

LAMPIRAN

Lampiran 1. Skala Dukungan Sosial

No	Pernyataan	STS	TS	ATS	N	AS	S	SS
1	Saya mendapatkan bantuan emosional dan dukungan yang saya butuhkan dari keluarga saya							
2	Saya dapat membicarakan masalah-masalah saya dengan teman-teman saya							
3	Ada seorang yang spesial di sekitar saya ketika saya membutuhkan							
4	Saya dapat membicarakan masalah-masalah saya dengan keluarga saya							
5	Teman-teman saya sungguh-sungguh berusaha membantu saya							
6	Saya memiliki teman-teman untuk berbagi suka dan duka							
7	Saya memiliki seorang yang spesial yang menjadi sumber nyata kenyamanan bagi saya							
8	Keluarga saya sungguh-sungguh berusaha membantu saya							
9	Ada seorang yang spesial yang menjadi tempat saya berbagi suka dan duka							
10	Saya dapat mengandalkan teman-teman saya ketika sesuatu berjalan tidak seperti yang seharusnya							
11	Ada seseorang spesial dalam kehidupan saya, yang peduli dengan perasaan-perasaan saya							

Lampiran 2. Tabulasi Data Skala Dukungan Sosial

No	1	2	3	4	5	6	7	8	9	10	11	Total
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5	3	4	5	5	3	3	4	5	5	4	5	46
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7	4	4	5	5	3	3	3	3	3	3	3	39
8	5	5	5	5	2	5	5	5	5	5	5	52
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10	2	5	5	5	2	1	2	5	3	4	5	39

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13	3	3	4	5	3	3	3	3	4	3	5	39
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27	3	4	5	4	4	3	5	5	4	4	5	46
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33	4	4	5	5	1	3	5	3	3	4	5	42
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38	5	5	4	5	5	5	5	5	3	5	2	49
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41	2	4	5	4	1	1	3	3	1	2	1	27
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48	4	4	5	4	2	2	4	2	4	2	2	35
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91	4	3	5	5	5	5	5	1	5	3	5	46
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137	3	4	5	5	3	3	5	3	1	4	3	39
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223	4	3	4	5	2	3	4	4	4	4	4	41
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Lampiran 3. Skala *Grit*

No	Pernyataan	STS	TS	N	S	SS
1	Saya berhenti setiap ada kesulitan komunikasi dengan dosen					
2	Saya menyerah ketika dosen menolak tugas yang saya kerjakan					
3	Saya sanggup menyelesaikan kuliah hingga lulus					
4	Saya tetap mengerjakan tugas kuliah meskipun sulit					
5	Saya membutuhkan waktu lama untuk merespon komentar dari dosen mengenai tugas/project					
6	Saya terpuruk saat ide tugas/project saya ditolak					
7	Saya menghindar dari jadwal bimbingan tugas/project					
8	Dosen kecewa karna saya tidak mengalami kemajuan dalam proses belajar					
9	Saya mudah terdistraksi untuk mengerjakan hal lain saat sedang mengerjakan tugas/project					
10	Saya merasa tidak bersemangat setiap kali jadwal bimbingan tugas					
11	Saya menyelesaikan tugas melebihi waktu yang diberikan dosen					

Lampiran 4. Tabulasi Data Skala *Grit*

No	1	2	3	4	5	6	7	8	9	10	11	Total
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25	4	4	5	5	3	2	5	5	4	5	5	47
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No	1	2	3	4	5	6	7	8	9	10	11	Total
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Lampiran 5. Skala Stres Akademik

No	Pernyataan	STS	TS	N	S	SS
1	Saya percaya diri dengan kemampuan saya dalam menyelesaikan program MBKM					
2	Saya takut tidak bisa menyelesaikan program MBKM					
3	Saya gelisah karena harus beradaptasi dengan lingkungan baru saat menjalani program MBKM di luar kampus					
4	Saya merasa kelelahan mengikuti kegiatan program MBKM					
5	Saya takut tidak bisa menyelesaikan tugas MBKM yang diberikan					
6	Saya lemas mengikuti kegiatan program MBKM karena pola makan saya tidak teratur					
7	Saya ragu dengan kemampuan saya untuk menyelesaikan program MBKM					
8	Saya bisa menyelesaikan program MBKM dengan baik					
9	Saya tidak merasa cemas mengikuti program MBKM karena pola makan saya teratur					
10	Saya dapat berkonsentrasi dengan baik menjalani kegiatan MBKM karena teman-teman saling mendukung					
11	Saya merasa tertekan karena harus menjalani kegiatan program MBKM di luar kampus					
12	Saya tidak kebingungan mengikuti program kegiatan MBKM yang diberikan					
13	Setiap ada tugas dari program MBKM saya bisa menyelesaikan dengan baik					
14	Saya merasa nyaman berada di lingkungan luar kampus saat menjalani program MBKM karena mudah beradaptasi					
15	Saya tidak merasa kebingungan mengikuti kegiatan MBKM karena ada yang membimbing					
16	Saya dapat teguran dari dosen karena performa dalam mengumpulkan tugas menurun					
17	Saya senang menjalani kegiatan program MBKM di luar lingkungan kampus					
18	Saya merasa semangat menjalani kegiatan program MBKM					
19	Saya kelelahan karena jam tidur saya berkurang karena kegiatan program MBKM yang saya ikuti					
20	Saya merasa kebingungan karena mengikuti program MBKM					

Lampiran 6. Tabulasi Data Skala Stres Akademik

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50	1	5	4	4	5	4	4	1	2	1	5	1	1	1	1	5	1	1	5	5	57
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52	2	1	1	2	1	2	1	1	3	1	1	2	1	1	3	1	1	4	2	1	32
53	1	1	1	1	1	1	1	1	3	2	1	5	1	1	3	1	1	3	3	3	35
54	1	5	5	5	5	5	5	1	1	1	5	1	4	3	3	3	3	3	2	3	64
55	5	3	3	3	3	2	2	2	2	2	2	2	2	2	2	3	2	3	4	3	52
56	4	4	4	4	4	4	4	2	2	2	4	2	2	2	2	4	2	2	4	4	62
57	3	1	1	2	3	2	3	3	2	1	1	3	3	2	1	2	2	5	2	2	44
58	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	60
59	3	2	3	4	4	5	3	3	4	4	3	2	3	3	3	1	3	2	4	4	63
60	2	2	2	3	3	2	3	2	3	3	3	3	3	3	3	1	2	3	3	3	52
61	1	1	1	3	1	1	1	1	3	2	1	3	1	1	1	1	1	3	3	1	31
62	3	4	5	5	5	1	3	3	1	4	5	5	3	5	2	1	5	1	5	5	71
63	1	2	4	2	2	2	1	2	2	2	1	1	2	1	3	2	2	4	2	2	40
64	2	4	2	2	3	1	1	1	2	1	2	3	3	2	4	3	3	3	2	1	45
65	2	3	4	2	2	2	2	2	3	2	2	3	2	2	2	1	2	3	3	3	47
66	2	2	4	3	2	2	2	3	4	4	4	3	3	3	3	2	3	3	3	4	59
67	1	1	3	1	1	1	1	1	2	2	1	2	1	3	4	1	1	5	1	4	37
68	2	2	4	3	2	2	2	2	2	1	2	2	2	2	2	2	2	2	5	2	45
69	2	1	1	2	1	2	1	1	1	1	1	5	1	2	2	2	1	4	2	1	34
70	3	3	5	4	4	4	3	2	3	2	5	2	3	4	3	2	3	1	5	3	64
71	1	1	2	5	2	4	2	2	4	3	2	2	2	3	2	2	3	2	4	2	50
72	1	1	1	2	1	1	3	2	2	3	4	2	2	2	2	1	2	2	4	3	41
73	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	60
74	2	1	1	1	1	1	1	2	2	2	1	2	1	2	2	1	3	4	2	1	33
75	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	60
76	3	3	1	3	2	2	3	2	4	2	1	2	2	2	2	1	2	3	1	3	44
77	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	2	3	3	3	3	59

N o	1	2	3	4	5	6	7	8	9	1 0	1 1	1 2	1 3	1 4	1 5	1 6	1 7	1 8	1 9	2 0	Tot al
78	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	1	2	3	3	2	41
79	3	3	3	3	2	3	1	2	2	2	2	2	2	3	2	2	2	4	3	3	49
80	1	3	3	3	3	3	1	1	3	2	1	2	1	3	3	1	3	3	3	1	44
81	2	4	4	4	4	4	4	2	2	2	4	2	2	2	2	4	2	2	4	4	60
82	1	5	5	5	5	5	5	1	1	1	3	3	3	3	3	3	3	3	3	3	64
83	2	1	4	3	4	3	2	1	4	3	2	3	3	3	3	1	3	2	4	3	54
84	3	3	3	2	1	1	1	1	1	1	1	1	1	2	2	1	1	4	1	1	32
85	2	2	2	2	2	2	2	1	2	1	2	2	2	2	2	2	2	4	2	2	40
86	2	2	2	4	4	1	3	4	2	1	4	1	3	4	4	4	2	3	3	3	56
87	2	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	59
88	3	4	2	3	4	2	4	3	2	4	3	2	3	3	2	2	3	3	3	3	58
89	1	5	3	4	3	2	3	1	1	1	1	2	2	2	1	2	1	3	3	3	44
90	2	2	2	2	2	2	1	5	5	5	1	5	2	2	4	2	2	4	1	1	52
91	3	5	5	3	3	3	4	4	3	4	4	2	3	3	4	1	4	4	2	4	68
92	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	60
93	2	4	4	4	3	4	4	2	2	2	4	2	2	2	2	4	2	2	4	4	59
94	2	2	4	3	4	4	3	2	4	3	4	3	3	3	2	3	3	2	4	3	61
95	3	2	2	3	3	3	3	2	2	2	2	3	2	2	2	2	2	4	2	2	48
96	1	1	3	1	5	1	5	1	5	5	1	5	1	3	4	1	2	5	1	3	54
97	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	60
98	2	3	3	3	4	2	3	2	2	2	3	3	2	3	3	2	3	2	3	3	53
99	3	3	4	3	3	2	2	2	2	2	3	3	3	3	3	1	3	3	3	3	54
10 0	3	4	4	4	3	3	3	2	4	2	3	2	2	3	3	2	2	2	4	3	58
10 1	2	4	3	4	2	3	2	3	4	4	1	3	4	3	3	3	3	3	3	2	59
10 2	2	4	2	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	59
10 3	1	5	5	5	4	4	4	1	1	1	5	1	1	1	1	5	1	1	5	5	57
10 4	1	1	2	4	1	1	1	1	1	4	1	2	2	2	1	1	3	4	2	1	36
10 5	1	1	1	3	2	1	1	1	1	1	1	1	1	1	1	1	1	3	3	1	27
10 6	1	1	1	1	1	1	1	1	1	1	1	2	2	1	1	1	1	5	1	1	26
10 7	1	1	1	1	1	1	1	1	1	1	1	1	5	1	1	3	1	2	4	1	30
10 8	2	1	3	2	3	4	5	3	1	1	5	1	1	3	2	5	5	1	1	1	50

N o	1	2	3	4	5	6	7	8	9	1 0	1 1	1 2	1 3	1 4	1 5	1 6	1 7	1 8	1 9	2 0	Tot al
13 0	1	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	2	2	1	23
13 1	2	1	2	3	2	1	2	2	2	2	3	2	2	2	1	2	2	1	4	2	40
13 2	1	1	2	3	1	1	1	1	2	1	1	2	1	1	1	1	1	1	3	1	27
13 3	1	1	3	2	3	2	2	1	1	2	2	2	2	2	2	2	2	2	3	3	40
13 4	2	3	3	3	2	1	2	2	3	3	3	3	3	3	3	3	3	3	3	3	54
13 5	1	1	1	1	1	1	1	1	1	1	5	1	1	1	1	1	1	1	4	1	27
13 6	2	2	2	3	4	3	4	3	3	3	2	3	3	3	3	2	3	2	3	3	56
13 7	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	60
13 8	3	3	2	4	2	3	2	2	2	2	3	2	2	3	2	2	3	2	4	2	50
13 9	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	60
14 0	1	1	1	1	1	1	1	1	1	1	1	5	1	1	1	1	1	1	1	1	24
14 1	1	3	4	3	3	2	2	1	1	1	1	2	2	2	2	1	1	1	2	2	37
14 2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	40
14 3	2	4	3	2	2	1	2	4	4	1	1	2	2	1	2	2	1	2	2	3	43
14 4	3	2	1	3	4	2	2	1	1	1	3	2	2	2	2	1	2	2	4	2	42
14 5	1	5	5	5	5	5	5	1	1	1	1	1	1	1	5	1	5	5	1	1	56
14 6	3	5	4	2	5	5	5	4	5	5	2	4	4	3	2	1	3	3	1	4	70
14 7	1	1	4	5	2	2	1	2	2	2	1	1	2	1	4	2	1	2	5	2	43
14 8	2	2	3	4	3	2	3	1	1	2	2	3	1	2	1	2	1	1	2	2	40
14 9	1	3	5	5	5	5	5	2	5	3	5	5	1	5	5	3	5	5	5	5	83
15 0	2	5	5	5	4	5	5	1	2	1	4	1	1	2	1	4	2	1	5	5	61

N o	1	2	3	4	5	6	7	8	9	1 0	1 1	1 2	1 3	1 4	1 5	1 6	1 7	1 8	1 9	2 0	Tot al
19 3	1	2	1	2	2	2	1	1	2	1	2	2	1	1	1	2	1	1	2	2	30
19 4	3	3	3	3	3	3	3	2	2	2	3	3	3	3	3	3	3	2	3	3	56
19 5	4	4	4	4	4	2	4	3	2	2	2	3	3	3	3	3	2	3	3	4	62
19 6	1	1	1	1	2	1	1	1	1	1	1	5	1	1	1	1	1	1	3	1	27
19 7	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	60
19 8	1	2	3	4	4	3	3	2	3	3	3	3	2	2	1	1	3	3	4	3	53
19 9	2	5	4	4	5	3	5	1	1	2	4	2	4	3	2	4	3	3	3	5	65
20 0	2	3	2	4	2	4	4	3	4	3	2	3	2	4	4	2	4	3	4	4	63
20 1	1	1	4	4	2	4	2	4	4	2	4	4	2	4	4	2	4	2	2	4	60
20 2	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	60
20 3	3	4	4	4	3	2	4	2	2	3	4	2	2	4	4	1	3	3	4	4	62
20 4	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	60
20 5	1	5	5	5	5	5	5	1	1	1	5	1	1	3	1	5	1	1	5	5	62
20 6	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	60
20 7	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	60
20 8	2	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	3	59
20 9	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	2	40
21 0	2	2	2	2	2	2	2	4	2	2	2	2	2	2	2	2	2	2	2	2	42
21 1	1	5	1	1	1	1	1	1	1	1	5	1	1	1	1	5	1	1	5	5	40
21 2	2	4	4	3	3	2	2	2	2	3	3	3	2	3	4	2	3	3	2	4	56
21 3	1	2	1	4	3	1	2	2	2	3	2	3	2	3	2	2	3	4	5	2	49

Lampiran 7. Uji Validitas dan Realibilitas

Skala Dukungan Sosial

Uji Realibilitas

Cronbach's Alpha	N of Items
.873	11

Uji Validitas Putaran 1

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
VAR00001	55.5405	149.589	.380	.866
VAR00002	55.8649	147.342	.490	.860
VAR00003	55.5676	156.474	.228	.873
VAR00004	55.6486	128.290	.779	.839
VAR00005	56.6757	144.059	.449	.863
VAR00006	55.5405	145.755	.633	.854
VAR00007	55.2703	148.703	.570	.857
VAR00008	55.8649	130.176	.678	.847
VAR00009	55.1892	153.602	.322	.868
VAR00010	55.8378	129.362	.662	.848
VAR00011	56.1622	134.251	.715	.845
VAR00012	56.0541	129.664	.686	.846

Uji Validitas Putaran 2

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
VAR00001	50.2703	142.369	.318	.878
VAR00002	50.5946	138.470	.477	.868
VAR00004	50.3784	118.520	.809	.844
VAR00005	51.4054	136.581	.405	.874
VAR00006	50.2703	135.980	.653	.860
VAR00007	50.0000	139.056	.583	.864
VAR00008	50.5946	119.748	.720	.851
VAR00009	49.9189	146.354	.252	.880
VAR00010	50.5676	118.641	.710	.852
VAR00011	50.8919	125.655	.708	.853
VAR00012	50.7838	119.174	.730	.850

Skala Grit**Uji Realibilitas**

Cronbach's Alpha	N of Items
.856	11

Uji Validitas Putaran 1

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
VAR00001	88.0270	77.583	.153	.669
VAR00002	89.2973	72.937	.235	.663
VAR00003	88.8108	77.713	.044	.682
VAR00004	88.4054	68.748	.513	.634
VAR00005	89.8919	81.432	-.133	.689
VAR00006	88.3514	69.179	.558	.632
VAR00007	87.5135	77.201	.332	.663
VAR00008	87.4324	76.974	.347	.662
VAR00009	89.0270	69.471	.499	.636
VAR00010	88.9730	68.916	.509	.634
VAR00011	88.4595	81.533	-.132	.696
VAR00012	88.0811	68.632	.574	.630
VAR00013	88.4865	80.979	-.107	.697
VAR00014	88.7027	73.104	.321	.655
VAR00015	89.5946	65.303	.557	.622
VAR00016	88.7297	69.925	.477	.639
VAR00017	88.1081	76.044	.275	.661
VAR00018	87.8378	74.695	.370	.655
VAR00019	87.8649	78.898	.043	.676
VAR00020	88.0541	75.275	.247	.662
VAR00021	88.1081	72.044	.318	.654
VAR00022	88.9189	81.688	-.139	.703
VAR00023	89.8108	78.658	-.014	.691
VAR00024	88.5946	79.248	-.021	.687
VAR00025	88.1081	74.932	.234	.663

Uji Validitas Putaran 2

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
VAR00004	46.1351	49.787	.586	.819
VAR00006	46.0811	49.965	.655	.815
VAR00007	45.2432	58.634	.287	.839
VAR00008	45.1622	58.529	.290	.838
VAR00009	46.7568	49.023	.672	.813
VAR00010	46.7027	48.992	.646	.814
VAR00012	45.8108	48.324	.755	.807
VAR00014	46.4324	51.308	.550	.822
VAR00015	47.3243	50.059	.438	.835
VAR00016	46.4595	49.811	.620	.817
VAR00017	45.8378	59.917	.037	.850
VAR00018	45.5676	57.752	.222	.842
VAR00021	45.8378	51.417	.456	.830

Uji Validitas Putaran 3

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
VAR00004	37.6486	46.234	.597	.840
VAR00006	37.5946	46.192	.683	.834
VAR00007	36.7568	55.134	.261	.860
VAR00008	36.6757	55.170	.245	.861
VAR00009	38.2703	45.425	.688	.833
VAR00010	38.2162	44.952	.694	.832
VAR00012	37.3243	44.892	.762	.827
VAR00014	37.9459	47.441	.580	.842
VAR00015	38.8378	47.084	.412	.860
VAR00016	37.9730	46.138	.640	.837
VAR00021	37.3514	48.290	.435	.854

Variabel Stres Akademik**Uji Realibilitas**

Cronbach's Alpha	N of Items
.929	20

Uji Validitas Putaran 1

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
VAR00001	84.8378	145.973	.413	.776
VAR00002	84.0000	139.167	.594	.766
VAR00003	84.2973	156.492	.025	.793
VAR00004	85.1081	154.488	.194	.785
VAR00005	83.6757	157.336	-.021	.798
VAR00006	84.9730	154.027	.113	.790
VAR00007	83.8649	140.120	.554	.768
VAR00008	83.8108	142.102	.644	.767
VAR00009	84.5405	154.033	.132	.788
VAR00010	83.8108	132.769	.778	.755
VAR00011	84.3784	140.575	.607	.767
VAR00012	84.2162	133.730	.771	.756
VAR00013	84.7568	145.745	.567	.772
VAR00014	84.3784	153.853	.108	.790
VAR00015	84.1892	145.435	.443	.775
VAR00016	84.8108	149.547	.333	.780
VAR00017	83.4595	161.089	-.158	.797
VAR00018	83.9730	135.194	.761	.758
VAR00019	83.1081	164.932	-.302	.804
VAR00020	84.7838	148.008	.567	.775
VAR00021	83.9730	141.027	.599	.767
VAR00022	84.0811	143.132	.473	.773
VAR00023	83.7568	175.023	-.556	.821
VAR00024	84.3514	173.790	-.589	.817
VAR00025	84.7297	144.980	.446	.775
VAR00026	84.4054	141.803	.661	.767
VAR00027	84.1351	144.398	.465	.774
VAR00028	84.7838	149.896	.429	.778
VAR00029	83.5676	176.752	-.726	.820
VAR00030	83.4595	163.811	-.254	.803
VAR00031	84.1351	138.453	.698	.763
VAR00032	84.1351	140.509	.687	.765

Uji Validitas Putaran 2

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
VAR00001	50.4865	190.479	.479	.928
VAR00002	49.6486	185.845	.557	.927

VAR00007	49.5135	185.479	.561	.927
VAR00008	49.4595	187.255	.670	.924
VAR00010	49.4595	177.144	.779	.922
VAR00011	50.0270	186.527	.596	.926
VAR00012	49.8649	177.731	.789	.921
VAR00013	50.4054	191.581	.590	.926
VAR00015	49.8378	189.751	.514	.927
VAR00016	50.4595	197.255	.306	.931
VAR00018	49.6216	177.631	.839	.920
VAR00020	50.4324	194.030	.600	.926
VAR00021	49.6216	184.353	.680	.924
VAR00022	49.7297	186.425	.561	.927
VAR00025	50.3784	191.464	.441	.929
VAR00026	50.0541	186.330	.710	.924
VAR00027	49.7838	188.785	.527	.927
VAR00028	50.4324	196.197	.461	.928
VAR00031	49.7838	182.785	.731	.923
VAR00032	49.7838	183.730	.776	.922

Lampiran 8. Analisa Deskriptif

Stastik Deskriptif

Descriptive Statistics

	Mean	Std. Deviation	N
Y	49.2545	13.08518	224
X1	57.0446	12.26054	224
X2	40.4911	7.63811	224

Lampiran 9. Hasil Analisis Korelasi

Korelasi

Correlations

		<u>Y</u>	<u>X1</u>	<u>X2</u>
<u>Pearson Correlation</u>	<u>Y</u>	<u>1.000</u>	<u>-.222</u>	<u>-.510</u>
	<u>X1</u>	<u>-.222</u>	<u>1.000</u>	<u>.023</u>
	<u>X2</u>	<u>-.510</u>	<u>.023</u>	<u>1.000</u>
<u>Sig. (1-tailed)</u>	<u>Y</u>	<u>.</u>	<u>.000</u>	<u>.000</u>
	<u>X1</u>	<u>.000</u>	<u>.</u>	<u>.366</u>
	<u>X2</u>	<u>.000</u>	<u>.366</u>	<u>.</u>
<u>N</u>	<u>Y</u>	<u>224</u>	<u>224</u>	<u>224</u>
	<u>X1</u>	<u>224</u>	<u>224</u>	<u>224</u>

<u>X2</u>	<u>224</u>	<u>224</u>	<u>224</u>
-----------	------------	------------	------------

Model Summary^b

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics	
					R Square Change	F Change
1	.552 ^a	.305	.299	10.95863	.305	48.472

Model Summary^b

Model	Change Statistics		Sig. F Change	
	df1	df2		
1	2	221	.000	1.861

a. Predictors: (Constant), X2, X1

b. Dependent Variable: Y

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	11642.246	2	5821.123	48.472	.000 ^b
	Residual	26540.249	221	120.092		
	Total	38182.496	223			

a. Dependent Variable: Y

b. Predictors: (Constant), X2, X1

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	97.158	5.170		18.792	.000
	X1	-.225	.060	-.211	-3.759	.000
	X2	-.866	.096	-.506	-9.011	.000

Coefficients^a

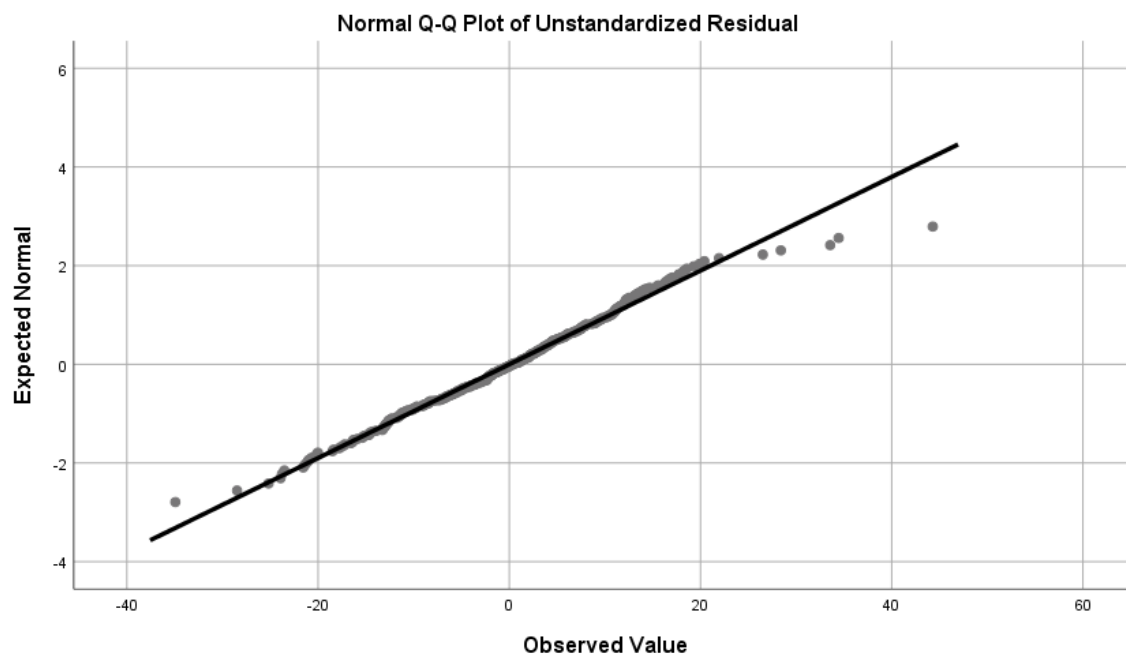
Model		Correlations			Collinearity Statistics	
		Zero-order	Partial	Part	Tolerance	VIF
1	(Constant)					
	X1	-.222	-.245	-.211	.999	1.001
	X2	-.510	-.518	-.505	.999	1.001

a. Dependent Variable: Y

Lampiran 10. Uji Normalitas

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Unstandardized Residual	.033	224	.200*	.982	224	.006



Lampiran 11. Penyebaran Kuesioner dan Dokumentasi Pendukung



Grit dan Dukungan Sosial dengan Stres Akademik Mahasiswa MBKM

Salam sejahtera bagi kita semua,

Perkenalkan saya Aurelia Vania Diastari Mahasiswa Magister Psikologi A.50 dari Universitas 17 Agustus 1945 Surabaya. Saat ini saya sedang melakukan penelitian untuk menyelesaikan tesis dengan subjek mahasiswa MBKM yang minimal mengikuti 1 program MBKM selama kuliah. Penelitian ini dibimbing oleh Dr. Andik Matulesy dan Dr. Amanda Pascarini. Penelitian ini bersifat rahasia dan seluruh data yang saya terima hanya untuk pengembangan ilmu psikologi. Oleh karena itu, saya mohon bantuan teman-teman untuk mengisi kuesioner ini dengan jujur karena tidak ada jawaban yang benar maupun salah. Waktu pengisian kurang lebih 10 menit.

Atas bantuannya, saya ucapkan terima kasih. Have a good day.

IPK *

☐ <2.5

☐ 2.6-3

☒ 3.1-3.5

☐ 3.5-3.9

☐ 4

Program MBKM yang pernah diikuti *

☐ MSIB

☒ Magang Independen

☐ IISMA

☐ Kampus Mengajar

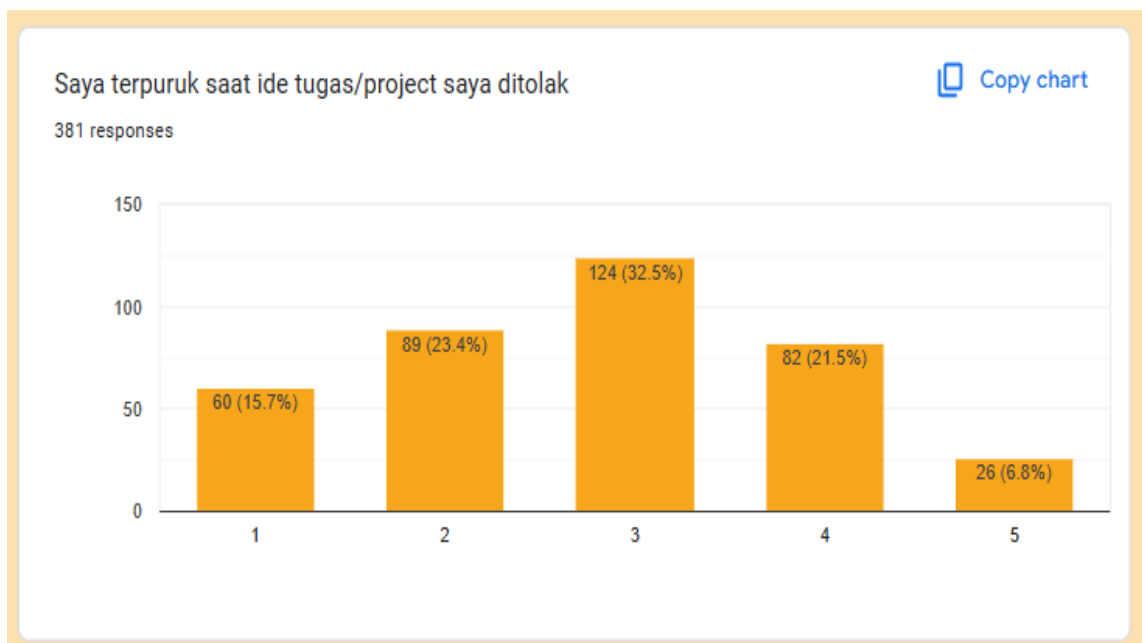
☐ Pertukaran Mahasiswa Merdeka

☐ Wirausaha Merdeka

☐ Membangun Desa

☐ Riset/penelitian

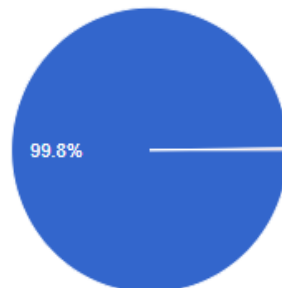
☐ Proyek Kemanusiaan



Saya bersedia untuk mengisi kuesioner ini.

 Copy chart

407 responses

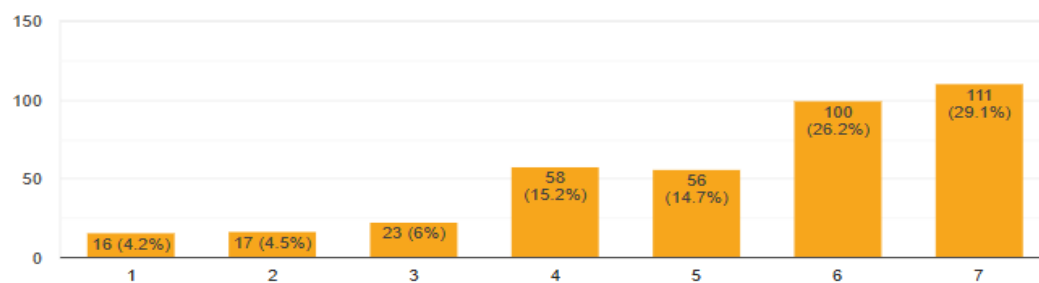


● Ya, saya bersedia
● Tidak, mungkin lain kali

Ada seorang yang spesial di sekitar saya ketika saya membutuhkan

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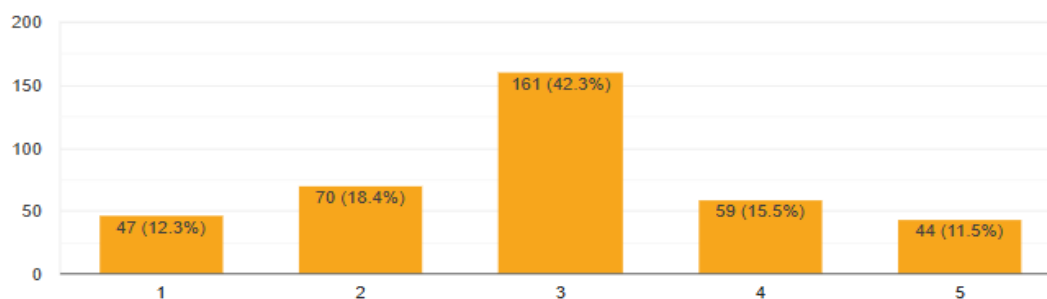
381 responses

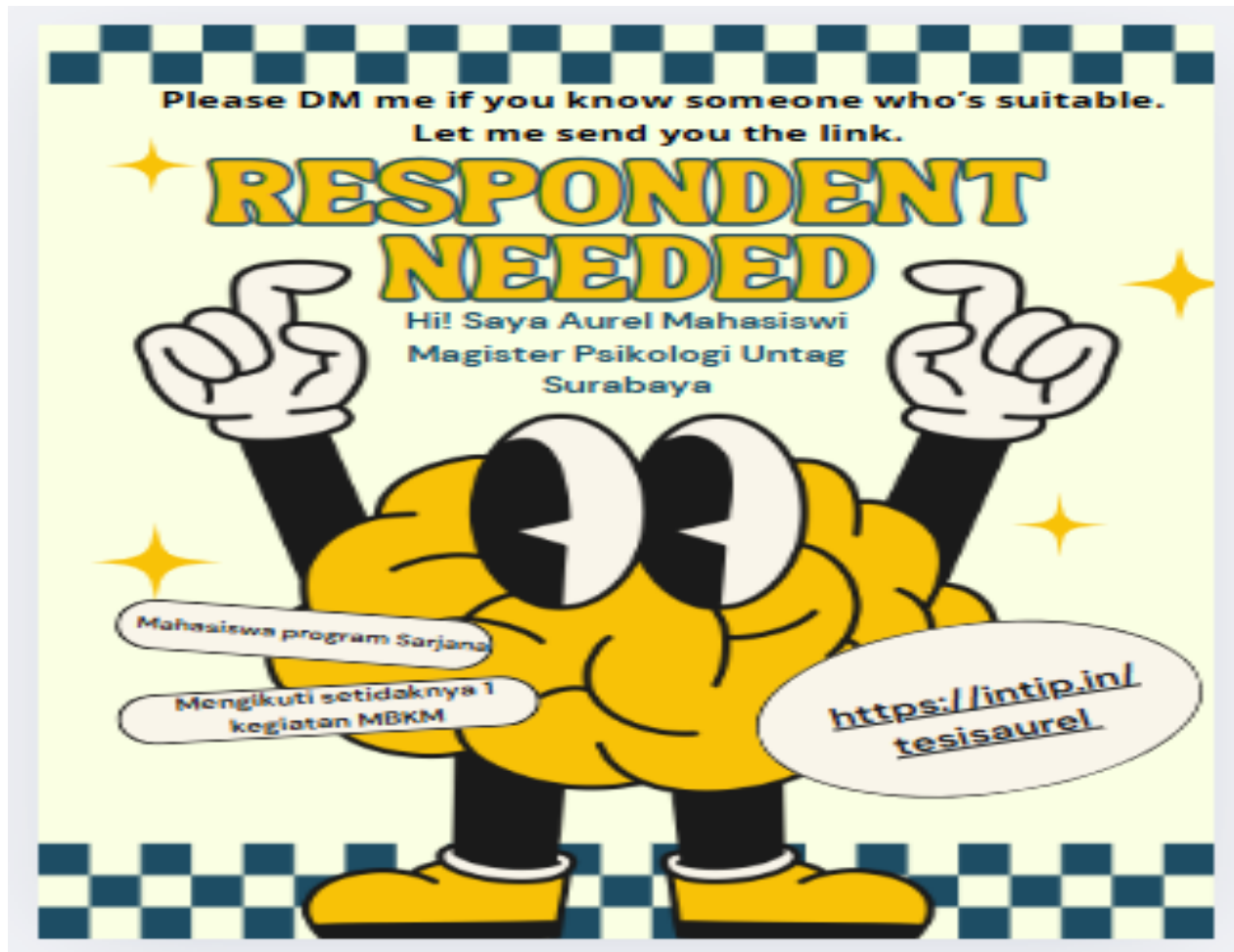


Saya kelelahan karena jam tidur saya berkurang karena kegiatan program MBKM yang saya ikuti

 Copy chart

381 responses





Surabaya, 14 February 2025

Ref No. : 014/JTCE/LoA/V5-I2/2025

Subject : Letter of Acceptance (LoA)

Dear Author(s), Good day!

We are pleased to inform you that your submitted revision article, titled:
"The influence of social support and grit on academic stress among university students in Indonesia"

Author (s) (in order):

^{1*} Aurelia Vania Diastari, ² Andik Matulessy, ³ Rr. Amanda Pasca Rini

* *Corresponding Author; Email: aureliadidas25@gmail.com*

Affiliation:

^{1,2,3} Universitas 17 Agustus 1945 Surabaya, Indonesia

has successfully undergone a double-blind peer review process and has been **ACCEPTED** for publication in the Journal of Tourism, Culinary, and Entrepreneurship (JTCE), Volume 5, Issue 2 (October 2025).

Your article is now in the production phase and will soon be published.

If there are any errors in the title, author order, corresponding author details, or affiliations, please notify us within one week of receiving this notification.

Thank you for choosing JTCE for your publication. We look forward to your future submissions.

Best regards,

Agoes Tinus Lis Indrianto, S.S., M. Tourism, Ph.D
(Editor in Chief)

