3 | 3 | 1 | 1 | 1 | 3 | 4 | 2 | 2 | 2 | 1 | 4 | 3 | 4 | 2 | 3 | 1 | 4 | 3 | 4 | 3 | 2 | 3 | 2 | 1 | 1 | 1 | 1 | 67 | |
| RES_57 | 2 | 2 | 2 | 2 | 2 | 2 | 4 | 4 | 1 | 2 | 2 | 1 | 3 | 4 | 3 | 2 | 4 | 2 | 4 | 4 | 4 | 1 | 3 | 3 | 3 | 1 | 1 | 1 | 1 | 68 | |
| RES_58 | 2 | 2 | 1 | 1 | 2 | 2 | 1 | 4 | 4 | 1 | 2 | 2 | 1 | 3 | 4 | 1 | 2 | 2 | 3 | 4 | 4 | 1 | 4 | 4 | 3 | 2 | 1 | 1 | 1 | 68 | |
| RES_59 | 2 | 2 | 2 | 2 | 1 | 1 | 3 | 5 | 1 | 1 | 1 | 2 | 3 | 4 | 4 | 1 | 1 | 1 | 3 | 4 | 4 | 2 | 4 | 4 | 2 | 4 | 1 | 1 | 1 | 1 | 62 |
| RES_60 | 2 | 1 | 1 | 1 | 1 | 2 | 2 | 4 | 2 | 2 | 1 | 1 | 3 | 4 | 2 | 1 | 1 | 1 | 4 | 3 | 5 | 1 | 4 | 3 | 4 | 1 | 2 | 1 | 1 | 60 | |
| RES_61 | 2 | 2 | 2 | 1 | 1 | 2 | 4 | 5 | 1 | 2 | 1 | 1 | 4 | 4 | 4 | 2 | 2 | 1 | 3 | 3 | 5 | 1 | 3 | 4 | 3 | 2 | 2 | 2 | 1 | | |

| | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|----|
| RES 101 | 2 | 2 | 1 | 2 | 1 | 1 | 3 | 3 | 2 | 2 | 1 | 4 | 4 | 4 | 1 | 2 | 4 | 4 | 3 | 1 | 4 | 4 | 3 | 1 | 1 | 2 | 46 |
| RES 102 | 1 | 2 | 1 | 2 | 1 | 1 | 4 | 4 | 2 | 2 | 3 | 2 | 3 | 2 | 4 | 2 | 1 | 1 | 3 | 4 | 4 | 2 | 3 | 3 | 2 | 2 | 44 |
| RES 103 | 2 | 1 | 1 | 2 | 1 | 1 | 4 | 4 | 2 | 1 | 1 | 1 | 3 | 4 | 4 | 1 | 2 | 1 | 4 | 3 | 3 | 1 | 3 | 3 | 3 | 2 | 41 |
| RES 104 | 2 | 2 | 2 | 2 | 1 | 1 | 3 | 3 | 1 | 2 | 1 | 2 | 3 | 4 | 3 | 2 | 2 | 4 | 4 | 4 | 1 | 3 | 3 | 4 | 3 | 2 | 48 |
| RES 105 | 2 | 2 | 1 | 2 | 1 | 2 | 5 | 4 | 2 | 2 | 1 | 1 | 3 | 3 | 3 | 2 | 1 | 2 | 4 | 2 | 4 | 2 | 3 | 2 | 4 | 2 | 43 |
| RES 106 | 2 | 2 | 1 | 2 | 2 | 3 | 3 | 4 | 1 | 2 | 2 | 1 | 4 | 3 | 3 | 2 | 1 | 2 | 4 | 3 | 3 | 2 | 2 | 3 | 2 | 2 | 46 |
| RES 107 | 1 | 1 | 2 | 1 | 2 | 1 | 3 | 4 | 2 | 3 | 2 | 1 | 4 | 2 | 3 | 1 | 2 | 4 | 4 | 4 | 2 | 4 | 3 | 4 | 2 | 1 | 46 |
| RES 108 | 2 | 2 | 1 | 2 | 2 | 2 | 3 | 4 | 1 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 3 | 4 | 4 | 4 | 1 | 3 | 3 | 3 | 2 | 1 | 44 |
| RES 109 | 1 | 2 | 2 | 2 | 2 | 2 | 4 | 2 | 2 | 2 | 3 | 3 | 3 | 1 | 1 | 2 | 3 | 1 | 3 | 2 | 3 | 3 | 3 | 1 | 2 | 2 | 41 |
| RES 110 | 4 | 3 | 3 | 4 | 3 | 4 | 1 | 2 | 2 | 3 | 4 | 2 | 1 | 1 | 1 | 3 | 3 | 2 | 2 | 2 | 3 | 1 | 2 | 1 | 2 | 4 | 49 |
| RES 111 | 1 | 2 | 1 | 1 | 3 | 1 | 4 | 2 | 3 | 1 | 2 | 3 | 3 | 3 | 2 | 2 | 1 | 3 | 2 | 4 | 1 | 3 | 3 | 4 | 1 | 3 | 42 |
| RES 112 | 2 | 1 | 1 | 1 | 2 | 2 | 3 | 4 | 3 | 2 | 1 | 1 | 3 | 3 | 3 | 2 | 1 | 1 | 4 | 3 | 3 | 2 | 4 | 4 | 2 | 1 | 45 |
| RES 113 | 1 | 2 | 1 | 2 | 2 | 2 | 4 | 4 | 1 | 3 | 3 | 1 | 4 | 3 | 3 | 2 | 1 | 1 | 4 | 3 | 1 | 3 | 1 | 4 | 4 | 2 | 46 |
| RES 114 | 2 | 1 | 1 | 2 | 2 | 1 | 3 | 4 | 1 | 1 | 2 | 3 | 3 | 4 | 2 | 1 | 1 | 2 | 4 | 4 | 4 | 2 | 3 | 2 | 3 | 1 | 43 |
| RES 115 | 1 | 2 | 2 | 3 | 1 | 1 | 4 | 2 | 2 | 3 | 1 | 2 | 3 | 3 | 3 | 1 | 2 | 1 | 3 | 3 | 3 | 1 | 3 | 4 | 1 | 2 | 42 |
| RES 116 | 2 | 1 | 1 | 2 | 1 | 1 | 4 | 4 | 2 | 2 | 1 | 1 | 3 | 3 | 3 | 1 | 1 | 1 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 1 | 41 |
| RES 117 | 3 | 4 | 3 | 3 | 2 | 4 | 3 | 2 | 4 | 4 | 3 | 4 | 1 | 1 | 2 | 3 | 3 | 4 | 2 | 1 | 1 | 3 | 2 | 2 | 1 | 2 | 70 |
| RES 118 | 1 | 2 | 2 | 1 | 1 | 2 | 3 | 4 | 1 | 2 | 1 | 2 | 3 | 3 | 3 | 2 | 2 | 2 | 4 | 3 | 4 | 2 | 3 | 3 | 3 | 1 | 42 |
| RES 119 | 2 | 2 | 2 | 1 | 1 | 2 | 4 | 4 | 1 | 1 | 2 | 1 | 3 | 3 | 4 | 1 | 1 | 1 | 4 | 4 | 4 | 1 | 4 | 3 | 3 | 2 | 44 |
| RES 120 | 2 | 2 | 1 | 3 | 2 | 4 | 2 | 4 | 1 | 2 | 3 | 3 | 4 | 1 | 1 | 1 | 4 | 3 | 1 | 1 | 4 | 3 | 1 | 3 | 3 | 2 | 46 |
| RES 121 | 1 | 2 | 2 | 2 | 1 | 1 | 4 | 4 | 1 | 2 | 2 | 1 | 4 | 3 | 3 | 2 | 1 | 2 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 1 | 47 |
| RES 122 | 2 | 1 | 1 | 2 | 2 | 2 | 4 | 4 | 2 | 2 | 1 | 1 | 4 | 4 | 4 | 1 | 2 | 1 | 3 | 3 | 4 | 1 | 3 | 4 | 3 | 2 | 46 |
| RES 123 | 2 | 2 | 1 | 2 | 2 | 2 | 4 | 3 | 2 | 1 | 1 | 1 | 3 | 3 | 3 | 1 | 2 | 2 | 3 | 2 | 2 | 1 | 4 | 2 | 2 | 2 | 43 |
| RES 124 | 2 | 1 | 1 | 2 | 2 | 1 | 3 | 3 | 2 | 1 | 1 | 1 | 4 | 4 | 2 | 1 | 1 | 3 | 3 | 3 | 1 | 3 | 2 | 4 | 1 | 1 | 39 |
| RES 125 | 2 | 2 | 2 | 2 | 1 | 1 | 3 | 4 | 3 | 1 | 2 | 1 | 3 | 3 | 4 | 2 | 2 | 2 | 3 | 3 | 4 | 2 | 2 | 4 | 3 | 2 | 47 |
| RES 126 | 2 | 2 | 2 | 2 | 1 | 2 | 4 | 4 | 1 | 2 | 1 | 1 | 3 | 3 | 4 | 1 | 2 | 1 | 3 | 3 | 4 | 2 | 4 | 4 | 4 | 1 | 46 |
| RES 127 | 2 | 2 | 1 | 2 | 1 | 1 | 3 | 4 | 1 | 2 | 1 | 1 | 4 | 4 | 4 | 1 | 2 | 2 | 3 | 3 | 3 | 2 | 4 | 4 | 3 | 2 | 45 |
| RES 128 | 2 | 2 | 1 | 1 | 2 | 1 | 4 | 3 | 2 | 1 | 1 | 2 | 4 | 4 | 4 | 2 | 1 | 1 | 3 | 4 | 3 | 1 | 3 | 3 | 3 | 2 | 45 |
| RES 129 | 2 | 1 | 1 | 1 | 2 | 1 | 3 | 3 | 1 | 1 | 1 | 2 | 3 | 3 | 3 | 1 | 1 | 1 | 3 | 3 | 4 | 1 | 3 | 3 | 4 | 2 | 38 |
| RES 130 | 1 | 2 | 2 | 1 | 1 | 1 | 3 | 4 | 1 | 1 | 2 | 2 | 2 | 3 | 3 | 2 | 1 | 1 | 3 | 3 | 2 | 2 | 3 | 4 | 4 | 2 | 39 |
| RES 131 | 1 | 1 | 1 | 2 | 2 | 1 | 4 | 4 | 2 | 2 | 2 | 1 | 3 | 3 | 3 | 2 | 2 | 3 | 3 | 4 | 2 | 2 | 4 | 4 | 1 | 2 | 44 |
| RES 132 | 1 | 2 | 2 | 2 | 1 | 1 | 4 | 4 | 2 | 2 | 1 | 2 | 3 | 4 | 3 | 2 | 2 | 2 | 3 | 4 | 2 | 2 | 3 | 3 | 3 | 1 | 48 |
| RES 133 | 1 | 2 | 2 | 2 | 2 | 3 | 3 | 4 | 3 | 4 | 2 | 2 | 4 | 3 | 4 | 2 | 1 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 3 | 1 | 40 |
| RES 134 | 1 | 2 | 2 | 2 | 2 | 2 | 3 | 4 | 2 | 3 | 2 | 2 | 4 | 3 | 4 | 2 | 1 | 2 | 4 | 4 | 4 | 2 | 2 | 2 | 3 | 1 | 47 |
| RES 135 | 2 | 2 | 2 | 3 | 2 | 1 | 4 | 3 | 2 | 2 | 2 | 2 | 4 | 4 | 4 | 1 | 2 | 2 | 4 | 3 | 3 | 3 | 3 | 2 | 3 | 1 | 40 |
| RES 136 | 2 | 1 | 2 | 2 | 2 | 2 | 3 | 4 | 2 | 1 | 1 | 1 | 3 | 3 | 3 | 1 | 2 | 1 | 3 | 2 | 4 | 2 | 3 | 4 | 3 | 1 | 43 |
| RES 137 | 2 | 2 | 2 | 1 | 2 | 2 | 3 | 2 | 4 | 3 | 2 | 3 | 3 | 4 | 2 | 1 | 2 | 3 | 3 | 4 | 1 | 4 | 4 | 3 | 2 | 2 | 41 |
| RES 138 | 2 | 2 | 1 | 1 | 2 | 1 | 4 | 3 | 1 | 2 | 2 | 2 | 3 | 4 | 3 | 2 | 2 | 1 | 4 | 3 | 4 | 1 | 3 | 4 | 3 | 2 | 45 |
| RES 139 | 2 | 2 | 1 | 1 | 1 | 1 | 4 | 4 | 1 | 2 | 2 | 1 | 3 | 3 | 3 | 1 | 2 | 1 | 4 | 3 | 4 | 1 | 3 | 4 | 4 | 2 | 41 |
| RES 140 | 1 | 1 | 1 | 2 | 2 | 1 | 3 | 4 | 2 | 2 | 1 | 2 | 4 | 4 | 4 | 2 | 2 | 2 | 4 | 3 | 4 | 2 | 4 | 3 | 4 | 1 | 42 |
| RES 141 | 2 | 1 | 2 | 2 | 1 | 2 | 4 | 3 | 1 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 1 | 4 | 2 | 3 | 1 | 3 | 3 | 3 | 1 | 41 |
| RES 142 | 2 | 1 | 1 | 2 | 1 | 2 | 3 | 3 | 1 | 1 | 1 | 2 | 3 | 4 | 3 | 2 | 2 | 1 | 3 | 3 | 3 | 2 | 4 | 4 | 4 | 1 | 42 |
| RES 143 | 2 | 1 | 1 | 2 | 1 | 1 | 4 | 4 | 1 | 1 | 2 | 1 | 3 | 2 | 3 | 1 | 3 | 3 | 3 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 38 |
| RES 144 | 2 | 2 | 2 | 1 | 3 | 3 | 2 | 3 | 4 | 3 | 2 | 2 | 3 | 4 | 3 | 2 | 2 | 4 | 2 | 3 | 4 | 2 | 3 | 3 | 3 | 1 | 40 |
| RES 145 | 2 | 2 | 2 | 2 | 1 | 1 | 4 | 4 | 2 | 2 | 2 | 2 | 4 | 4 | 4 | 2 | 1 | 3 | 2 | 4 | 1 | 3 | 2 | 4 | 3 | 1 | 47 |
| RES 146 | 2 | 2 | 1 | 3 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 4 | 2 | 3 | 1 | 2 | 1 | 2 | 2 | 4 | 2 | 2 | 3 | 4 | 2 | 40 |
| RES 147 | 1 | 2 | 2 | 2 | 3 | 1 | 4 | 3 | 1 | 3 | 3 | 2 | 3 | 3 | 4 | 2 | 2 | 2 | 4 | 2 | 3 | 1 | 3 | 4 | 3 | 2 | 40 |
| RES 148 | 2 | 3 | 3 | 1 | 2 | 1 | 2 | 4 | 1 | 2 | 1 | 2 | 3 | 4 | 2 | 1 | 1 | 3 | 3 | 3 | 2 | 3 | 4 | 4 | 2 | 2 | 47 |
| RES 149 | 2 | 1 | 1 | 2 | 2 | 2 | 4 | 4 | 1 | 2 | 2 | 3 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 3 | 1 | 3 | 4 | 3 | 1 | 1 | 43 |
| RES 150 | 2 | 2 | 1 | 1 | 1 | 1 | 4 | 4 | 1 | 2 | 1 | 2 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 4 | 2 | 4 | 4 | 4 | 2 | 2 | 46 |
| RES 151 | 1 | 1 | 2 | 2 | 2 | 1 | 4 | 4 | 3 | 3 | 1 | 2 | 4 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 1 | 2 | 3 | 4 | 1 | 1 | 40 |
| RES 152 | 1 | 1 | 1 | 1 | 2 | 2 | 3 | 3 | 2 | 2 | 1 | 2 | 3 | 3 | 3 | 1 | 2 | 2 | 4 | 3 | 3 | 1 | 3 | 3 | 1 | 2 | 39 |
| RES 153 | 1 | 1 | 1 | 1 | 1 | 2 | 3 | 4 | 3 | 3 | 2 | 2 | 3 | 4 | 4 | 2 | 1 | 3 | 2 | 2 | 4 | 1 | 3 | 3 | 3 | 1 | 43 |
| RES 154 | 1 | 1 | 1 | 2 | 2 | 2 | 4 | 4 | 1 | 1 | 1 | 2 | 3 | 3 | 3 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 1 | 2 | 3 | 2 | 40 |
| RES 155 | 1 | 3 | 2 | 2 | 2 | 2 | 3 | 4 | 1 | 2 | 3 | 3 | 4 | 3 | 3 | 2 | 3 | 2 | 3 | 3 | 3 | 2 | 3 | 2 | 4 | 1 | 40 |
| RES 156 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 2 | 4 | 1 | 2 | 3 | 4 | 3 | 2 | 2 | 4 | 3 | 2 | 2 | 2 | 4 | 3 | 3 | 2 | 48 |
| RES 157 | 2 | 2 | 2 | 3 | 2 | 2 | 3 | 4 | 1 | 2 | 3 | 2 | 4 | 3 | 3 | 2 | 2 | 4 | 4 | 2 | 1 | 3 | 2 | 4 | 3 | 1 | 40 |
| RES 158 | 1 | 1 | 2 | 1 | 1 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 4 | 4 | 4 | 2 | 1 | 3 | 2 | 4 | 1 | 2 | 3 | 3 | 1 | 2 | 47 |
| RES 159 | 2 | 2 | 2 | 1 | 3 | 2 | 4 | 3 | 1 | 4 | 1 | 2 | 3 | 3 | 4 | 1 | 1 | 2 | 4 | 4 | 3 | 2 | 3 | 3 | 4 | 1 | 47 |
| RES 160 | 1 | 2 | 2 | 1 | 1 | 2 | 3 | 4 | 2 | 2 | 2 | 1 | 4 | 3 | 3 | 3 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 2 | 4 | 2 | 46 |
| RES 161 | 1 | 1 | 2 | 1 | 1 | 1 | 4 | 4 | 3 | 3 | 1 | 1 | 4 | 4 | 4 | 2 | 2 | 3 | 3 | 4 | 1 | 3 | 1 | 4 | 1 | 2 | 47 |
| RES 162 | 2 | 2 | 2 | 1 | 2 | 4 | 4 | 4 | 2 | 2 | 2 | 2 | 2 | 3 | 4 | 3 | 2 | 3 | 3 | 3 | 1 | 4 | 3 | 3 | 2 | 1 | 47 |
| RES 163 | 1 | 1 | 2 | 2 | 3 | 3 | 4 | 4 | 2 | 2 | 1 | 2 | 4 | 4 | 3 | 3 | 2 | 3 | 4 | 3 | 1 | 4 | 4 | 3 | 2 | 1 | 47 |
| RES 164 | 1 | 1 | 2 | 2 | 1 | 2 | 4 | 3 | 2 | 2 | 3 | 3 | 2 | 4 | 2 | 1 | 2 | 1 | 3 | 3 | 4 | 1 | 3 | 3 | 2 | 2 | 43 |
| RES 165 | 2 | 2 | 1 | 2 | 1 | 1 | 3 | 4 | 1 | 2 | 2 | 3 | 3 | 4 | 3 | 4 | 1 | 1 | 3 | 3 | 3 | 4 | 4 | 4 | 1 | 2 | 49 |
| RES 166 | 2 | 2 | 1 | 3 | 1 | 1 | 3 | 3 | 1 | 2 | 1 | 3 | 4 | 3 | 4 | 1 | 2 | 1 | 4 | 4 | 3 | 2 | 4 | 4 | 3 | 3 | 49 |
| RES 167 | 2 | 1 | 1 | 2 | 2 | 1 | 2 | 4 | 2 | 2 | 1 | 1 | 4 | 2 | 2 | 2 | 2 | 3 | 3 | 2 | 4 | 1 | 3 | 2 | 3 | 2 | 37 |
| RES 168 | 1 | 1 | 1 | 2 | 2 | 1 | 4 | 4 | 2 | 2 | 2 | 2 | 4 | 4 | 3 | 1 | 2 | 2 | 4 | 3 | 3 | 1 | 3 | 2 | 3 | 3 | 47 |
| RES 169 | 1 | 2 | 1 | 1 | 1 | 2 | 4 | 4 | 2 | 2 | 2 | 1 | 3 | 3 | 4 | 1 | 1 | 2 | 3 | 3 | 2 | 3 | 4 | 4 | 2 | 2 | 44 |
| RES 170 | 1 | 2 | 2 | | | | | | | | | | | | | | | | | | | | | | | | |

Lampiran 12. Hasil Uji Normalitas

One-Sample Kolmogorov-Smirnov Test

| | | Unstandardized Residual |
|----------------------------------|----------------|----------------------------|
| N | | 200 |
| Normal Parameters ^{a,b} | Mean | ,0000000 |
| | Std. Deviation | 4,51071522 |
| Most Extreme Differences | Absolute | ,059 |
| | Positive | ,059 |
| | Negative | -,030 |
| Test Statistic | | ,059 |
| Asymp. Sig. (2-tailed) | | ,086 ^c |

a. Test distribution is Normal.

b. Calculated from data.

c. Lilliefors Significance Correction.

Lampiran 13. Hasil Uji Linieritas

ANOVA Table

| | | | Sum of Squares | df | Mean Square | F | Sig. |
|---------------------------|---------------|--------------------------------|-------------------|-----|----------------|----------|------|
| Stres | Between | (Combined) | 11814,863 | 29 | 407,409 | 58,837 | ,000 |
| Akademik * Mindfulness | Groups | Linearity | 8943,036 | 1 | 8943,036 | 1291,538 | ,000 |
| | | Deviation from Linearity | 2871,827 | 28 | 102,565 | 14,812 | ,000 |
| | Within Groups | | 1177,137 | 170 | 6,924 | | |
| Total | | | 12992,000 | 199 | | | |

Lampiran 14. Hasil Uji *Spearman's Rho*

Correlations

| | | Mindfulness | Stres Akademik |
|----------------|----------------|-------------------------|----------------|
| Spearman's rho | Mindfulness | Correlation Coefficient | 1,000 |
| | | Sig. (2-tailed) | ,000 |
| | | N | 200 |
| | Stres Akademik | Correlation Coefficient | -,347** |
| | | Sig. (2-tailed) | ,000 |
| | | N | 200 |

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

Lampiran 15. Analisis Deskriptif

Descriptive Statistics

| | N | Minimum | Maximum | Mean | Std. Deviation |
|--------------------|-----|---------|---------|---------|----------------|
| Stres Akademik | 200 | 44,00 | 80,00 | 53,0000 | 8,08000 |
| Mindfulness | 200 | 40,00 | 79,00 | 62,8300 | 7,23066 |
| Valid N (listwise) | 200 | | | | |

Lampiran 16. Kategorisasi Skala Stres Akademik

Kategori

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---|-----------|---------|---------------|--------------------|
| Valid | 1 | 5 | 2,5 | 2,5 | 2,5 |
| | 2 | 173 | 86,5 | 86,5 | 89,0 |
| | 3 | 22 | 11,0 | 11,0 | 100,0 |
| Total | | 200 | 100,0 | 100,0 | |

Lampiran 17. Kategorisasi Skala *Mindfulness*

| | | Kategori | | | Cumulative Percent |
|-------|-------|-----------|---------|---------------|-----------------------|
| | | Frequency | Percent | Valid Percent | |
| Valid | 1 | 22 | 11,0 | 11,0 | 11,0 |
| | 2 | 169 | 84,5 | 84,5 | 95,5 |
| | 3 | 9 | 4,5 | 4,5 | 100,0 |
| | Total | 200 | 100,0 | 100,0 | |

Lampiran 18. Hasil Turnitin

