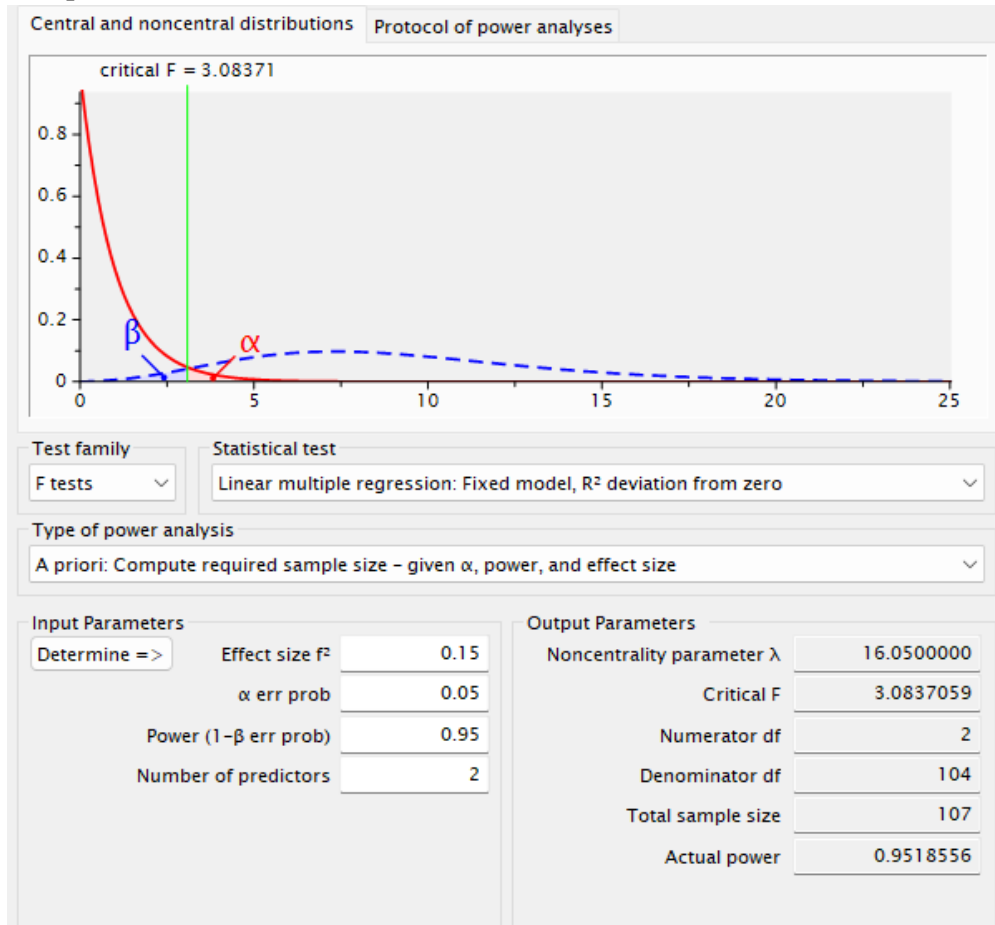


LAMPIRAN

Lampiran I G*Power



Lampiran II Skala *Self-Efficacy*

Kuesioner ini terdiri dari sejumlah pernyataan yang perlu dijawab sesuai dengan kondisi atau pribadi responden alami. Tidak terdapat jawaban yang benar maupun salah dalam pernyataan ini. Peneliti sangat menghargai kejujuran responden dalam menjawab setiap pernyataan. Seluruh data yang terkumpul akan dijaga kerahasiannya dan hanya digunakan untuk kepentingan akademik.

Responden dapat menjawab dengan memberikan tanda (\surd) pada salah satu jawaban yang paling sesuai dengan pengalaman responden berdasarkan skala berikut:

STS : Sangat Tidak Setuju

TS : Tidak Setuju

N : Netral

S : Setuju

SS : Sangat Setuju

| Pernyataan | STS | TS | N | S | SS |
|---|-----|----|---|---|----|
| Saya tetap berusaha menyelesaikan tugas walau terasa sulit | | | | | |
| Saya berusaha mencari cara lain ketika mengalami kesulitan mengerjakan tugas | | | | | |
| Saya cenderung menyerah kalau tugas terasa terlalu berat | | | | | |
| Saya lebih memilih menunda tugas ketika merasa tidak sanggup mengerjakannya | | | | | |
| Saya merasa tertantang untuk membuktikan kemampuan saya ketika tugas terasa sulit | | | | | |
| Saya melihat tugas sulit sebagai kesempatan untuk meningkatkan kemampuan saya | | | | | |
| Saya merasa cemas dan ingin menghindari tugas yang menantang | | | | | |
| Saya merasa pesimis ketika harus mengerjakan tugas yang rumit | | | | | |
| Saya merasa lebih yakin karena pernah berhasil menghadapi tugas kuliah yang sulit | | | | | |
| Saya percaya diri menghadapi tugas baru karena belajar dari pengalaman sebelumnya | | | | | |
| Saya tetap ragu meskipun sudah pernah mengerjakan tugas yang mirip sebelumnya | | | | | |
| Pengalaman belajar saya tidak membuat saya lebih percaya diri saat presentasi | | | | | |

| | | | | | |
|---|--|--|--|--|--|
| Saya mencoba menerapkan strategi belajar yang pernah berhasil untuk tugas baru | | | | | |
| Saya memanfaatkan pengalaman sebelumnya agar bisa menyelesaikan tugas dengan lebih baik | | | | | |
| Saya mudah bingung meskipun sudah pernah menghadapi jenis tugas yang sama | | | | | |
| Saya tidak memanfaatkan pengalaman masa lalu ketika menghadapi tugas yang sulit | | | | | |
| Saya yakin bisa menyelesaikan tugas kuliah dengan baik | | | | | |
| Saya percaya bisa memahami materi kuliah walau sulit | | | | | |
| Saya merasa ragu terhadap kemampuan diri sendiri ketika belajar | | | | | |
| Saya merasa tidak cukup pintar untuk memahami materi perkuliahan | | | | | |
| Saya berusaha menyelesaikan semua tugas yang menjadi tanggung jawab saya | | | | | |
| Saya berusaha menyelesaikan tugas meski sedang tidak mood | | | | | |
| Saya membiarkan tugas tertunda ketika muncul rasa malas | | | | | |
| Saya hanya mengerjakan tugas kalau ada tekanan dari dosen atau teman | | | | | |

Lampiran III Skala Dukungan Sosial

Kuesioner ini terdiri dari sejumlah pernyataan yang perlu dijawab sesuai dengan kondisi atau pribadi responden alami. Tidak terdapat jawaban yang benar maupun salah dalam pernyataan ini. Peneliti sangat menghargai kejujuran responden dalam menjawab setiap pernyataan. Seluruh data yang terkumpul akan dijaga kerahasiannya dan hanya digunakan untuk kepentingan akademik.

Responden dapat menjawab dengan memberikan tanda (\surd) pada salah satu jawaban yang paling sesuai dengan pengalaman responden berdasarkan skala berikut:

STS : Sangat Tidak Setuju

TS : Tidak Setuju

N : Netral

S : Setuju

SS : Sangat Setuju

| Pernyataan | STS | TS | N | S | SS |
|--|-----|----|---|---|----|
| Keluarga saya memberi bantuan ketika saya sedang punya masalah | | | | | |
| Saya merasa keluarga selalu ada untuk saya ketika saya butuh tempat cerita | | | | | |
| Keluarga saya kurang memperhatikan saya saat saya dalam kesulitan | | | | | |
| Saya merasa tidak ada anggota keluarga yang benar-benar peduli dengan saya | | | | | |
| Saya mengandalkan pendapat keluarga ketika harus membuat keputusan penting | | | | | |
| Keluarga membantu saya memilih keputusan yang terbaik | | | | | |
| Keluarga saya tidak peduli ketika saya harus memutuskan hal penting | | | | | |
| Saya tidak berdiskusi dengan keluarga tentang hal penting dalam hidup saya | | | | | |
| Teman saya mau membantu kalau saya kesulitan dalam tugas kuliah | | | | | |
| Saya dan teman-teman saling berbagi informasi tentang tugas atau kuliah | | | | | |
| Teman saya tidak mau membantu saya dalam hal akademik | | | | | |
| Saya merasa tidak punya teman yang bisa membantu saat saya kesulitan belajar | | | | | |

| | | | | | |
|---|--|--|--|--|--|
| Temannya hadir ketika saya benar-benar butuh bantuan | | | | | |
| Saya merasa teman-teman saya mendukung saya di saat sulit | | | | | |
| Saat saya butuh bantuan, teman saya justru tidak peduli | | | | | |
| Saya merasa sendirian ketika menghadapi masalah | | | | | |
| Saya merasa dicintai dan dihargai oleh sahabat saya | | | | | |
| Ada seseorang yang membuat saya merasa penting dan berarti | | | | | |
| Saya merasa teman dekat saya tidak menghargai saya | | | | | |
| Saya merasa tidak diperhatikan oleh sahabat sendiri | | | | | |
| Saya merasa tenang karena ada orang terdekat yang selalu mendukung saya | | | | | |
| Kehadiran seseorang membuat saya merasa nyaman menjalani hari-hari saya | | | | | |
| Saya merasa tidak aman karena kurang dukungan dari teman dekat saya | | | | | |
| Saya merasa tidak nyaman karena orang terdekat saya kurang perhatian | | | | | |

Lampiran IV Skala Kecenderungan Stres Akademik

Kuesioner ini terdiri dari sejumlah pernyataan yang perlu dijawab sesuai dengan kondisi atau pribadi responden alami. Tidak terdapat jawaban yang benar maupun salah dalam pernyataan ini. Peneliti sangat menghargai kejujuran responden dalam menjawab setiap pernyataan. Seluruh data yang terkumpul akan dijaga kerahasiannya dan hanya digunakan untuk kepentingan akademik.

Responden dapat menjawab dengan memberikan tanda (\checkmark) pada salah satu jawaban yang paling sesuai dengan pengalaman responden berdasarkan skala berikut:

STS : Sangat Tidak Setuju

TS : Tidak Setuju

N : Netral

S : Setuju

SS : Sangat Setuju

| Pernyataan | STS | TS | N | S | SS |
|--|-----|----|---|---|----|
| Saat mengerjakan tugas kuliah, saya cepat merasa lelah | | | | | |
| Saya cenderung berkeringat dingin ketika mengerjakan tugas | | | | | |
| Saat mendapat tugas kuliah, saya mudah merasa pusing | | | | | |
| Saya dapat merasa tenang ketika mengerjakan tugas | | | | | |
| Saat mengerjakan tugas yang sulit, saya tetap bersemangat | | | | | |
| Saya bisa mengatur banyak tugas tanpa merasa pusing | | | | | |
| Saya punya banyak tenaga untuk mengerjakan tugas | | | | | |
| Saat takut menghadapi ujian, saya memilih untuk tidak masuk kuliah | | | | | |
| Saya menunda tugas karena merasa tidak mampu menyelesaikannya | | | | | |
| Saat beban kuliah meningkat, saya menjadi mudah marah | | | | | |
| Saya berusaha hadir dan menyelesaikan tugas tepat waktu | | | | | |
| Ketika menghadapi tekanan kuliah, saya mampu mengendalikan emosi | | | | | |

| | | | | | |
|--|--|--|--|--|--|
| Saya tetap mengikuti ujian walaupun sedang merasa tertekan | | | | | |
| Saya sulit berkonsentrasi saat belajar karena terlalu banyak beban pikiran | | | | | |
| Saya cenderung kehilangan fokus saat dosen menjelaskan materi | | | | | |
| Saya mudah melupakan materi meskipun sudah mempelajarinya | | | | | |
| Meskipun menghadapi banyak tekanan, saya tetap bisa fokus belajar | | | | | |
| Saya tidak mudah terdistraksi saat perkuliahan berlangsung | | | | | |
| Saya mampu mengingat materi yang sudah saya pelajari dengan baik | | | | | |
| Saya cenderung merasa sangat cemas menjelang ujian | | | | | |
| Saat terbebani dengan tuntutan akademik, saya mudah merasa putus asa | | | | | |
| Saya menjadi sangat sensitif saat merasa terbebani oleh tugas | | | | | |
| Saya merasa siap dan tenang saat menghadapi ujian | | | | | |
| Saya mampu menjaga suasana hati walau sedang banyak tugas | | | | | |
| Saya mampu menenangkan diri saat merasa kewalahan oleh tugas kuliah | | | | | |
| Saya tidak mudah terbawa emosi ketika menghadapi tekanan kuliah | | | | | |

Lampiran V Tabulasi Skala Kecenderungan Stres Akademik

| No Responden | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | Total |
|--------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-------|
| 1 | 4 | 3 | 4 | 1 | 4 | 4 | 1 | 3 | 5 | 5 | 1 | 2 | 1 | 5 | 5 | 5 | 4 | 4 | 3 | 5 | 5 | 5 | 3 | 4 | 3 | 3 | 94 |
| 2 | 2 | 1 | 1 | 3 | 2 | 2 | 1 | 3 | 4 | 1 | 3 | 1 | 4 | 3 | 1 | 4 | 3 | 1 | 4 | 2 | 2 | 2 | 2 | 4 | 4 | 4 | 71 |
| 3 | 5 | 3 | 4 | 4 | 5 | 5 | 2 | 2 | 5 | 4 | 5 | 5 | 1 | 2 | 4 | 4 | 3 | 3 | 5 | 4 | 5 | 3 | 4 | 1 | 2 | 85 | |
| 4 | 3 | 1 | 1 | 3 | 3 | 5 | 4 | 1 | 3 | 2 | 4 | 3 | 2 | 2 | 3 | 2 | 3 | 3 | 3 | 1 | 2 | 4 | 3 | 3 | 3 | 71 | |
| 5 | 4 | 3 | 3 | 3 | 4 | 4 | 4 | 1 | 3 | 3 | 4 | 3 | 5 | 5 | 5 | 4 | 4 | 3 | 5 | 5 | 3 | 3 | 3 | 3 | 3 | 87 | |
| 6 | 4 | 2 | 2 | 3 | 2 | 3 | 3 | 1 | 2 | 2 | 2 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 3 | 58 | |
| 7 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 26 | |
| 8 | 3 | 2 | 1 | 3 | 4 | 3 | 2 | 1 | 1 | 3 | 4 | 4 | 2 | 1 | 3 | 3 | 4 | 2 | 4 | 2 | 2 | 4 | 2 | 4 | 4 | 2 | 71 |
| 9 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 1 | 2 | 2 | 2 | 4 | 1 | 2 | 3 | 4 | 2 | 4 | 2 | 3 | 3 | 4 | 3 | 3 | 3 | 75 | |
| 10 | 3 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 3 | 2 | 2 | 2 | 2 | 4 | 3 | 3 | 3 | 2 | 2 | 4 | 4 | 3 | 3 | 3 | 3 | 66 | |
| 11 | 4 | 5 | 4 | 2 | 1 | 3 | 1 | 4 | 3 | 5 | 2 | 1 | 2 | 3 | 4 | 5 | 2 | 1 | 1 | 3 | 5 | 4 | 2 | 1 | 1 | 2 | 71 |
| 12 | 5 | 3 | 5 | 1 | 2 | 2 | 1 | 2 | 2 | 4 | 1 | 2 | 1 | 4 | 5 | 5 | 2 | 4 | 2 | 5 | 4 | 4 | 1 | 2 | 1 | 2 | 72 |
| 13 | 3 | 1 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 1 | 2 | 1 | 4 | 3 | 2 | 4 | 2 | 2 | 4 | 2 | 4 | 2 | 2 | 2 | 3 | 58 |
| 14 | 3 | 1 | 3 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 1 | 2 | 1 | 4 | 5 | 2 | 2 | 3 | 2 | 4 | 2 | 4 | 2 | 2 | 2 | 3 | 60 |
| 15 | 3 | 1 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 2 | 1 | 4 | 1 | 2 | 2 | 2 | 2 | 4 | 2 | 4 | 2 | 2 | 2 | 3 | 55 |
| 16 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 1 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 5 | 3 | 4 | 3 | 3 | 3 | 2 | 89 |
| 17 | 3 | 2 | 2 | 2 | 2 | 4 | 2 | 1 | 3 | 2 | 4 | 2 | 1 | 2 | 2 | 4 | 2 | 3 | 2 | 2 | 3 | 5 | 4 | 3 | 2 | 4 | 65 |
| 18 | 5 | 4 | 5 | 2 | 2 | 1 | 2 | 5 | 4 | 5 | 2 | 2 | 2 | 5 | 4 | 5 | 2 | 1 | 2 | 4 | 5 | 4 | 1 | 2 | 2 | 1 | 79 |
| 19 | 4 | 2 | 2 | 1 | 2 | 1 | 4 | 4 | 5 | 2 | 1 | 1 | 4 | 4 | 5 | 2 | 1 | 1 | 4 | 4 | 2 | 2 | 1 | 1 | 1 | 2 | 64 |
| 20 | 4 | 1 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 2 | 3 | 3 | 2 | 67 |
| 21 | 3 | 2 | 2 | 3 | 2 | 3 | 3 | 1 | 3 | 3 | 1 | 1 | 1 | 3 | 3 | 3 | 1 | 3 | 3 | 3 | 1 | 2 | 3 | 3 | 3 | 3 | 57 |
| 22 | 3 | 2 | 2 | 3 | 2 | 3 | 3 | 1 | 2 | 3 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 57 |
| 23 | 3 | 4 | 3 | 2 | 3 | 2 | 3 | 1 | 3 | 2 | 1 | 3 | 1 | 2 | 1 | 2 | 3 | 2 | 3 | 4 | 3 | 2 | 4 | 3 | 3 | 3 | 66 |
| 24 | 3 | 1 | 3 | 2 | 3 | 2 | 3 | 1 | 1 | 4 | 2 | 3 | 2 | 3 | 4 | 5 | 2 | 3 | 4 | 3 | 3 | 1 | 2 | 2 | 2 | 2 | 66 |
| 25 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 65 |
| 26 | 4 | 1 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 2 | 4 | 2 | 3 | 1 | 2 | 2 | 4 | 2 | 2 | 2 | 2 | 2 | 58 |
| 27 | 3 | 1 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 1 | 2 | 1 | 4 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 52 |
| 28 | 5 | 2 | 4 | 4 | 4 | 4 | 2 | 1 | 2 | 4 | 1 | 2 | 1 | 2 | 2 | 4 | 2 | 2 | 4 | 2 | 3 | 4 | 4 | 2 | 1 | 2 | 70 |
| 29 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 2 | 3 | 2 | 3 | 4 | 3 | 2 | 3 | 4 | 5 | 3 | 3 | 4 | 2 | 3 | 3 | 80 |
| 30 | 5 | 5 | 4 | 1 | 2 | 2 | 2 | 5 | 5 | 5 | 2 | 2 | 1 | 5 | 5 | 4 | 1 | 1 | 4 | 4 | 5 | 1 | 1 | 1 | 1 | 1 | 74 |
| 31 | 4 | 2 | 5 | 4 | 1 | 1 | 1 | 1 | 4 | 2 | 1 | 1 | 1 | 5 | 4 | 1 | 1 | 2 | 3 | 4 | 2 | 2 | 1 | 1 | 1 | 1 | 59 |
| 32 | 5 | 3 | 4 | 4 | 4 | 3 | 1 | 3 | 3 | 4 | 3 | 3 | 1 | 4 | 4 | 4 | 1 | 1 | 4 | 3 | 3 | 3 | 2 | 1 | 1 | 1 | 74 |
| 33 | 5 | 3 | 5 | 3 | 4 | 3 | 5 | 1 | 1 | 5 | 1 | 2 | 1 | 5 | 5 | 5 | 4 | 5 | 5 | 5 | 5 | 5 | 4 | 4 | 3 | 4 | 98 |
| 34 | 4 | 3 | 3 | 4 | 4 | 4 | 3 | 1 | 2 | 4 | 2 | 4 | 2 | 4 | 4 | 3 | 3 | 4 | 3 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 86 |
| 35 | 5 | 1 | 3 | 3 | 3 | 2 | 3 | 4 | 3 | 4 | 2 | 3 | 4 | 3 | 4 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 1 | 4 | 3 | 2 | 76 |
| 36 | 4 | 2 | 3 | 4 | 1 | 2 | 2 | 5 | 3 | 3 | 5 | 5 | 4 | 1 | 5 | 5 | 1 | 3 | 4 | 2 | 3 | 4 | 4 | 2 | 1 | 5 | 83 |
| 37 | 4 | 3 | 5 | 3 | 4 | 3 | 2 | 1 | 2 | 2 | 1 | 2 | 3 | 3 | 3 | 2 | 3 | 2 | 3 | 3 | 4 | 2 | 2 | 2 | 2 | 2 | 69 |
| 38 | 5 | 1 | 4 | 4 | 4 | 4 | 5 | 2 | 3 | 5 | 1 | 1 | 2 | 4 | 5 | 4 | 4 | 5 | 4 | 6 | 4 | 4 | 4 | 4 | 2 | 4 | 85 |
| 39 | 3 | 1 | 1 | 3 | 3 | 2 | 2 | 1 | 1 | 1 | 1 | 2 | 2 | 2 | 1 | 2 | 3 | 2 | 1 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 47 |
| 40 | 3 | 1 | 1 | 3 | 3 | 3 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 58 |
| 41 | 3 | 2 | 2 | 4 | 2 | 4 | 3 | 2 | 2 | 4 | 1 | 1 | 1 | 4 | 5 | 2 | 3 | 1 | 4 | 5 | 4 | 2 | 2 | 2 | 2 | 2 | 61 |
| 42 | 3 | 1 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 1 | 2 | 1 | 4 | 3 | 2 | 2 | 3 | 2 | 4 | 2 | 4 | 2 | 2 | 2 | 2 | 52 |
| 43 | 5 | 4 | 2 | 1 | 1 | 2 | 2 | 1 | 2 | 5 | 1 | 2 | 2 | 4 | 5 | 4 | 1 | 2 | 1 | 5 | 1 | 4 | 2 | 1 | 1 | 1 | 64 |
| 44 | 4 | 2 | 3 | 2 | 3 | 2 | 3 | 1 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 2 | 54 |
| 45 | 4 | 2 | 4 | 2 | 3 | 3 | 3 | 4 | 4 | 4 | 3 | 2 | 3 | 4 | 3 | 4 | 3 | 2 | 2 | 5 | 4 | 4 | 2 | 3 | 2 | 2 | 81 |
| 46 | 3 | 1 | 4 | 2 | 4 | 4 | 2 | 1 | 3 | 2 | 1 | 2 | 1 | 4 | 2 | 2 | 2 | 2 | 2 | 4 | 2 | 2 | 2 | 3 | 1 | 2 | 60 |
| 47 | 4 | 1 | 4 | 1 | 3 | 4 | 3 | 1 | 1 | 4 | 1 | 1 | 3 | 2 | 1 | 4 | 1 | 1 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 2 | 72 |
| 48 | 3 | 1 | 3 | 3 | 2 | 3 | 2 | 1 | 1 | 2 | 1 | 2 | 1 | 1 | 2 | 3 | 2 | 3 | 1 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 49 |
| 49 | 5 | 3 | 3 | 2 | 3 | 3 | 3 | 1 | 2 | 2 | 2 | 3 | 5 | 2 | 3 | 3 | 4 | 3 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 67 |
| 50 | 3 | 2 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 73 |
| 51 | 3 | 1 | 2 | 4 | 3 | 2 | 3 | 1 | 1 | 1 | 1 | 1 | 2 | 3 | 1 | 2 | 3 | 3 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 49 |
| 52 | 5 | 5 | 2 | 3 | 3 | 3 | 3 | 1 | 3 | 5 | 1 | 1 | 1 | 5 | 3 | 3 | 1 | 3 | 3 | 2 | 3 | 5 | 3 | 2 | 1 | 2 | 72 |
| 53 | 4 | 4 | 4 | 1 | 2 | 2 | 1 | 3 | 4 | 5 | 2 | 2 | 1 | 4 | 5 | 4 | 1 | 1 | 3 | 4 | 5 | 2 | 4 | 4 | 4 | 2 | 74 |
| 54 | 3 | 1 | 2 | 2 | 2 | 2 | 2 | 5 | 1 | 2 | 5 | 2 | 1 | 2 | 4 | 3 | 2 | 2 | 3 | 2 | 4 | 2 | 4 | 2 | 2 | 2 | 65 |
| 55 | 3 | 1 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 1 | 2 | 1 | 4 | 3 | 5 | 2 | 3 | 2 | 4 | 2 | 4 | 2 | 2 | 2 | 2 | 60 |
| 56 | 3 | 3 | 2 | 3 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 4 | 2 | 2 | 3 | 4 | 4 | 4 | 4 | 3 | 2 | 2 | 58 |
| 57 | 3 | 1 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 1 | 2 | 1 | 4 | 3 | 2 | 2 | 3 | 2 | 4 | 2 | 4 | 4 | 2 | 2 | 2 | 58 |
| 58 | 3 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 4 | 2 | 2 | 2 | 2 | 2 | 4 | 2 | 2 | 2 | 2 | 2 | 2 | 55 |
| 59 | 3 | 1 | 2 | 3 | 3 | 2 | 2 | 1 | 1 | 4 | 1 | 2 | 1 | 4 | 3 | 2 | 2 | 2 | 2 | 4 | 2 | 4 | 2 | 4 | 2 | 1 | 62 |
| 60 | 3 | 1 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 1 | 2 | 1 | 4 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 4 | 2 | 2 | 2 | 2 | 53 |
| 61 | 3 | 1 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 1 | 4 | 3 | 2 | 2 | 2 | 2 | 4 | 2 | 4 | 2 | 2 | 2 | 2 | 59 |
| 62 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 3 | 2 | 2 | 2 | 2 | 60 |
| 63 | 4 | 1 | 2 | 2 | 2 | 3 | 5 | 1 | 2 | 5 | 2 | 2 | 1 | 2 | 3 | 4 | 2 | 3 | 2 | 2 | 4 | 4 | 2 | 3 | 3 | 3 | 67 |
| 64 | 4 | 2 | 2 | 3 | 2 | 4 | 4 | 1 | 2 | 4 | 2 | 2 | 2 | 4 | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 2 | 2 | 2 | 74 |
| 65 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 1 | 2 | 1 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 59 |
| 66 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 3 | 4 | 4 | 2 | 3 | 4 | 4 | 2 | 3 | 2 | 2 | 2 | 2 | 67 |
| 67 | 4 | 5 | 4 | 2 | 2 | 4 | 4 | 4 | 4 | 4 | 2 | 3 | 4 | 4 | 4 | 4 | 4 | 1 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 91 |
| 68 | 3 | 1 | 4 | 3 | 3 | 4 | 3 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 1 | 3 | 2 | 3 | 2 | 60 |
| 69 | 2 | 1 | 2 | 2 | 1 | 3 | 3 | 1 | 2 | 1 | 2 | 1 | 1 | 2 | 2 | 5 | 2 | 4 | 3 | 3 | 2 | 4 | 3 | 2 | 2 | 1 | 57 |

Lampiran VI Hasil Uji Validitas dan Reabilitas Skala Kecenderungan Stres Akademik

Scale: Skala kecenderungan stres akademik putaran 1

Reliability Statistics

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .827 | 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 | 63.74 | 152.686 | .456 | .817 |
| AITEM2 | 64.94 | 155.568 | .415 | .820 |
| AITEM3 | 64.32 | 153.365 | .390 | .820 |
| AITEM4 | 64.26 | 161.584 | .155 | .828 |
| AITEM5 | 64.10 | 156.786 | .276 | .825 |
| AITEM6 | 64.20 | 151.184 | .513 | .815 |
| AITEM7 | 64.18 | 150.600 | .526 | .815 |
| AITEM8 | 64.88 | 153.006 | .370 | .821 |
| AITEM9 | 64.38 | 155.383 | .280 | .825 |
| AITEM10 | 63.62 | 159.996 | .140 | .831 |
| AITEM11 | 64.94 | 152.466 | .537 | .815 |
| AITEM12 | 64.54 | 154.825 | .434 | .819 |
| AITEM13 | 65.00 | 158.980 | .262 | .825 |
| AITEM14 | 63.58 | 152.738 | .393 | .820 |
| AITEM15 | 63.98 | 157.040 | .280 | .824 |
| AITEM16 | 63.92 | 153.993 | .357 | .821 |
| AITEM17 | 64.32 | 153.365 | .456 | .818 |
| AITEM18 | 63.94 | 164.996 | .012 | .833 |
| AITEM19 | 64.46 | 161.356 | .164 | .828 |
| AITEM20 | 63.54 | 159.029 | .179 | .829 |
| AITEM21 | 64.08 | 151.871 | .467 | .817 |
| AITEM22 | 63.54 | 153.029 | .379 | .820 |
| AITEM23 | 64.00 | 147.878 | .585 | .812 |
| AITEM24 | 64.24 | 151.860 | .451 | .817 |
| AITEM25 | 64.52 | 151.316 | .491 | .816 |
| AITEM26 | 64.28 | 152.287 | .413 | .819 |

Scale: Skala kecenderungan stres akademik putaran 2**Reliability Statistics**

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .838 | 17 |

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|---------|----------------------------|--------------------------------|----------------------------------|----------------------------------|
| AITEM1 | 40.00 | 96.082 | .395 | .832 |
| AITEM2 | 41.20 | 96.776 | .436 | .830 |
| AITEM3 | 40.58 | 96.453 | .339 | .835 |
| AITEM6 | 40.46 | 93.682 | .511 | .826 |
| AITEM7 | 40.44 | 93.762 | .498 | .827 |
| AITEM8 | 41.14 | 95.429 | .352 | .835 |
| AITEM11 | 41.20 | 94.327 | .559 | .825 |
| AITEM12 | 40.80 | 95.551 | .488 | .828 |
| AITEM14 | 39.84 | 96.096 | .337 | .836 |
| AITEM16 | 40.18 | 96.559 | .323 | .837 |
| AITEM17 | 40.58 | 95.555 | .447 | .830 |
| AITEM21 | 40.34 | 95.372 | .410 | .832 |
| AITEM22 | 39.80 | 95.714 | .350 | .835 |
| AITEM23 | 40.26 | 90.727 | .600 | .821 |
| AITEM24 | 40.50 | 93.031 | .502 | .827 |
| AITEM25 | 40.78 | 92.542 | .549 | .824 |
| AITEM26 | 40.54 | 92.825 | .485 | .827 |

Lampiran VII Tabulasi Self-Efficacy

| No Responden | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | Total | | | | |
|--------------|---|---|---|---|---|---|---|---|---|----|----|-----|----|----|----|----|----|----|----|----|----|----|----|----|-------|-----|-----|-----|-----|
| 1 | 5 | 5 | 3 | 1 | 4 | 5 | 3 | 4 | 1 | 2 | 3 | 4 | 2 | 1 | 4 | 3 | 1 | 1 | 3 | 3 | 1 | 1 | 5 | 5 | 1 | 2 | 62 | | |
| 2 | 4 | 4 | 4 | 5 | 4 | 4 | 4 | 4 | 4 | 5 | 4 | 5 | 4 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 1 | 2 | 5 | 100 |
| 3 | 2 | 4 | 3 | 3 | 3 | 3 | 2 | 1 | 3 | 3 | 2 | 1 | 3 | 2 | 2 | 1 | 3 | 3 | 2 | 2 | 5 | 4 | 2 | 3 | 4 | 2 | 3 | 62 | |
| 4 | 4 | 4 | 5 | 4 | 2 | 3 | 2 | 2 | 3 | 5 | 4 | 3 | 4 | 4 | 3 | 3 | 4 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 74 | |
| 6 | 4 | 4 | 5 | 5 | 4 | 5 | 4 | 5 | 5 | 4 | 4 | 5 | 4 | 3 | 4 | 5 | 4 | 4 | 5 | 5 | 4 | 5 | 5 | 4 | 3 | 3 | 3 | 102 | |
| 7 | 5 | 5 | 5 | 1 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 116 | |
| 8 | 3 | 4 | 3 | 4 | 2 | 3 | 2 | 1 | 3 | 2 | 2 | 3 | 3 | 4 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 2 | 3 | 69 | | |
| 9 | 5 | 5 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 5 | 4 | 4 | 5 | 4 | 4 | 4 | 2 | 3 | 5 | 5 | 3 | 3 | 5 | 94 | | |
| 10 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 73 | | |
| 11 | 4 | 5 | 2 | 3 | 5 | 4 | 2 | 1 | 4 | 5 | 2 | 1 | 5 | 4 | 1 | 3 | 5 | 4 | 2 | 2 | 3 | 5 | 5 | 2 | 1 | 75 | | | |
| 12 | 4 | 5 | 1 | 1 | 4 | 5 | 2 | 2 | 4 | 5 | 1 | 1 | 4 | 4 | 2 | 3 | 5 | 5 | 5 | 2 | 2 | 5 | 5 | 2 | 2 | 76 | | | |
| 13 | 5 | 5 | 5 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 104 | | |
| 14 | 5 | 5 | 5 | 2 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 103 | | |
| 15 | 5 | 5 | 5 | 2 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 103 | | |
| 16 | 4 | 4 | 2 | 2 | 3 | 3 | 1 | 3 | 4 | 5 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 73 | | |
| 17 | 5 | 4 | 5 | 4 | 4 | 5 | 4 | 3 | 4 | 5 | 5 | 2 | 3 | 5 | 4 | 3 | 5 | 4 | 5 | 4 | 5 | 4 | 2 | 5 | 3 | 2 | 96 | | |
| 18 | 4 | 5 | 2 | 2 | 5 | 4 | 1 | 2 | 4 | 5 | 2 | 2 | 5 | 4 | 2 | 1 | 4 | 5 | 2 | 1 | 4 | 4 | 1 | 4 | 1 | 2 | 73 | | |
| 19 | 4 | 5 | 2 | 4 | 5 | 4 | 1 | 5 | 2 | 5 | 2 | 2 | 5 | 1 | 4 | 2 | 5 | 4 | 1 | 2 | 4 | 1 | 2 | 4 | 5 | 5 | 84 | | |
| 20 | 4 | 5 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 100 | | |
| 21 | 5 | 5 | 3 | 5 | 3 | 5 | 5 | 3 | 3 | 3 | 3 | 3 | 5 | 4 | 3 | 3 | 5 | 5 | 2 | 3 | 5 | 5 | 5 | 5 | 5 | 5 | 96 | | |
| 22 | 5 | 5 | 4 | 5 | 4 | 4 | 5 | 4 | 4 | 5 | 4 | 5 | 4 | 5 | 3 | 5 | 4 | 4 | 4 | 2 | 5 | 5 | 3 | 4 | 4 | 102 | | | |
| 23 | 4 | 5 | 3 | 2 | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 2 | 3 | 4 | 1 | 2 | 5 | 5 | 2 | 3 | 5 | 2 | 5 | 4 | 3 | 5 | 81 | | |
| 24 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 91 | | |
| 25 | 2 | 2 | 4 | 4 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 81 | | |
| 26 | 5 | 5 | 5 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 102 | | |
| 27 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 105 | | |
| 28 | 4 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 99 | | |
| 29 | 4 | 5 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 86 | | |
| 30 | 5 | 4 | 2 | 1 | 4 | 4 | 1 | 1 | 5 | 4 | 2 | 1 | 5 | 5 | 1 | 1 | 5 | 4 | 2 | 2 | 5 | 5 | 1 | 1 | 1 | 71 | | | |
| 31 | 5 | 5 | 5 | 2 | 4 | 4 | 1 | 4 | 1 | 5 | 1 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 91 | | |
| 32 | 5 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 92 | | |
| 33 | 5 | 5 | 4 | 4 | 3 | 1 | 1 | 1 | 2 | 1 | 1 | 1 | 1 | 5 | 5 | 1 | 3 | 5 | 4 | 1 | 1 | 5 | 5 | 1 | 1 | 66 | | | |
| 34 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 2 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 4 | 3 | 4 | 87 | | |
| 35 | 2 | 5 | 5 | 4 | 4 | 4 | 5 | 1 | 4 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 75 | | |
| 36 | 1 | 1 | 4 | 1 | 4 | 1 | 5 | 4 | 3 | 4 | 4 | 4 | 4 | 3 | 5 | 2 | 1 | 4 | 3 | 1 | 1 | 4 | 3 | 2 | 2 | 67 | | | |
| 37 | 3 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 4 | 4 | 3 | 4 | 3 | 4 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 4 | 5 | 4 | 3 | 4 | 87 | | |
| 38 | 5 | 4 | 4 | 2 | 3 | 2 | 3 | 2 | 2 | 4 | 2 | 2 | 5 | 4 | 3 | 4 | 2 | 2 | 3 | 3 | 4 | 3 | 2 | 4 | 3 | 2 | 73 | | |
| 39 | 4 | 4 | 5 | 5 | 4 | 4 | 4 | 5 | 4 | 4 | 5 | 2 | 4 | 5 | 4 | 2 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 100 | | |
| 40 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 92 | | |
| 41 | 5 | 4 | 4 | 4 | 5 | 2 | 5 | 4 | 5 | 4 | 4 | 1 | 3 | 5 | 4 | 1 | 5 | 5 | 5 | 2 | 2 | 5 | 2 | 4 | 5 | 90 | | | |
| 42 | 5 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 100 | | |
| 43 | 5 | 4 | 4 | 5 | 4 | 4 | 5 | 4 | 4 | 4 | 5 | 4 | 5 | 4 | 5 | 2 | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 5 | 4 | 5 | 100 | | |
| 44 | 4 | 4 | 2 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 5 | 5 | 5 | 4 | 4 | 4 | 5 | 3 | 4 | 5 | 3 | 4 | 5 | 3 | 2 | 5 | 95 | | |
| 45 | 5 | 4 | 2 | 1 | 4 | 4 | 1 | 1 | 5 | 4 | 2 | 2 | 5 | 4 | 2 | 3 | 5 | 3 | 4 | 5 | 3 | 6 | 5 | 2 | 3 | 7 | 96 | | |
| 46 | 5 | 5 | 4 | 3 | 2 | 3 | 2 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 2 | 4 | 2 | 2 | 82 | | |
| 47 | 5 | 5 | 5 | 3 | 4 | 3 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 93 | | |
| 48 | 5 | 5 | 5 | 3 | 4 | 4 | 4 | 3 | 5 | 4 | 4 | 4 | 4 | 4 | 5 | 4 | 5 | 4 | 4 | 4 | 5 | 5 | 5 | 5 | 4 | 5 | 105 | | |
| 49 | 5 | 5 | 5 | 4 | 5 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 5 | 4 | 3 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 100 | | |
| 50 | 5 | 4 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 73 | | |
| 51 | 5 | 4 | 4 | 5 | 2 | 4 | 5 | 4 | 4 | 4 | 4 | 3 | 4 | 3 | 5 | 3 | 3 | 5 | 4 | 2 | 3 | 5 | 5 | 5 | 5 | 5 | 96 | | |
| 52 | 3 | 3 | 3 | 3 | 3 | 3 | 5 | 3 | 5 | 4 | 1 | 2 | 4 | 4 | 2 | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 3 | 3 | 2 | 4 | 74 | | |
| 53 | 5 | 5 | 5 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 76 | | |
| 54 | 5 | 5 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 100 | | |
| 55 | 5 | 5 | 1 | 5 | 3 | 4 | 2 | 4 | 2 | 4 | 2 | 4 | 2 | 4 | 2 | 4 | 1 | 5 | 2 | 2 | 2 | 2 | 2 | 5 | 3 | 5 | 78 | | |
| 56 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 100 | | |
| 57 | 5 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 101 | | |
| 58 | 5 | 5 | 5 | 4 | 4 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 100 | | |
| 59 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 2 | 3 | 3 | 4 | 2 | 2 | 3 | 4 | 5 | 4 | 84 | | | |
| 60 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 100 | | |
| 61 | 5 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 102 | | |
| 62 | 5 | 5 | 5 | 2 | 3 | 5 | 5 | 3 | 5 | 5 | 2 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 2 | 2 | 100 | | |
| 63 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 100 | | |
| 64 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 2 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 81 | | |
| 65 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 4 | 4 | 2 | 2 | 4 | 4 | 2 | 2 | 4 | 4 | 2 | 2 | 4 | 1 | 73 | | |
| 66 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 93 | | |
| 67 | 3 | 3 | 3 | 2 | 4 | 3 | 2 | 4 | 3 | 2 | 4 | 2 | 4 | 2 | 2 | 2 | 1 | 4 | 3 | 2 | 1 | 5 | 4 | 3 | 3 | 3 | 71 | | |
| 68 | 4 | 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 | 73 | | |
| 69 | 3 | 3 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 2 | 3 | 2 | 3 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 78 | | |
| 70 | 4 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 5 | 4 | 2 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 98 | | |
| 71 | 4 | 4 | 2 | 2 | 3 | 2 | 3 | 1 | 3 | 3 | 1 | 1</ | | | | | | | | | | | | | | | | | |

Lampiran VIII Hasil Uji Validitas dan Reabilitas Skala *Self-Efficacy*
Scale: Skala *self-efficacy* putaran 1

Reliability Statistics

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .862 | 24 |

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|---------|----------------------------|--------------------------------|----------------------------------|----------------------------------|
| AITEM1 | 84.78 | 175.440 | .528 | .854 |
| AITEM2 | 84.88 | 181.822 | .343 | .859 |
| AITEM3 | 85.26 | 170.319 | .569 | .852 |
| AITEM4 | 86.16 | 185.892 | .110 | .867 |
| AITEM5 | 85.30 | 183.194 | .224 | .863 |
| AITEM6 | 85.42 | 180.657 | .305 | .861 |
| AITEM7 | 85.56 | 170.782 | .536 | .853 |
| AITEM8 | 85.52 | 175.193 | .428 | .857 |
| AITEM9 | 85.14 | 178.490 | .396 | .858 |
| AITEM10 | 85.34 | 175.127 | .497 | .855 |
| AITEM11 | 85.96 | 169.998 | .553 | .852 |
| AITEM12 | 85.82 | 175.783 | .357 | .860 |
| AITEM13 | 85.24 | 181.615 | .306 | .860 |
| AITEM14 | 85.02 | 178.755 | .434 | .857 |
| AITEM15 | 85.78 | 180.012 | .290 | .861 |
| AITEM16 | 85.30 | 168.827 | .571 | .852 |
| AITEM17 | 84.90 | 171.765 | .562 | .852 |
| AITEM18 | 84.98 | 178.714 | .426 | .857 |
| AITEM19 | 85.70 | 169.847 | .519 | .854 |
| AITEM20 | 85.56 | 179.598 | .302 | .861 |
| AITEM21 | 84.80 | 174.082 | .570 | .853 |
| AITEM22 | 85.12 | 181.251 | .259 | .862 |
| AITEM23 | 85.72 | 177.675 | .387 | .858 |
| AITEM24 | 85.12 | 168.434 | .663 | .849 |

Scale: Skala *self-efficacy* putaran 2

Reliability Statistics

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .868 | 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 | 70.90 | 142.704 | .554 | .859 |
| AITEM2 | 71.00 | 148.694 | .362 | .865 |
| AITEM3 | 71.38 | 137.791 | .600 | .856 |
| AITEM6 | 71.54 | 148.662 | .281 | .868 |
| AITEM7 | 71.68 | 140.426 | .490 | .861 |
| AITEM8 | 71.64 | 144.194 | .389 | .864 |
| AITEM9 | 71.26 | 145.258 | .429 | .863 |
| AITEM10 | 71.46 | 143.192 | .490 | .861 |
| AITEM11 | 72.08 | 138.851 | .537 | .859 |
| AITEM12 | 71.94 | 143.241 | .367 | .866 |
| AITEM13 | 71.36 | 148.480 | .324 | .866 |
| AITEM14 | 71.14 | 146.449 | .428 | .863 |
| AITEM16 | 71.42 | 137.636 | .560 | .858 |
| AITEM17 | 71.02 | 139.816 | .569 | .858 |
| AITEM18 | 71.10 | 146.133 | .432 | .863 |
| AITEM19 | 71.82 | 138.518 | .509 | .860 |
| AITEM20 | 71.68 | 146.630 | .316 | .867 |
| AITEM21 | 70.92 | 142.361 | .559 | .859 |
| AITEM23 | 71.84 | 145.280 | .389 | .864 |
| AITEM24 | 71.24 | 136.839 | .669 | .854 |

Scale: Skala *self-efficacy* putaran 3**Reliability Statistics**

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .868 | 19 |

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|---------|----------------------------|--------------------------------|----------------------------------|----------------------------------|
| AITEM1 | 67.26 | 134.441 | .550 | .859 |
| AITEM2 | 67.36 | 140.398 | .351 | .865 |
| AITEM3 | 67.74 | 128.849 | .627 | .855 |
| AITEM7 | 68.04 | 132.039 | .494 | .861 |
| AITEM8 | 68.00 | 135.633 | .394 | .864 |
| AITEM9 | 67.62 | 137.547 | .399 | .864 |
| AITEM10 | 67.82 | 135.783 | .452 | .862 |
| AITEM11 | 68.44 | 130.374 | .545 | .858 |
| AITEM12 | 68.30 | 134.622 | .374 | .866 |
| AITEM13 | 67.72 | 140.614 | .296 | .867 |
| AITEM14 | 67.50 | 138.622 | .399 | .864 |
| AITEM16 | 67.78 | 128.134 | .605 | .856 |
| AITEM17 | 67.38 | 132.322 | .539 | .859 |
| AITEM18 | 67.46 | 138.376 | .401 | .864 |
| AITEM19 | 68.18 | 129.742 | .527 | .859 |
| AITEM20 | 68.04 | 137.304 | .347 | .866 |
| AITEM21 | 67.28 | 134.410 | .542 | .859 |
| AITEM23 | 68.20 | 136.367 | .407 | .864 |
| AITEM24 | 67.60 | 128.122 | .690 | .852 |

Scale: Skala *self-efficacy* putaran 4

Reliability Statistics

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .867 | 18 |

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|---------|----------------------------|--------------------------------|----------------------------------|----------------------------------|
| AITEM1 | 63.44 | 127.353 | .524 | .859 |
| AITEM2 | 63.54 | 133.437 | .308 | .866 |
| AITEM3 | 63.92 | 121.218 | .631 | .854 |
| AITEM7 | 64.22 | 123.400 | .531 | .858 |
| AITEM8 | 64.18 | 126.967 | .429 | .863 |
| AITEM9 | 63.80 | 130.245 | .379 | .864 |
| AITEM10 | 64.00 | 128.857 | .419 | .863 |
| AITEM11 | 64.62 | 121.996 | .574 | .856 |
| AITEM12 | 64.48 | 126.132 | .401 | .864 |
| AITEM14 | 63.68 | 131.610 | .363 | .865 |
| AITEM16 | 63.96 | 120.039 | .626 | .854 |
| AITEM17 | 63.56 | 125.435 | .510 | .859 |
| AITEM18 | 63.64 | 131.541 | .358 | .865 |
| AITEM19 | 64.36 | 121.827 | .539 | .858 |
| AITEM20 | 64.22 | 129.277 | .356 | .866 |
| AITEM21 | 63.46 | 127.437 | .512 | .859 |
| AITEM23 | 64.38 | 128.363 | .418 | .863 |
| AITEM24 | 63.78 | 120.134 | .711 | .851 |

Lampiran IX Tabulasi Dukungan Sosial

| No Responden | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | Total | | |
|--------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-------|-----|----|
| 1 | 4 | 4 | 3 | 5 | 4 | 5 | 4 | 3 | 3 | 3 | 3 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 4 | 2 | 2 | 71 | |
| 2 | 3 | 3 | 3 | 3 | 4 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 99 | |
| 3 | 4 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 5 | 4 | 5 | 4 | 3 | 1 | 3 | 1 | 4 | 5 | 3 | 4 | 5 | 3 | 2 | 3 | 79 | | |
| 4 | 4 | 5 | 5 | 5 | 3 | 3 | 5 | 4 | 4 | 5 | 5 | 4 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 3 | 5 | 108 | |
| 5 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 72 | | |
| 6 | 4 | 4 | 5 | 5 | 4 | 4 | 5 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 5 | 97 | | |
| 7 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 100 | |
| 8 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 4 | 1 | 5 | 4 | 2 | 3 | 3 | 3 | 2 | 1 | 4 | 4 | 1 | 2 | 4 | 4 | 68 | | |
| 9 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 105 | |
| 10 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 74 | |
| 11 | 4 | 4 | 1 | 3 | 4 | 5 | 1 | 2 | 4 | 4 | 1 | 3 | 4 | 5 | 3 | 3 | 2 | 5 | 1 | 3 | 1 | 4 | 2 | 1 | 70 | | |
| 12 | 4 | 5 | 2 | 4 | 4 | 3 | 2 | 1 | 5 | 5 | 4 | 4 | 5 | 5 | 4 | 2 | 4 | 5 | 4 | 5 | 4 | 5 | 5 | 2 | 91 | | |
| 13 | 4 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 114 | |
| 14 | 4 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 114 | |
| 15 | 4 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 114 | |
| 16 | 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 | 72 | |
| 17 | 5 | 5 | 5 | 5 | 4 | 5 | 4 | 4 | 3 | 4 | 3 | 2 | 2 | 3 | 2 | 4 | 3 | 5 | 4 | 3 | 5 | 4 | 5 | 4 | 5 | 91 | |
| 18 | 4 | 5 | 2 | 1 | 4 | 5 | 2 | 1 | 4 | 4 | 1 | 2 | 5 | 4 | 1 | 2 | 5 | 4 | 1 | 2 | 4 | 1 | 2 | 4 | 5 | 72 | |
| 19 | 5 | 4 | 1 | 2 | 5 | 4 | 1 | 1 | 4 | 5 | 1 | 2 | 5 | 4 | 1 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 5 | 5 | 89 | |
| 20 | 4 | 4 | 5 | 5 | 4 | 4 | 5 | 5 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 98 | |
| 21 | 3 | 3 | 3 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 3 | 4 | 1 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 4 | 4 | 3 | 101 | |
| 22 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 120 | |
| 23 | 4 | 3 | 5 | 4 | 5 | 5 | 5 | 3 | 3 | 3 | 3 | 1 | 1 | 3 | 3 | 1 | 3 | 1 | 3 | 1 | 4 | 5 | 2 | 1 | 73 | | |
| 24 | 5 | 5 | 5 | 5 | 4 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 5 | 4 | 2 | 5 | 2 | 5 | 1 | 4 | 5 | 4 | 5 | 100 | |
| 25 | 3 | 3 | 4 | 4 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 87 | |
| 26 | 4 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 4 | 112 | |
| 27 | 4 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 114 | |
| 28 | 5 | 4 | 5 | 5 | 5 | 4 | 4 | 5 | 4 | 5 | 4 | 5 | 5 | 4 | 4 | 5 | 4 | 5 | 5 | 5 | 5 | 4 | 5 | 4 | 5 | 109 | |
| 29 | 5 | 5 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 3 | 3 | 3 | 5 | 3 | 3 | 3 | 3 | 5 | 3 | 5 | 5 | 3 | 3 | 101 | |
| 30 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 5 | 5 | 1 | 1 | 5 | 5 | 1 | 5 | 5 | 5 | 4 | 4 | 4 | 101 | |
| 31 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 119 | |
| 32 | 4 | 4 | 4 | 4 | 5 | 4 | 4 | 4 | 5 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 3 | 2 | 94 | |
| 33 | 4 | 3 | 1 | 4 | 5 | 5 | 4 | 4 | 5 | 5 | 5 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 5 | 3 | 5 | 5 | 5 | 1 | 1 | 92 | |
| 34 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 90 | |
| 35 | 2 | 3 | 2 | 1 | 2 | 5 | 3 | 2 | 5 | 2 | 1 | 4 | 1 | 3 | 3 | 4 | 4 | 4 | 2 | 4 | 1 | 2 | 3 | 3 | 3 | 67 | |
| 36 | 3 | 3 | 3 | 3 | 4 | 2 | 4 | 1 | 4 | 3 | 4 | 1 | 4 | 2 | 3 | 4 | 4 | 3 | 5 | 2 | 3 | 5 | 2 | 3 | 5 | 79 | |
| 37 | 4 | 4 | 4 | 5 | 3 | 3 | 4 | 2 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 4 | 4 | 4 | 3 | 4 | 5 | 4 | 3 | 88 | |
| 38 | 2 | 2 | 2 | 2 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 87 | |
| 39 | 4 | 4 | 5 | 5 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 98 | |
| 40 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 5 | 93 | |
| 41 | 5 | 4 | 5 | 5 | 3 | 5 | 5 | 4 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 5 | 109 | |
| 42 | 4 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 114 | |
| 43 | 5 | 1 | 1 | 2 | 1 | 2 | 2 | 2 | 4 | 4 | 5 | 4 | 4 | 4 | 4 | 2 | 4 | 4 | 5 | 4 | 4 | 5 | 4 | 5 | 5 | 82 | |
| 44 | 5 | 3 | 5 | 5 | 2 | 3 | 4 | 2 | 4 | 5 | 5 | 5 | 5 | 5 | 4 | 4 | 3 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 93 | |
| 45 | 5 | 4 | 2 | 1 | 4 | 5 | 2 | 1 | 4 | 4 | 1 | 4 | 4 | 1 | 4 | 4 | 3 | 1 | 4 | 3 | 1 | 2 | 5 | 4 | 1 | 66 | |
| 46 | 5 | 5 | 5 | 5 | 3 | 4 | 5 | 2 | 4 | 4 | 5 | 5 | 3 | 3 | 5 | 2 | 3 | 4 | 5 | 5 | 4 | 3 | 5 | 5 | 5 | 100 | |
| 47 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 4 | 5 | 5 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 117 | |
| 48 | 5 | 5 | 5 | 5 | 4 | 5 | 5 | 4 | 5 | 5 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 113 | |
| 49 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 118 | |
| 50 | 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 | 72 | |
| 51 | 5 | 5 | 5 | 5 | 1 | 3 | 3 | 1 | 5 | 5 | 5 | 5 | 4 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 106 | |
| 52 | 3 | 3 | 3 | 3 | 3 | 2 | 4 | 4 | 1 | 2 | 1 | 1 | 5 | 5 | 3 | 1 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 67 | |
| 53 | 3 | 5 | 2 | 2 | 4 | 5 | 2 | 1 | 4 | 5 | 2 | 1 | 5 | 4 | 1 | 2 | 4 | 4 | 2 | 2 | 4 | 5 | 1 | 2 | 2 | 72 | |
| 54 | 4 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 4 | 5 | 5 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 113 | |
| 55 | 4 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 113 | |
| 56 | 4 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 114 | |
| 57 | 5 | 5 | 5 | 5 | 4 | 5 | 4 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 116 | |
| 58 | 4 | 5 | 5 | 4 | 5 | 3 | 4 | 4 | 5 | 5 | 4 | 5 | 4 | 4 | 4 | 4 | 5 | 4 | 4 | 4 | 5 | 5 | 5 | 5 | 5 | 109 | |
| 59 | 2 | 3 | 2 | 3 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 83 | |
| 60 | 4 | 5 | 5 | 5 | 4 | 5 | 4 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 115 | |
| 61 | 4 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 113 | |
| 62 | 5 | 5 | 5 | 5 | 4 | 5 | 3 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 113 | |
| 63 | 5 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 4 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 112 | |
| 64 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 80 | |
| 65 | 5 | 5 | 1 | 5 | 5 | 5 | 5 | 5 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 84 | |
| 66 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 93 | |
| 67 | 4 | 4 | 2 | 1 | 4 | 5 | 2 | 2 | 4 | 5 | 1 | 1 | 5 | 3 | 1 | 2 | 4 | 5 | 1 | 2 | 3 | 4 | 2 | 1 | 68 | | |
| 68 | 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 | 72 | |
| 69 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 4 | 3 | 4 | 4 | 2 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 91 | |
| 70 | 4 | 5 | 4 | 3 | 4 | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 102 | |
| 71 | 3 | 3 | 3 | 3 | 5 | 2 | 3 | 5 | 3 | 4 | 3 | 2 | 1 | 1 | 1 | 1 | 2 | 5 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 5 | 64 |
| 72 | 3 | 5 | 5 | 5 | 4 | 5 | 3 | 5 | 3 | 5 | 3 | 5 | 5 | 5 | | | | | | | | | | | | | |

Lampiran X Hasil Uji Validitas dan Reabilitas Skala Dukungan Sosial
Scale: Skala dukungan sosial putaran 1

Reliability Statistics

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .920 | 24 |

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|---------|----------------------------|--------------------------------|----------------------------------|----------------------------------|
| AITEM1 | 88.68 | 269.528 | .620 | .915 |
| AITEM2 | 88.70 | 275.357 | .405 | .919 |
| AITEM3 | 88.60 | 270.286 | .590 | .916 |
| AITEM4 | 88.60 | 263.959 | .688 | .914 |
| AITEM5 | 88.84 | 290.464 | .055 | .926 |
| AITEM6 | 88.74 | 271.911 | .549 | .917 |
| AITEM7 | 88.72 | 269.879 | .586 | .916 |
| AITEM8 | 89.02 | 263.081 | .663 | .914 |
| AITEM9 | 88.22 | 275.481 | .604 | .916 |
| AITEM10 | 88.16 | 276.260 | .565 | .917 |
| AITEM11 | 88.60 | 268.204 | .574 | .916 |
| AITEM12 | 88.38 | 262.404 | .803 | .912 |
| AITEM13 | 88.44 | 268.211 | .583 | .916 |
| AITEM14 | 88.28 | 274.328 | .514 | .917 |
| AITEM15 | 88.64 | 267.623 | .540 | .917 |
| AITEM16 | 89.00 | 267.837 | .596 | .916 |
| AITEM17 | 88.26 | 272.278 | .657 | .915 |
| AITEM18 | 88.32 | 273.569 | .577 | .916 |
| AITEM19 | 88.66 | 273.168 | .467 | .918 |
| AITEM20 | 88.50 | 269.235 | .540 | .917 |
| AITEM21 | 88.32 | 275.242 | .506 | .917 |
| AITEM22 | 88.48 | 277.357 | .426 | .919 |
| AITEM23 | 88.82 | 266.355 | .578 | .916 |
| AITEM24 | 88.68 | 269.896 | .555 | .917 |

Scale: Skala dukungan sosial putaran 2

Reliability Statistics

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .926 | 23 |

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|---------|----------------------------|--------------------------------|----------------------------------|----------------------------------|
| AITEM1 | 85.10 | 266.010 | .612 | .922 |
| AITEM2 | 85.12 | 272.434 | .383 | .926 |
| AITEM3 | 85.02 | 266.224 | .598 | .922 |
| AITEM4 | 85.02 | 259.571 | .704 | .920 |
| AITEM6 | 85.16 | 269.566 | .509 | .924 |
| AITEM7 | 85.14 | 265.715 | .596 | .922 |
| AITEM8 | 85.44 | 259.272 | .664 | .921 |
| AITEM9 | 84.64 | 271.500 | .609 | .922 |
| AITEM10 | 84.58 | 272.575 | .560 | .923 |
| AITEM11 | 85.02 | 264.142 | .581 | .922 |
| AITEM12 | 84.80 | 258.367 | .811 | .918 |
| AITEM13 | 84.86 | 265.266 | .562 | .923 |
| AITEM14 | 84.70 | 270.786 | .507 | .924 |
| AITEM15 | 85.06 | 263.445 | .550 | .923 |
| AITEM16 | 85.42 | 263.759 | .603 | .922 |
| AITEM17 | 84.68 | 268.059 | .671 | .921 |
| AITEM18 | 84.74 | 270.033 | .569 | .923 |
| AITEM19 | 85.08 | 268.483 | .489 | .924 |
| AITEM20 | 84.92 | 264.238 | .569 | .923 |
| AITEM21 | 84.74 | 271.707 | .497 | .924 |
| AITEM22 | 84.90 | 273.520 | .426 | .925 |
| AITEM23 | 85.24 | 262.635 | .577 | .923 |
| AITEM24 | 85.10 | 265.684 | .565 | .923 |

Lampiran XI Uji Normalitas

One-Sample Kolmogorov-Smirnov Test

| | | Unstandardized Residual |
|----------------------------------|----------------|-------------------------|
| N | | 110 |
| Normal Parameters ^{a,b} | Mean | .0000000 |
| | Std. Deviation | 6.06722846 |
| Most Extreme Differences | Absolute | .060 |
| | Positive | .060 |
| | Negative | -.047 |
| Test Statistic | | .060 |
| Asymp. Sig. (2-tailed) | | .200 ^{c,d} |

- Test distribution is Normal.
- Calculated from data.
- Lilliefors Significance Correction.
- This is a lower bound of the true significance.

Lampiran XII Uji Linieritas

ANOVA Table

| | | | Sum of Squares | df | Mean Square | F | Sig. |
|--|----------------|--------------------------|----------------|-----|-------------|---------|------|
| Kecenderungan Stres Akademik * Self-Efficacy | Between Groups | (Combined) | 7705.540 | 36 | 214.043 | 5.895 | .000 |
| | | Linearity | 6340.292 | 1 | 6340.292 | 174.609 | .000 |
| | | Deviation from Linearity | 1365.248 | 35 | 39.007 | 1.074 | .390 |
| Within Groups | | | 2650.724 | 73 | 36.311 | | |
| Total | | | 10356.264 | 109 | | | |

ANOVA Table

| | | | Sum of Squares | df | Mean Square | F | Sig. |
|--|----------------|--------------------------|----------------|-----|-------------|--------|------|
| Kecenderungan Stres Akademik * Dukungan Sosial | Between Groups | (Combined) | 6787.180 | 46 | 147.547 | 2.604 | .000 |
| | | Linearity | 3027.818 | 1 | 3027.818 | 53.446 | .000 |
| | | Deviation from Linearity | 3759.362 | 45 | 83.541 | 1.475 | .077 |
| Within Groups | | | 3569.083 | 63 | 56.652 | | |
| Total | | | 10356.264 | 109 | | | |

Lampiran XIII Uji Multikolinieritas**Coefficients^a**

| Model | | Collinearity Statistics | |
|-------|-----------------|-------------------------|-------|
| | | Tolerance | VIF |
| 1 | Self-Efficacy | .499 | 2.004 |
| | Dukungan Sosial | .499 | 2.004 |

a. Dependent Variable: Kecenderungan Stres Akademik

Lampiran XIV Uji Heterokedastisitas**Correlations**

| | | | Self-Efficacy | Dukungan Sosial | Abs_RES |
|----------------|-----------------|-------------------------|---------------|-----------------|---------|
| Spearman's rho | Self-Efficacy | Correlation Coefficient | 1.000 | .691** | -.036 |
| | | Sig. (2-tailed) | . | .000 | .705 |
| | | N | 110 | 110 | 110 |
| | Dukungan Sosial | Correlation Coefficient | .691** | 1.000 | -.104 |
| | | Sig. (2-tailed) | .000 | . | .281 |
| | | N | 110 | 110 | 110 |
| | Abs_RES | Correlation Coefficient | -.036 | -.104 | 1.000 |
| | | Sig. (2-tailed) | .705 | .281 | . |
| | | N | 110 | 110 | 110 |

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

Lampiran XV Frekuensi Jumlah Mahasiswa**Usia**

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|----------|-----------|---------|---------------|--------------------|
| Valid | 18 Tahun | 5 | 4.5 | 4.5 | 4.5 |
| | 19 Tahun | 16 | 14.5 | 14.5 | 19.1 |
| | 20 Tahun | 14 | 12.7 | 12.7 | 31.8 |
| | 21 Tahun | 30 | 27.3 | 27.3 | 59.1 |
| | 22 Tahun | 28 | 25.5 | 25.5 | 84.5 |
| | 23 Tahun | 11 | 10.0 | 10.0 | 94.5 |
| | 24 Tahun | 6 | 5.5 | 5.5 | 100.0 |
| | Total | 110 | 100.0 | 100.0 | |

Lampiran XVI Output Uji Deskriptif**Statistics**

| | | Self-Efficacy | Dukungan Sosial | Kecenderungan Stres Akademik |
|----------------|---------|---------------|-----------------|------------------------------|
| N | Valid | 110 | 110 | 110 |
| | Missing | 0 | 0 | 0 |
| Mean | | 67.16 | 90.05 | 41.92 |
| Median | | 69.00 | 92.00 | 41.50 |
| Mode | | 77 | 69 ^a | 38 ^a |
| Std. Deviation | | 12.039 | 17.022 | 9.747 |
| Minimum | | 44 | 59 | 17 |
| Maximum | | 90 | 115 | 64 |
| Sum | | 7388 | 9905 | 4611 |

a. Multiple modes exist. The smallest value is shown

Kecenderungan_Stres_Akademik

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---------------|-----------|---------|---------------|--------------------|
| Valid | RENDAH | 21 | 19.1 | 19.1 | 19.1 |
| | RENDAH SEKALI | 4 | 3.6 | 3.6 | 22.7 |
| | SEDANG | 54 | 49.1 | 49.1 | 71.8 |
| | TINGGI | 24 | 21.8 | 21.8 | 93.6 |
| | TINGGI SEKALI | 7 | 6.4 | 6.4 | 100.0 |
| | Total | 110 | 100.0 | 100.0 | |

Self_Efficacy

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|---------------|-----------|---------|---------------|--------------------|
| Valid | RENDAH | 38 | 34.5 | 34.5 | 34.5 |
| | SEDANG | 29 | 26.4 | 26.4 | 60.9 |
| | TINGGI | 41 | 37.3 | 37.3 | 98.2 |
| | TINGGI SEKALI | 2 | 1.8 | 1.8 | 100.0 |
| | Total | 110 | 100.0 | 100.0 | |

Dukungan_Sosial

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------|-----------|---------|---------------|--------------------|
| Valid | RENDAH | 37 | 33.6 | 33.6 | 33.6 |
| | SEDANG | 34 | 30.9 | 30.9 | 64.5 |
| | TINGGI | 39 | 35.5 | 35.5 | 100.0 |
| | Total | 110 | 100.0 | 100.0 | |

Lampiran XVII Uji Regresi Linier Berganda

Descriptive Statistics

| | Mean | Std. Deviation | N |
|-------------------------------|-------|----------------|-----|
| Kecenderungan_Stres_A kademik | 41.92 | 9.747 | 110 |
| Self_Efficacy | 67.16 | 12.039 | 110 |
| Dukungan_Sosial | 90.05 | 17.022 | 110 |

Correlations

| | | Kecenderungan_Stres_Akademik | Self_Efficacy | Dukungan_Sosial |
|---------------------|-------------------------------|------------------------------|---------------|-----------------|
| Pearson Correlation | Kecenderungan_Stres_A kademik | 1.000 | -.782 | -.541 |
| | Self_Efficacy | -.782 | 1.000 | .708 |
| | Dukungan_Sosial | -.541 | .708 | 1.000 |
| Sig. (1-tailed) | Kecenderungan_Stres_A kademik | . | .000 | .000 |
| | Self_Efficacy | .000 | . | .000 |
| | Dukungan_Sosial | .000 | .000 | . |
| N | Kecenderungan_Stres_A kademik | 110 | 110 | 110 |
| | Self_Efficacy | 110 | 110 | 110 |
| | Dukungan_Sosial | 110 | 110 | 110 |

Variables Entered/Removed^a

| Model | Variables Entered | Variables Removed | Method |
|-------|---|-------------------|--------|
| 1 | Dukungan_Sosial, Self_Efficacy ^b | . | Enter |

a. Dependent Variable:
Kecenderungan_Stres_Akademik

b. All requested variables entered.

Model Summary^b

| Model | R | R Square | Adjusted R Square | Std. Error of the Estimate | Durbin-Watson |
|-------|-------------------|----------|-------------------|----------------------------|---------------|
| 1 | .783 ^a | .613 | .605 | 6.124 | 1.900 |

a. Predictors: (Constant), Dukungan_Sosial, Self_Efficacy

b. Dependent Variable: Kecenderungan_Stres_Akademik

ANOVA^a

| Model | | Sum of Squares | df | Mean Square | F | Sig. |
|-------|------------|----------------|-----|-------------|--------|-------------------|
| 1 | Regression | 6343.836 | 2 | 3171.918 | 84.586 | .000 ^b |
| | Residual | 4012.427 | 107 | 37.499 | | |
| | Total | 10356.264 | 109 | | | |

a. Dependent Variable: Kecenderungan_Stres_Akademik

b. Predictors: (Constant), Dukungan_Sosial, Self_Efficacy

Coefficients^a

| Model | | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. | Correlations | | |
|-------|-----------------|-----------------------------|------------|---------------------------|--------|------|--------------|---------|-------|
| | | B | Std. Error | Beta | | | Zero-order | Partial | Part |
| 1 | (Constant) | 84.123 | 3.506 | | 23.997 | .000 | | | |
| | Self_Efficacy | -.648 | .069 | -.801 | -9.404 | .000 | -.782 | -.673 | -.566 |
| | Dukungan_Sosial | .015 | .049 | .026 | .307 | .759 | -.541 | .030 | .018 |

a. Dependent Variable: Kecenderungan_Stres_Akademik

Lampiran XVIII Link Skala Online

<https://forms.gle/cMfz1B1RaAwDFb1g8>

Lampiran XIX Lampiran Hasil Turnitin

HUBUNGAN ANTARA SELF-EFFICACY DAN DUKUNGAN SOSIAL DENGAN KECENDERUNGAN STRES AKADEMIK PADA MAHASISWA RANTAU DI SURABAYA

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