

Lampiran I. Instrumen Alat Ukur

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Perkenalkan saya Yuanka Siwi Pramudya Hapsari, salah satu mahasiswi Universitas 17 Agustus 1945 Surabaya. Saat ini saya sedang melakukan penelitian untuk memenuhi tugas akhir saya sebagai salah satu syarat kelulusan.

Adapun kriteria untuk menjadi responden dalam penelitian ini adalah:

- Termasuk dalam kategori Generasi Z (kelahiran 1997-2012)
- Memiliki akun TikTok
- Pengguna aktif TikTok, yaitu: mengakses TikTok minimal 4 jam/hari atau membuka aplikasi lebih dari 3 kali sehari.

Seluruh jawaban yang Anda berikan tidak memiliki benar atau salah, dan dijamin kerahasiaannya. Data yang terkumpul akan digunakan murni untuk kepentingan penelitian akademik.

Atas partisipasi dan kesediaan saudara/i, saya ucapkan terima kasih sebesar-besarnya

Hormat Saya,
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Lampiran II. Instrumen Alat Ukur

Alat Ukur *Digital Burnout*

1 = Sangat Tidak Setuju (STS)

2 = Tidak Setuju (TS)

3 = Cukup (C)

4 = Setuju (S)

5 = Sangat Setuju (SS)

No	Aitem	1	2	3	4	5
1	Saya kehilangan minat untuk melihat hal baru di media sosial.					
2	Saya merasa bosan ketika terus membuka media sosial.					
3	Saya merasa isi media sosial saat ini semakin membosankan.					
4	Saya merasa butuh istirahat dari media sosial untuk menenangkan diri.					
5	Saya tidak pernah jenuh membuka media sosial.					
6	Saya antusias ketika terus membuka media sosial.					
7	Saya menyukai isi media sosial.					
8	Saya menjadi kesulitan berkonsentrasi karena terlalu banyak mengakses media sosial.					
9	Saya kehilangan motivasi untuk belajar akibat penggunaan media sosial.					
10	Otak saya penuh dengan informasi (<i>overload</i>) setelah menggunakan media sosial.					
11	Saya lambat berpikir setelah terlalu lama menatap layar ponsel.					
12	Saya mudah terdistraksi oleh notifikasi saat sedang melakukan aktivitas penting.					
13	Saya mampu fokus melakukan aktifitas sambil bermedia sosial.					
14	Menggunakan media sosial membuat saya lebih termotivasi untuk terus belajar.					

15	Saya dapat menyaring informasi dengan baik saat menggunakan media sosial.					
16	Cara berpikir saya masih cepat sekalipun diselingi bermedia sosial					
17	Saya tetap fokus meskipun ada notifikasi saat sedang melakukan aktivitas penting.					
18	Saya kesulitan tidur akibat penggunaan media sosial di malam hari.					
19	Saya menjadi sakit kepala karena terlalu lama menggunakan media sosial.					
20	Tubuh saya menjadi mudah letih setelah lama bermain media sosial.					
21	Saya menjadi kurang istirahat akibat penggunaan media sosial.					
22	Saya dapat tidur dengan nyenyak meskipun seharian aktif bermedia sosial.					
23	Saya tidak merasa sakit kepala meskipun menatap layar dalam waktu lama.					
24	Saya memiliki jam tidur yang teratur meskipun menggunakan media sosial.					

Alat Ukur *Time Management*

1 = Sangat Tidak Setuju (STS)

2 = Tidak Setuju (TS)

3 = Cukup (C)

4 = Setuju (S)

5 = Sangat Setuju (SS)

No	Aitem	1	2	3	4	5
1	Saya membuat daftar hal-hal yang harus saya lakukan setiap hari.					
2	Saya merencanakan kegiatan saya sebelum memulai hari.					
3	Saya menentukan prioritas untuk tugas-tugas yang harus saya kerjakan.					
4	Saya menjaga meja /belajar saya tetap rapi agar dapat digunakan dengan nyaman.					

5	Saya secara rutin meninjau kembali tujuan-tujuan yang telah saya tetapkan.					
6	Saya meluangkan waktu setiap hari untuk membuat perencanaan.					
7	Saya menetapkan prioritas, berusaha mematuhi.					
8	Saya melakukan hal-hal yang mengganggu pekerjaan atau studi saya karena tidak enak menolak permintaan orang lain.					
9	Saya melakukan hal-hal yang mengganggu pekerjaan atau studi saya hanya karena sulit berkata "tidak" kepada orang lain.					
10	Saya merasa bahwa saya mengendalikan waktu saya sendiri.					
11	Saya memiliki serangkaian tujuan yang ingin dicapai untuk satu periode/semester.					
12	Saya meninjau kembali tujuan saya untuk memastikan apakah saya sudah mencapainya.					
13	Saya memulai tugas jauh sebelum batas waktunya.					
14	Saya secara rutin meninjau catatan pelajaran meskipun belum ada ujian yang akan datang.					
15	Saya memanfaatkan waktu istirahat belajar dengan cara yang bermanfaat.					
16	Saya meninjau catatan secara rutin, bahkan ketika belum ada ujian yang dekat.					

Alat Ukur *Emotional Resilience*

1 = Sangat Tidak Setuju (STS)

2 = Tidak Setuju (TS)

3 = Cukup (C)

4 = Setuju (S)

5 = Sangat Setuju (SS)

No	Aitem	1	2	3	4	5
1	Saya dapat memikirkan hal-hal menyenangkan ketika saya sedang sedih.					
2	Saya bisa menjaga suasana hati yang baik meskipun ada hal yang mengecewakan.					
3	Saya berusaha menemukan hal baik dari setiap kesulitan yang saya alami.					
4	Ketika saya merasa tidak bahagia, saya mengingat hal-hal menyenangkan yang pernah terjadi.					
5	Saya percaya bahwa masa depan saya akan lebih baik setelah melewati masa sulit.					
7	Saya dapat menenangkan diri dengan cepat setelah marah atau kecewa.					
8	Saya mampu beradaptasi dengan cepat setelah mengalami kekecewaan.					
9	Saya mencari cara yang sehat untuk mengurangi perasaan sedih.					
10	Saya mencoba berpikir jernih ketika emosi saya sedang terguncang.					
11	Ketika sesuatu yang buruk terjadi, saya terus memikirkannya dalam waktu lama.					

Lampiran III. Tabulasi Data

no	1	2	3	4	5	6	7	8	10	11	12	13	15	16	17	18	TOTAL
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4	4	4	4	4	4	4	86
2	2	1	4	2	1	4	50
3	4	4	4	3	3	2	81
2	2	2	2	2	3	2	78
2	4	2	2	2	2	2	55
3	2	2	2	2	2	2	54
4	5	5	4	2	1	1	77
4	5	5	5	1	2	4	87
5	2	2	3	2	2	3	66
5	4	3	5	4	3	5	84
5	5	4	5	2	1	2	77
5	4	4	5	4	4	4	88
3	3	2	3	2	3	2	71
3	3	3	4	3	4	4	68
5	4	5	5	2	2	1	75
2	5	3	2	3	5	4	71
4	4	4	3	2	2	2	73
2	4	3	2	2	2	2	56
4	4	3	2	2	2	2	57
5	4	3	4	2	4	2	84
2	5	5	4	1	4	2	81
4	4	2	5	4	4	5	89
5	5	5	4	1	1	1	70

4	4	5	5	1	1	2	71
5	4	4	5	3	4	5	82
5	4	5	4	1	2	2	68
5	5	4	5	1	4	4	78
4	4	3	5	4	3	5	85
4	5	5	4	2	4	4	85
5	4	2	4	1	3	4	61
5	5	4	5	2	2	3	77
4	5	3	4	1	3	1	75
5	4	5	3	2	4	2	66
5	5	4	4	4	4	3	81
5	4	5	5	2	1	2	76
4	5	4	5	2	1	2	77
4	5	2	4	5	1	3	73
5	5	4	5	4	4	3	78
4	4	4	4	3	3	3	73
2	5	4	4	2	4	4	71
1	2	3	2	2	2	2	48
4	4	4	4	2	4	4	74
4	5	4	3	2	3	3	81
5	4	4	4	5	4	5	94

Lampiran IV. Hasil Uji Validitas dan Reliabilitas Skala *Digital Burnout*

Putaran 1

		Correlations												
		A1	A2	A3	A4	A5	A6	A7	A8	A9	A10	A11	A12	A13
A1	Pearson Correlation	1	.407*	.591**	-.045	.052	.073	-.153	-.035	.496**	.343	.277	.507	.325
	Sig (2-tailed)		.026	.001	.813	.784	.702	.419	.852	.005	.064	.139	.004	.080
	N	30	30	30	30	30	30	30	30	30	30	30	30	30
A2	Pearson Correlation	.407*	1	.600**	.476**	.197	.351	.044	.308	.333	.215	.436*	.260	.138
	Sig (2-tailed)	.026		.000	.008	.297	.057	.816	.098	.072	.253	.016	.165	.467
	N	30	30	30	30	30	30	30	30	30	30	30	30	30
A3	Pearson Correlation	.591**	.600**	1	.359	.240	.152	.030	.091	.600**	.366*	.491**	.520**	.445*
	Sig (2-tailed)	.001	.000		.051	.201	.421	.877	.632	.000	.047	.006	.003	.014
	N	30	30	30	30	30	30	30	30	30	30	30	30	30
A4	Pearson Correlation	-.045	.476**	.359	1	.417	.432*	.289	.370*	.056	.030	.320	.218	.194
	Sig (2-tailed)	.813	.008	.051		.022	.017	.121	.044	.771	.875	.085	.248	.304
	N	30	30	30	30	30	30	30	30	30	30	30	30	30
A5	Pearson Correlation	.052	.197	.240	.417*	1	.749**	.519**	.513**	.175	-.004	.198	.246	.223
	Sig (2-tailed)	.784	.297	.201	.022		.000	.003	.004	.355	.981	.293	.190	.237
	N	30	30	30	30	30	30	30	30	30	30	30	30	30
A6	Pearson Correlation	.073	.351	.152	.432*	.749**	1	.572**	.520**	-.006	-.011	.175	.299	.104
	Sig (2-tailed)	.702	.057	.421	.017	.000		.001	.003	.975	.952	.354	.108	.584
	N	30	30	30	30	30	30	30	30	30	30	30	30	30
A7	Pearson Correlation	-.153	.044	.030	.289	.519**	.572**	1	.362*	-.089	-.060	.026	.115	-.107
	Sig (2-tailed)	.419	.816	.877	.121	.003	.001		.049	.640	.753	.892	.547	.574
	N	30	30	30	30	30	30	30	30	30	30	30	30	30
A8	Pearson Correlation	-.035	.308	.091	.370*	.513**	.520**	.362*	1	-.166	-.160	.024	-.223	-.224
	Sig (2-tailed)	.852	.098	.632	.044	.004	.003	.049		.382	.399	.898	.235	.234
	N	30	30	30	30	30	30	30	30	30	30	30	30	30
A9	Pearson Correlation	.496**	.333	.600**	.056	.175	-.006	-.089	-.166	1	.734**	.782**	.562*	.560**
	Sig (2-tailed)	.005	.072	.000	.771	.355	.975	.640	.382		.000	.000	.001	.001
	N	30	30	30	30	30	30	30	30	30	30	30	30	30
A10	Pearson Correlation	.343	.215	.366*	.030	-.004	-.011	-.060	-.160	.734**	1	.837**	.593*	.571**
	Sig (2-tailed)	.064	.253	.047	.875	.981	.952	.753	.399	.000		.000	.001	.001
	N	30	30	30	30	30	30	30	30	30	30	30	30	30
A11	Pearson Correlation	.277	.436*	.491**	.320	.198	.175	.026	.024	.782**	.837**	1	.536*	.585**
	Sig (2-tailed)	.139	.016	.006	.085	.293	.354	.892	.898	.000	.000		.002	.001
	N	30	30	30	30	30	30	30	30	30	30	30	30	30
A12	Pearson Correlation	.507**	.260	.520**	.218	.246	.299	.115	-.223	.562**	.593**	.536**	1	.771**
	Sig (2-tailed)	.004	.165	.003	.248	.190	.108	.547	.235	.001	.001	.002		.000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30
A13	Pearson Correlation	.325	.138	.445*	.194	.223	.104	-.107	-.224	.560**	.571**	.585**	.771**	1
	Sig (2-tailed)	.080	.467	.014	.304	.237	.584	.574	.234	.001	.001	.001	.000	
	N	30	30	30	30	30	30	30	30	30	30	30	30	30
A14	Pearson Correlation	.281	.235	.216	.149	.247	.353	.225	.301	.075	.142	.075	.421*	.263
	Sig (2-tailed)	.133	.211	.253	.431	.189	.056	.233	.106	.693	.453	.693	.021	.161
	N	30	30	30	30	30	30	30	30	30	30	30	30	30
A15	Pearson Correlation	.154	.375*	.172	.386*	.378*	.531**	.439*	.278	.247	.246	.365*	.411*	.144
	Sig (2-tailed)	.417	.041	.363	.035	.040	.003	.015	.138	.188	.191	.047	.024	.448
	N	30	30	30	30	30	30	30	30	30	30	30	30	30
A16	Pearson Correlation	-.149	.104	-.072	.225	.599**	.635**	.648**	.281	.160	.168	.274	.134	-.062
	Sig (2-tailed)	.431	.583	.705	.231	.000	.000	.000	.133	.399	.375	.143	.481	.745
	N	30	30	30	30	30	30	30	30	30	30	30	30	30
A17	Pearson Correlation	.287	.184	.318	.317	.474**	.505**	.476**	.342	.186	.118	.087	.487**	.191
	Sig (2-tailed)	.124	.330	.087	.087	.008	.004	.008	.064	.324	.535	.648	.008	.311
	N	30	30	30	30	30	30	30	30	30	30	30	30	30
A18	Pearson Correlation	.318	.216	.298	.348	.301	.393*	.411*	.252	.224	.135	.097	.392	.134
	Sig (2-tailed)	.087	.252	.109	.059	.106	.037	.024	.178	.233	.475	.610	.032	.480
	N	30	30	30	30	30	30	30	30	30	30	30	30	30
A19	Pearson Correlation	.087	.137	.293	-.044	.043	-.046	.109	.021	.484**	.565**	.534**	.295	.259
	Sig (2-tailed)	.646	.470	.116	.817	.821	.810	.566	.914	.007	.001	.002	.113	.167
	N	30	30	30	30	30	30	30	30	30	30	30	30	30
A20	Pearson Correlation	.413*	.457*	.324	.151	.059	.174	.061	.248	.193	.448*	.300	.332	.175
	Sig (2-tailed)	.023	.011	.081	.427	.757	.357	.751	.187	.306	.013	.108	.073	.354
	N	30	30	30	30	30	30	30	30	30	30	30	30	30
A21	Pearson Correlation	.293	.309	.613**	.276	.247	.239	.233	-.013	.459*	.441*	.459*	.478*	.375*
	Sig (2-tailed)	.116	.097	.000	.140	.188	.204	.216	.947	.011	.015	.011	.008	.041
	N	30	30	30	30	30	30	30	30	30	30	30	30	30
A22	Pearson Correlation	.257	.268	.596**	.340	.338	.152	.176	-.088	.523**	.514**	.501**	.685**	.731**
	Sig (2-tailed)	.170	.152	.001	.066	.068	.423	.352	.844	.003	.004	.005	.000	.000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30
A23	Pearson Correlation	.235	.223	.426*	.284	.441*	.476**	.426*	.386*	.254	.267	.254	.385*	.367*
	Sig (2-tailed)	.210	.236	.019	.128	.015	.008	.019	.035	.175	.153	.175	.035	.046
	N	30	30	30	30	30	30	30	30	30	30	30	30	30
A24	Pearson Correlation	.227	.077	.301	.435*	.483**	.427*	.385*	.058	.359	.266	.313	.456*	.284
	Sig (2-tailed)	.228	.686	.106	.016	.007	.019	.036	.760	.051	.155	.092	.011	.129
	N	30	30	30	30	30	30	30	30	30	30	30	30	30
A25	Pearson Correlation	.146	.099	.394*	.263	.077	.215	.350	.151	.197	.151	.127	.260	.157
	Sig (2-tailed)	.440	.602	.031	.161	.685	.254	.058	.425	.296	.425	.505	.166	.406
	N	30	30	30	30	30	30	30	30	30	30	30	30	30
TOTAL	Pearson Correlation	.454*	.522**	.669**	.509**	.572**	.583**	.448*	.314	.598**	.567**	.641**	.722**	.548**
	Sig (2-tailed)	.012	.003	.000	.004	.001	.001	.013	.091	.000	.001	.000	.000	.002
	N	30	30	30	30	30	30	30	30	30	30	30	30	30

* Correlation is significant at the 0.05 level (2-tailed).

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

Putaran 2

		Correlations											
		A1	A2	A3	A4	A5	A6	A7	A9	A10	A11	A12	A13
A1	Pearson Correlation	1	.407*	.581**	-.045	.052	.073	-.153	.496**	.343	.277	.507**	.325
	Sig. (2-tailed)		.026	.001	.813	.784	.702	.419	.005	.064	.139	.004	.080
	N	30	30	30	30	30	30	30	30	30	30	30	30
A2	Pearson Correlation	.407*	1	.600**	.476**	.197	.351	.044	.333	.215	.436*	.260	.138
	Sig. (2-tailed)	.026		.000	.008	.297	.057	.816	.072	.253	.016	.165	.467
	N	30	30	30	30	30	30	30	30	30	30	30	30
A3	Pearson Correlation	.581**	.600**	1	.359	.240	.152	.030	.600**	.366**	.491**	.520**	.445*
	Sig. (2-tailed)	.001	.000		.051	.201	.421	.877	.000	.047	.006	.003	.014
	N	30	30	30	30	30	30	30	30	30	30	30	30
A4	Pearson Correlation	-.045	.476**	.359	1	.417*	.432*	.289	.056	.030	.320	.218	.194
	Sig. (2-tailed)	.813	.008	.051		.022	.017	.121	.771	.875	.085	.248	.304
	N	30	30	30	30	30	30	30	30	30	30	30	30
A5	Pearson Correlation	.052	.197	.240	.417*	1	.749**	.519**	.175	-.004	.198	.246	.223
	Sig. (2-tailed)	.784	.297	.201	.022		.000	.003	.355	.981	.293	.190	.237
	N	30	30	30	30	30	30	30	30	30	30	30	30
A6	Pearson Correlation	.073	.351	.152	.432*	.749**	1	.572**	-.006	-.011	.175	.299	.104
	Sig. (2-tailed)	.702	.057	.421	.017	.000		.001	.975	.952	.354	.108	.584
	N	30	30	30	30	30	30	30	30	30	30	30	30
A7	Pearson Correlation	-.153	.044	.030	.289	.519**	.572**	1	-.089	-.060	.026	.115	-.107
	Sig. (2-tailed)	.419	.816	.877	.121	.003	.001		.640	.753	.892	.547	.574
	N	30	30	30	30	30	30	30	30	30	30	30	30
A9	Pearson Correlation	.496**	.333	.600**	.056	.175	-.006	-.089	1	.734**	.782**	.562**	.560**
	Sig. (2-tailed)	.005	.072	.000	.771	.355	.975	.640		.000	.000	.001	.001
	N	30	30	30	30	30	30	30	30	30	30	30	30
A10	Pearson Correlation	.343	.215	.366**	.030	-.004	-.011	-.060	.734**	1	.837**	.593**	.571**
	Sig. (2-tailed)	.064	.253	.047	.875	.981	.952	.753	.000		.000	.001	.001
	N	30	30	30	30	30	30	30	30	30	30	30	30
A11	Pearson Correlation	.277	.436*	.491**	.320	.198	.175	.026	.782**	.837**	1	.536**	.585**
	Sig. (2-tailed)	.139	.016	.006	.085	.293	.354	.892	.000	.000		.002	.001
	N	30	30	30	30	30	30	30	30	30	30	30	30
A12	Pearson Correlation	.507**	.260	.520**	.218	.246	.299	.115	.562**	.593**	.536**	1	.771**
	Sig. (2-tailed)	.004	.165	.003	.248	.190	.108	.547	.001	.001	.002		.000
	N	30	30	30	30	30	30	30	30	30	30	30	30
A13	Pearson Correlation	.325	.138	.445*	.194	.223	.104	-.107	.560**	.571**	.585**	.771**	1
	Sig. (2-tailed)	.080	.467	.014	.304	.237	.584	.574	.001	.001	.001	.000	
	N	30	30	30	30	30	30	30	30	30	30	30	30
A14	Pearson Correlation	.281	.235	.216	.149	.247	.353	.225	.075	.142	.075	.421*	.263
	Sig. (2-tailed)	.133	.211	.253	.431	.189	.056	.233	.693	.453	.693	.021	.161
	N	30	30	30	30	30	30	30	30	30	30	30	30
A15	Pearson Correlation	.154	.375*	.172	.386*	.378*	.531**	.439*	.247	.246	.365*	.411*	.144
	Sig. (2-tailed)	.417	.041	.363	.035	.040	.003	.015	.188	.191	.047	.024	.448
	N	30	30	30	30	30	30	30	30	30	30	30	30
A16	Pearson Correlation	-.149	.104	-.072	.225	.599**	.635**	.648**	.160	.168	.274	.134	-.062
	Sig. (2-tailed)	.431	.593	.705	.231	.000	.000	.000	.399	.375	.143	.481	.745
	N	30	30	30	30	30	30	30	30	30	30	30	30
A17	Pearson Correlation	.287	.184	.318	.317	.474**	.505**	.476**	.186	.118	.087	.487**	.191
	Sig. (2-tailed)	.124	.330	.087	.087	.008	.004	.008	.324	.535	.648	.006	.311
	N	30	30	30	30	30	30	30	30	30	30	30	30
A18	Pearson Correlation	.318	.216	.298	.348	.301	.383*	.411*	.224	.135	.097	.392*	.134
	Sig. (2-tailed)	.087	.252	.109	.059	.106	.037	.024	.233	.475	.610	.032	.480
	N	30	30	30	30	30	30	30	30	30	30	30	30
A19	Pearson Correlation	.087	.137	.293	-.044	.043	-.046	.109	.484**	.565**	.534**	.295	.259
	Sig. (2-tailed)	.646	.470	.116	.817	.821	.810	.566	.007	.001	.002	.113	.167
	N	30	30	30	30	30	30	30	30	30	30	30	30
A20	Pearson Correlation	.413*	.457*	.324	.151	.059	.174	.061	.193	.448*	.300	.332	.175
	Sig. (2-tailed)	.023	.011	.081	.427	.757	.357	.751	.306	.013	.108	.073	.354
	N	30	30	30	30	30	30	30	30	30	30	30	30
A21	Pearson Correlation	.293	.309	.613**	.276	.247	.239	.233	.459*	.441*	.459*	.478**	.375*
	Sig. (2-tailed)	.116	.097	.000	.140	.188	.204	.216	.011	.015	.011	.008	.041
	N	30	30	30	30	30	30	30	30	30	30	30	30
A22	Pearson Correlation	.257	.268	.596**	.340	.338	.152	.176	.523**	.514**	.501**	.695**	.731**
	Sig. (2-tailed)	.170	.152	.001	.066	.068	.423	.352	.003	.004	.005	.000	.000
	N	30	30	30	30	30	30	30	30	30	30	30	30
A23	Pearson Correlation	.235	.223	.426*	.284	.441*	.476**	.426*	.254	.267	.254	.385*	.367*
	Sig. (2-tailed)	.210	.236	.019	.128	.015	.008	.019	.175	.153	.175	.035	.046
	N	30	30	30	30	30	30	30	30	30	30	30	30
A24	Pearson Correlation	.227	.077	.301	.435*	.483**	.427*	.385*	.359	.266	.313	.456*	.284
	Sig. (2-tailed)	.228	.686	.106	.016	.007	.019	.036	.051	.155	.092	.011	.129
	N	30	30	30	30	30	30	30	30	30	30	30	30
A25	Pearson Correlation	.146	.099	.394*	.263	.077	.215	.350	.197	.151	.127	.260	.157
	Sig. (2-tailed)	.440	.602	.031	.161	.695	.254	.058	.296	.425	.505	.166	.406
	N	30	30	30	30	30	30	30	30	30	30	30	30
TOTAL	Pearson Correlation	.466**	.511**	.676**	.494**	.548**	.558**	.432*	.620**	.589**	.652**	.751**	.574**
	Sig. (2-tailed)	.010	.004	.000	.006	.002	.001	.017	.000	.001	.000	.000	.001
	N	30	30	30	30	30	30	30	30	30	30	30	30

* Correlation is significant at the 0.05 level (2-tailed).
 ** Correlation is significant at the 0.01 level (2-tailed).

Reliability Statistics

Cronbach's Alpha	N of Items
.912	24

Lampiran V. Hasil Uji Validitas dan Reliabilitas Skala *Time Management*

Putaran 1

		Correlations																		
		A1	A2	A3	A4	A5	A6	A7	A8	A9	A10	A11	A12	A13	A14	A15	A16	A17	A18	TOTAL
A1	Pearson Correlation	1	.873	.515	.484	.513	.432	.207	.037	.156	.203	-.022	.489	.305	.062	.269	.410	.426	.460	.651
	Sig. (2-tailed)		.000	.004	.008	.054	.017	.273	.844	.411	.160	.907	.008	.036	.747	.151	.025	.019	.010	.000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
A2	Pearson Correlation	.873	1	.460	.414	.549	.457	.229	.111	-.084	.278	.032	.484	.501	-.033	.423	.334	.333	.441	.632
	Sig. (2-tailed)	.000		.011	.023	.052	.011	.224	.558	.660	.137	.865	.008	.005	.862	.020	.072	.072	.015	.000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
A3	Pearson Correlation	.515	.460	1	.604	.236	.119	.375	.023	.019	-.006	.108	.479	.319	.118	.292	.072	.162	.014	.432
	Sig. (2-tailed)	.004	.011		.003	.209	.532	.041	.905	.922	.727	.577	.007	.008	.533	.117	.704	.391	.943	.017
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
A4	Pearson Correlation	.494	.414	.604	1	.189	.100	.187	.005	-.106	-.132	-.041	.360	.207	.256	.201	.199	.182	.147	.395
	Sig. (2-tailed)	.006	.023	.000		.283	.590	.322	.979	.577	.488	.830	.051	.272	.172	.133	.293	.335	.437	.031
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
A5	Pearson Correlation	.513	.549	.236	.189	1	.688	.405	.198	.111	.274	.188	.771	.661	-.413	.413	.607	.401	.523	.698
	Sig. (2-tailed)	.004	.002	.209	.293		.000	.010	.300	.559	.143	.325	.000	.000	.023	.023	.000	.028	.003	.000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
A6	Pearson Correlation	.432	.457	.119	.100	.688	1	.426	.244	.036	.143	.252	.570	.680	-.305	.538	.799	.581	.718	.704
	Sig. (2-tailed)	.017	.011	.532	.598	.050		.019	.194	.849	.451	.179	.001	.000	.030	.002	.000	.001	.000	.000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
A7	Pearson Correlation	.207	.229	.375	.187	.405	.426	1	.166	-.045	-.123	.484	.600	.610	-.168	.592	.430	.419	.400	.557
	Sig. (2-tailed)	.273	.224	.041	.322	.010	.019		.379	.812	.518	.007	.000	.000	.376	.001	.016	.021	.028	.001
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
A8	Pearson Correlation	.037	.111	.023	.005	.186	.244	.166	1	.294	.639	.221	.393	.225	.187	.302	.302	.317	.324	.526
	Sig. (2-tailed)	.844	.558	.905	.979	.300	.194	.379		.115	.000	.241	.032	.232	.323	.105	.104	.087	.080	.003
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
A9	Pearson Correlation	.156	-.084	.019	-.108	.111	.036	-.045	.294	1	.495	.034	.201	.121	.336	-.068	.106	.116	.100	.332
	Sig. (2-tailed)	.411	.660	.922	.577	.559	.849	.812	.115		.005	.857	.133	.524	.070	.723	.578	.541	.599	.073
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
A10	Pearson Correlation	.203	.278	-.066	-.132	.274	.143	-.123	.639	.495	1	.110	.238	.143	.078	.075	.253	.333	.353	.471
	Sig. (2-tailed)	.160	.137	.727	.488	.143	.451	.518	.000	.005		.564	.203	.232	.452	.684	.694	.178	.072	.056
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
A11	Pearson Correlation	-.022	.032	.108	-.041	.186	.252	.484	.221	.034	.110	1	.313	.429	-.031	.263	.169	.229	.212	.384
	Sig. (2-tailed)	.907	.865	.577	.830	.325	.179	.007	.241	.857	.564		.002	.018	.871	.160	.372	.223	.261	.048
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
A12	Pearson Correlation	.409	.494	.479	.360	.771	.570	.600	.393	.201	.239	.313	1	.787	-.090	.564	.522	.520	.501	.830
	Sig. (2-tailed)	.006	.006	.007	.051	.000	.001	.000	.032	.133	.203	.092		.000	.608	.001	.003	.003	.005	.000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
A13	Pearson Correlation	.305	.501	.319	.207	.661	.680	.610	.225	.121	.143	.429	.787	1	-.196	.607	.561	.380	.549	.746
	Sig. (2-tailed)	.036	.005	.086	.272	.050	.000	.000	.232	.524	.452	.018	.000		.300	.000	.001	.038	.002	.000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
A14	Pearson Correlation	.062	-.033	.118	.258	-.413	-.380	-.168	.187	.336	.078	-.031	-.098	-.198	1	.064	-.132	-.198	-.175	.085
	Sig. (2-tailed)	.747	.862	.533	.172	.023	.038	.376	.323	.070	.684	.871	.608	.300		.736	.489	.294	.354	.733
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
A15	Pearson Correlation	.269	.423	.292	.201	.413	.538	.593	.302	-.068	-.075	.263	.584	.607	.064	1	.561	.457	.582	.862
	Sig. (2-tailed)	.151	.020	.117	.133	.023	.002	.001	.105	.733	.684	.160	.001	.000	.736		.001	.011	.001	.000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
A16	Pearson Correlation	.410	.334	.072	.198	.607	.799	.430	.302	.106	.253	.169	.522	.561	-.132	.561	1	.684	.851	.750
	Sig. (2-tailed)	.025	.072	.704	.293	.050	.000	.016	.104	.578	.178	.372	.003	.001	.489	.001		.000	.000	.000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
A17	Pearson Correlation	.426	.333	.162	.182	.401	.581	.419	.317	.118	.333	.229	.520	.380	-.180	.457	.684	1	.838	.704
	Sig. (2-tailed)	.019	.072	.391	.335	.028	.001	.021	.087	.541	.072	.223	.003	.038	.284	.011	.000		.000	.000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
A18	Pearson Correlation	.460	.441	.014	.147	.523	.716	.400	.324	.100	.353	.212	.501	.549	-.175	.582	.651	.838	1	.771
	Sig. (2-tailed)	.010	.015	.943	.437	.003	.000	.028	.080	.599	.056	.261	.005	.002	.354	.001	.000	.000		.000
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30
TOTAL	Pearson Correlation	.651	.832	.432	.395	.688	.704	.567	.526	.332	.471	.384	.830	.746	.065	.662	.750	.704	.771	1
	Sig. (2-tailed)	.000	.000	.017	.031	.000	.000	.001	.003	.073	.009	.048	.000	.000	.733	.000	.000	.000	.000	
	N	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30	30

** Correlation is significant at the 0.01 level (2-tailed).
 * Correlation is significant at the 0.05 level (2-tailed).

Putaran 2

Correlations

	A1	A2	A3	A4	A5	A6	A7	A8	A10	A11	A12	A13	A15	A16	A17	A18	TOTAL	
A1	Pearson Correlation Sig. (2-tailed) N	1 000 30	.673** 004 30	.515* 006 30	.494* 006 30	.513* 004 30	.432* 017 30	.207 273 30	.037 844 30	.263 160 30	-.022 907 30	.489* 006 30	.385 036 30	.269 151 30	.410* 025 30	.426* 019 30	.460* 010 30	.644** 000 30
A2	Pearson Correlation Sig. (2-tailed) N	.673** 000 30	1 011 30	.480* 023 30	.414* 023 30	.549* 002 30	.457* 011 30	.229 224 30	.111 558 30	.278 137 30	.032 865 30	.494* 006 30	.501** 005 30	.423* 020 30	.334 072 30	.333 072 30	.441* 015 30	.666** 000 30
A3	Pearson Correlation Sig. (2-tailed) N	.515* 004 30	.480* 011 30	1 000 30	.604** 000 30	.236 209 30	.119 532 30	.375 041 30	.023 905 30	-.066 727 30	.108 577 30	.479* 007 30	.319 086 30	.292 117 30	.072 704 30	.162 391 30	.014 943 30	.429* 018 30
A4	Pearson Correlation Sig. (2-tailed) N	.494* 006 30	.414* 023 30	.604** 000 30	1 000 30	.199 293 30	.100 590 30	.187 322 30	.005 979 30	-.132 007 30	-.041 830 30	.360 051 30	.207 272 30	.281 133 30	.199 293 30	.182 335 30	.147 437 30	.390* 033 30
A5	Pearson Correlation Sig. (2-tailed) N	.513* 004 30	.549* 002 30	.236 209 30	.199 293 30	1 000 30	.688** 000 30	.465* 010 30	.196 300 30	.274 143 30	.188 325 30	.771** 000 30	.661** 000 30	.413* 023 30	.607** 000 30	.401* 028 30	.523** 003 30	.744** 000 30
A6	Pearson Correlation Sig. (2-tailed) N	.432* 017 30	.457* 011 30	.119 532 30	.100 598 30	.688** 000 30	1 000 30	.426* 019 30	.244 194 30	.143 451 30	.252 179 30	.570* 001 30	.680** 000 30	.538** 002 30	.799** 000 30	.581** 001 30	.718** 000 30	.766** 000 30
A7	Pearson Correlation Sig. (2-tailed) N	.207 273 30	.229 224 30	.375 041 30	.187 322 30	.465* 010 30	.426* 019 30	1 000 30	.166 379 30	-.123 518 30	.484* 007 30	.600* 000 30	.610* 000 30	.593* 001 30	.438* 016 30	.419 021 30	.400* 028 30	.600** 000 30
A8	Pearson Correlation Sig. (2-tailed) N	.037 844 30	.207 224 30	.111 023 30	.005 979 30	.196 300 30	.244 194 30	.166 379 30	1 000 30	.839** 000 30	.221 241 30	.393 032 30	.225 232 30	.302 105 30	.302 104 30	.317 087 30	.324 080 30	.483** 007 30
A10	Pearson Correlation Sig. (2-tailed) N	.263 160 30	.278 137 30	-.066 727 30	-.132 488 30	.274 143 30	.143 451 30	-.123 518 30	.639** 000 30	1 584 30	.110 203 30	.239 452 30	.143 694 30	-.075 178 30	.253 072 30	.333 056 30	.353 023 30	.413* 023 30
A11	Pearson Correlation Sig. (2-tailed) N	-.022 907 30	.032 865 30	.108 577 30	-.041 830 30	.188 325 30	.252 179 30	.484* 007 30	.221 241 30	.110 584 30	1 000 30	.313 092 30	.429 018 30	.263 160 30	.169 372 30	.229 223 30	.212 261 30	.375* 041 30
A12	Pearson Correlation Sig. (2-tailed) N	.489* 006 30	.494* 006 30	.479* 007 30	.360 051 30	.771** 000 30	.570* 001 30	.600* 000 30	.393 032 30	.239 203 30	.313 092 30	1 000 30	.797** 000 30	.564** 001 30	.522** 003 30	.520** 003 30	.501** 005 30	.832** 000 30
A13	Pearson Correlation Sig. (2-tailed) N	.385 036 30	.501** 005 30	.319 086 30	.207 272 30	.661** 000 30	.680** 000 30	.610* 000 30	.225 332 30	.143 452 30	.429* 018 30	.797** 000 30	1 000 30	.607** 000 30	.561** 001 30	.380 038 30	.549* 002 30	.776** 000 30
A15	Pearson Correlation Sig. (2-tailed) N	.269 151 30	.423* 020 30	.292 117 30	.281 133 30	.413* 023 30	.538* 002 30	.593* 001 30	.302 105 30	-.075 894 30	.263 160 30	.564* 001 30	.607** 000 30	1 000 30	.561** 001 30	.457 011 30	.582* 001 30	.683** 000 30
A16	Pearson Correlation Sig. (2-tailed) N	.410* 025 30	.334 072 30	.072 704 30	.199 293 30	.607** 000 30	.799** 000 30	.438* 018 30	.302 104 30	.253 178 30	.189 372 30	.522** 003 30	.561** 001 30	.561** 001 30	1 000 30	.684** 000 30	.851** 000 30	.775** 000 30
A17	Pearson Correlation Sig. (2-tailed) N	.426* 019 30	.333 072 30	.162 391 30	.182 335 30	.401* 029 30	.581** 001 30	.419 021 30	.317 087 30	.333 072 30	.229 223 30	.520* 003 30	.380 038 30	.457 011 30	.684** 000 30	1 000 30	.838** 000 30	.735** 000 30
A18	Pearson Correlation Sig. (2-tailed) N	.460* 010 30	.441* 015 30	.014 943 30	.147 437 30	.523** 003 30	.718** 000 30	.400 028 30	.324 080 30	.353 056 30	.212 261 30	.501* 005 30	.549* 002 30	.582* 001 30	.851** 000 30	.838** 000 30	1 000 30	.803** 000 30
TOTAL	Pearson Correlation Sig. (2-tailed) N	.644** 000 30	.666** 000 30	.429* 018 30	.390 033 30	.744** 000 30	.766** 000 30	.600* 000 30	.483* 007 30	.413* 023 30	.375* 041 30	.832** 000 30	.776** 000 30	.683** 000 30	.775** 000 30	.735** 000 30	.803** 000 30	1 000 30

** Correlation is significant at the 0.01 level (2-tailed).
* Correlation is significant at the 0.05 level (2-tailed).

Reliability Statistics

Cronbach's Alpha	N of Items
.896	16

Lampiran VI. Hasil Uji Validitas dan Reliabilitas Skala *Emotional Resilience*

Putaran 1

		Correlations											
		A1	A2	A3	A4	A5	A6	A7	A8	A9	A10	A11	TOTAL
A1	Pearson Correlation	1	.245	.158	.519**	.178	.227	.494**	.316	.548**	.465**	.072	.646**
	Sig. (2-tailed)		.192	.405	.003	.346	.228	.006	.089	.002	.010	.707	.000
	N	30	30	30	30	30	30	30	30	30	30	30	30
A2	Pearson Correlation	.245	1	.575**	.490**	.554**	-.009	.610**	.638**	.530**	.502**	.465**	.742**
	Sig. (2-tailed)	.192		.001	.006	.001	.962	.000	.000	.003	.005	.010	.000
	N	30	30	30	30	30	30	30	30	30	30	30	30
A3	Pearson Correlation	.158	.575**	1	.442*	.599**	-.044	.185	.477**	.433*	.357	.524**	.584**
	Sig. (2-tailed)	.405	.001		.015	.000	.615	.327	.008	.017	.053	.003	.001
	N	30	30	30	30	30	30	30	30	30	30	30	30
A4	Pearson Correlation	.519**	.490**	.442*	1	.542**	-.050	.390*	.271	.487**	.572**	.322	.690**
	Sig. (2-tailed)	.003	.006	.015		.002	.791	.033	.148	.006	.001	.083	.000
	N	30	30	30	30	30	30	30	30	30	30	30	30
A5	Pearson Correlation	.178	.554**	.599**	.542**	1	-.031	.339	.340	.389*	.626**	.359	.630**
	Sig. (2-tailed)	.346	.001	.000	.002		.871	.067	.066	.034	.000	.051	.000
	N	30	30	30	30	30	30	30	30	30	30	30	30
A6	Pearson Correlation	.227	-.009	-.044	-.050	-.031	1	.206	.104	.262	.156	.162	.286
	Sig. (2-tailed)	.228	.962	.815	.791	.871		.275	.586	.162	.411	.394	.125
	N	30	30	30	30	30	30	30	30	30	30	30	30
A7	Pearson Correlation	.494**	.610**	.185	.390*	.339	.206	1	.761**	.616**	.555**	.233	.781**
	Sig. (2-tailed)	.006	.000	.327	.033	.067	.275		.000	.000	.001	.215	.000
	N	30	30	30	30	30	30	30	30	30	30	30	30
A8	Pearson Correlation	.316	.638**	.477**	.271	.340	.104	.761**	1	.648**	.455*	.249	.747**
	Sig. (2-tailed)	.089	.000	.008	.148	.066	.586	.000		.000	.012	.185	.000
	N	30	30	30	30	30	30	30	30	30	30	30	30
A9	Pearson Correlation	.548**	.530**	.433*	.487**	.389*	.262	.616**	.648**	1	.731**	.300	.845**
	Sig. (2-tailed)	.002	.003	.017	.006	.034	.162	.000	.000		.000	.107	.000
	N	30	30	30	30	30	30	30	30	30	30	30	30
A10	Pearson Correlation	.465**	.502**	.357	.572**	.626**	.156	.555**	.455*	.731**	1	.366*	.796**
	Sig. (2-tailed)	.010	.005	.053	.001	.000	.411	.001	.012	.000		.046	.000
	N	30	30	30	30	30	30	30	30	30	30	30	30
A11	Pearson Correlation	.072	.465**	.524**	.322	.359	.162	.233	.249	.300	.366*	1	.433*
	Sig. (2-tailed)	.707	.010	.003	.083	.051	.394	.215	.185	.107	.046		.017
	N	30	30	30	30	30	30	30	30	30	30	30	30
TOTAL	Pearson Correlation	.646**	.742**	.584**	.690**	.630**	.286	.781**	.747**	.845**	.796**	.433*	1
	Sig. (2-tailed)	.000	.000	.001	.000	.000	.125	.000	.000	.000	.000	.017	
	N	30	30	30	30	30	30	30	30	30	30	30	30

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

* . Correlation is significant at the 0.05 level (2-tailed).

Putaran 2

Correlations

		A1	A2	A3	A4	A5	A7	A8	A9	A10	A11	TOTAL
A1	Pearson Correlation	1	.245	.158	.519**	.178	.494**	.316	.548**	.465**	.072	.599**
	Sig. (2-tailed)		.192	.405	.003	.346	.006	.089	.002	.010	.707	.000
	N	30	30	30	30	30	30	30	30	30	30	30
A2	Pearson Correlation	.245	1	.575**	.490**	.554**	.610**	.638**	.530**	.502**	.465**	.782**
	Sig. (2-tailed)	.192		.001	.006	.001	.000	.000	.003	.005	.010	.000
	N	30	30	30	30	30	30	30	30	30	30	30
A3	Pearson Correlation	.158	.575**	1	.442*	.599**	.185	.477**	.433*	.357	.524**	.644**
	Sig. (2-tailed)	.405	.001		.015	.000	.327	.008	.017	.053	.003	.000
	N	30	30	30	30	30	30	30	30	30	30	30
A4	Pearson Correlation	.519**	.490**	.442*	1	.542**	.390*	.271	.487**	.572**	.322	.717**
	Sig. (2-tailed)	.003	.006	.015		.002	.033	.148	.006	.001	.083	.000
	N	30	30	30	30	30	30	30	30	30	30	30
A5	Pearson Correlation	.178	.554**	.599**	.542**	1	.339	.340	.389*	.626**	.359	.662**
	Sig. (2-tailed)	.346	.001	.000	.002		.067	.066	.034	.000	.051	.000
	N	30	30	30	30	30	30	30	30	30	30	30
A7	Pearson Correlation	.494**	.610**	.185	.390*	.339	1	.761**	.616**	.555**	.233	.755**
	Sig. (2-tailed)	.006	.000	.327	.033	.067		.000	.000	.001	.215	.000
	N	30	30	30	30	30	30	30	30	30	30	30
A8	Pearson Correlation	.316	.638**	.477**	.271	.340	.761**	1	.648**	.455*	.249	.740**
	Sig. (2-tailed)	.089	.000	.008	.148	.066	.000		.000	.012	.185	.000
	N	30	30	30	30	30	30	30	30	30	30	30
A9	Pearson Correlation	.548**	.530**	.433*	.487**	.389*	.616**	.648**	1	.731**	.300	.817**
	Sig. (2-tailed)	.002	.003	.017	.006	.034	.000	.000		.000	.107	.000
	N	30	30	30	30	30	30	30	30	30	30	30
A10	Pearson Correlation	.465**	.502**	.357	.572**	.626**	.555**	.455*	.731**	1	.366*	.796**
	Sig. (2-tailed)	.010	.005	.053	.001	.000	.001	.012	.000		.046	.000
	N	30	30	30	30	30	30	30	30	30	30	30
A11	Pearson Correlation	.072	.465**	.524**	.322	.359	.233	.249	.300	.366*	1	.536**
	Sig. (2-tailed)	.707	.010	.003	.083	.051	.215	.185	.107	.046		.002
	N	30	30	30	30	30	30	30	30	30	30	30
TOTAL	Pearson Correlation	.599**	.782**	.644**	.717**	.662**	.755**	.740**	.817**	.796**	.536**	1
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000	.000	.000	.002	
	N	30	30	30	30	30	30	30	30	30	30	30

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

* . Correlation is significant at the 0.05 level (2-tailed).

Reliability Statistics

Cronbach's Alpha	N of Items
.884	10

Lampiran VII. Hasil Uji Normalitas

One-Sample Kolmogorov-Smirnov Test

		Unstandardized Residual
N		205
Normal Parameters ^a	Mean	.0000000
	Std. Deviation	8.79412526
Most Extreme Differences	Absolute	.054
	Positive	.054
	Negative	-.028
Kolmogorov-Smirnov Z		.778
Asymp. Sig. (2-tailed)		.581
a. Test distribution is Normal.		

Lampiran VIII. Hasil Uji Normalitas

ANOVA Table

			Sum of Squares	df	Mean Square	F	Sig.
Digital burnout *	Between	(Combined)	7035.168	41	171.589	1.165	.250
Time Management	Groups	Linearity	855.942	1	855.942	5.810	.017
		Deviation from Linearity	6179.227	40	154.481	1.049	.405
	Within Groups		24012.022	163	147.313		
	Total		31047.190	204			

ANOVA Table

			Sum of Squares	df	Mean Square	F	Sig.
Digital burnout *	Between Groups	(Combined)	5928.638	27	219.579	1.547	.050
Emotional Resilience		Linearity	1190.721	1	1190.721	8.391	.004
		Deviation from Linearity	4737.917	26	182.228	1.284	.174
	Within Groups		25118.553	177	141.913		
	Total		31047.190	204			

Lampiran IX. Hasil Uji Multikolinieritas

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	Collinearity Statistics	
		B	Std. Error	Beta			Tolerance	VIF
1	(Constant)	108.357	4.201		25.796	.000		
	Emotional Resilience	.404	.122	.192	3.313	.001	.751	1.331
	Time Management	-.881	.066	-.777	-13.427	.000	.751	1.331

a. Dependent Variable: Digital Burnout

Lampiran X. Hasil Uji Heterokedastisitas

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	4.943	2.630		1.879	.062
	Time Management	-.010	.041	-.020	-.252	.801
	Emotional Resilience	.068	.076	.072	.891	.374

a. Dependent Variable: ABS_RES1

Lampiran XI. Hasil Uji Deskriptif

Descriptive Statistics

	Mean	Std. Deviation	N
Digital Burnout	72.5171	12.33662	205
Time Management	57.3951	9.04807	205
Emotional Resilience	36.4537	5.84976	205

Lampiran XII. Hasil Uji Kategori Hipotetik

X1

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid RENDAH	113	55.1	55.1	55.1
RENDAH SEKALI	32	15.6	15.6	70.7
SEDANG	59	28.8	28.8	99.5
TINGGI	1	.5	.5	100.0
Total	205	100.0	100.0	

X2

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid RENDAH	136	66.3	66.3	66.3
RENDAH SEKALI	42	20.5	20.5	86.8
SEDANG	27	13.2	13.2	100.0
Total	205	100.0	100.0	

Y

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	TINGGI	1	.5	.5	.5
	TINGGI SEKALI	204	99.5	99.5	100.0
	Total	205	100.0	100.0	

Lampiran XIII. Hasil Uji F

ANOVA^b

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	22912.689	2	11456.345	284.490	.000 ^a
	Residual	8134.501	202	40.270		
	Total	31047.190	204			

a. Predictors: (Constant), Emotional Resilience, Time Management

b. Dependent Variable: Digital burnout

Lampiran XIV. Hasil Uji t

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	127.292	2.768		45.993	.000
	Time Management	-.241	.047	-.198	-5.102	.000
	Emotional Resilience	-1.123	.057	-.765	-19.726	.000

a. Dependent Variable: Digital burnout

Lampiran XV. Koefisien Determinasi (*R Square*)

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.859 ^a	.738	.735	6.34585

a. Predictors: (Constant), Emotional Resilience, Time Management

Lampiran XVI. Koefisien Korelasi

Correlations

		Time Management	Emotional Resilience	Digital burnout
Time Management	Pearson Correlation	1	.372**	-.483**
	Sig. (2-tailed)		.000	.000
	N	205	205	205
Emotional Resilience	Pearson Correlation	.372**	1	-.839**
	Sig. (2-tailed)	.000		.000
	N	205	205	205
Digital burnout	Pearson Correlation	-.483**	-.839**	1
	Sig. (2-tailed)	.000	.000	
	N	205	205	205

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

HUBUNGAN ANTARA TIME MANAGEMENT DAN EMOTIONAL RESILIENCE DENGAN DIGITAL BURNOUT PADA GENERASI Z PENGGUNA MEDIA SOSIAL TIKTOK

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