

LAMPIRAN

LAMPIRAN A

Skala Uji Coba

A-1 Skala Stres Akademik

A-2 Skala Penyesuaian Akademik

A-3 Skala Manajemen Waktu

SKALA PENELITIAN



UNIVERSITAS ISLAM SULTAN AGUNG

SEMARANG

2020

Assalamu'alaikum wr.wb.

Dalam kesempatan ini saya meminta kesediaan Anda untuk meluangkan waktu serta berpartisipasi dalam penelitian dengan mengisi kuesioner yang telah kami berikan ini. Kuisisioner ini diperlukan dalam rangka penyusunan tugas akhir untuk program Strata-1 Fakultas Psikologi Universitas Islam Sultan Agung Semarang.

Sebelum mengisi kuesioner ini, isilah form kesediaan mengikuti penelitian pada kolom yang telah disediakan dan bacalah petunjuk pengerjaan dengan baik. Semua data yang Anda berikan akandirahasiakan dan hanya digunakan untuk kepentingan akademik.

Atas kesediaan dan partisipasi yang Anda berikan, kami ucapkan terimakasih.

Hormat kami,

Peneliti

FORM KESEDIAAN MENGIKUTI PENELITIAN

Yang bertanda tangan di bawah ini :

Nama : (boleh inisial)

Usia : tahun

Jenis Kelamin : Laki -laki/ Perempuan

Kelas/ Jurusan :

Asal Daerah :

Telah membaca semua pengantar dan petunjuk dengan cermat dan bersedia menjadi responden dan ikut berpartisipasi memberikan jawaban sesuai dengan keadaan yang sebenarnya.

Semarang, 2020,

(.....)

IDENTITAS DIRI

Nama : _____

Jenis Kelamin : Lk/Pr*

Kelas/Semester : _____

Asal : _____

*Coret yang tidak perlu

PETUNJUK PENGISIAN SKALA

1. Berikut ini ada sejumlah pernyataan. Berilah tanda silang (X) pada salah satu pilihan jawaban yang berada di sebelah kanan.

- Bacalah dengan teliti sebelum mengisi pernyataan yang ada.
- Pilihlah jawaban yang sesuai dengandiri Anda sendiri.
- Tidak ada jawaban yang salah, semua jawaban benar.

Adapun lima pilihan yang disediakan yaitu:

SS : Bila pernyataan tersebut **SANGAT SESUAI** dengan yang Anda alami.

S : Bila pernyataan tersebut **SESUAI** dengan yang Anda alami.

N : Bila pernyataan tersebut antara **SESUAI** dan **TIDAK SESUAI** dengan yang Anda alami.

TS : Bila pernyataan tersebut **TIDAK SESUAI** dengan yang Anda alami.

STS : Bila pernyataan tersebut **SANGAT TIDAK SESUAI** dengan yang Anda alami.

Contoh :

Cara menjawab

| No. | Pernyataan | SS | S | N | TS | STS |
|-----|--|----|---|---|----|-----|
| 1. | Saya merasa bahagia diterima di jurusan Farmasi UNISSULA | X | | | | |

Jika ingin mengganti jawaban

| No. | Pernyataan | SS | S | N | TS | STS |
|-----|--|----|---|---|----|-----|
| 1. | Saya merasa bahagia diterima di jurusan Farmasi UNISSULA | X | | X | | |

2. Usahakanlah untuk tidak melewati satu nomor pun dalam memberi jawaban pada pernyataan-pernyataan ini

SELAMAT MENGERJAKAN

A-1 Skala Stres Akademik

| No | Pernyataan | Jawaban | | | | |
|----|---|---------|---|---|----|-----|
| | | SS | S | N | TS | STS |
| 1 | Saya merasa frustasi dengan prestasi saya yang tidak sesuai harapan. | | | | | |
| 2 | Saya merasa sulit untuk menyeimbangkan antara kegiatan kampus dan akademik. | | | | | |
| 3 | Saya merasa tertekan jika harus bersaing dengan teman-teman dalam hal prestasi belajar. | | | | | |
| 4 | Saya mengalami insomnia karena banyaknya tugas kuliah yang harus diselesaikan. | | | | | |
| 5 | Saya merasa cemas menjelang ujian | | | | | |
| 6 | Saya memiliki energi yang banyak untuk mengikuti perkuliahan | | | | | |
| 7 | Saya lebih memilih mengikuti kuliah daripada kegiatan kampus. | | | | | |
| 8 | Saya sangat antusias untuk berkompetisi dengan teman-teman. | | | | | |
| 9 | Kuliah adalah pengalaman yang sangat menyenangkan. | | | | | |
| 10 | Saya suka berkompetisi dan menjadi pemenang | | | | | |
| 11 | Saya gagal mencapai tujuan kuliah yang telah saya rencanakan. | | | | | |
| 12 | Saya bingung menentukan mata kuliah yang harus diambil. | | | | | |
| 13 | Saya pusing memikirkan tugas kuliah yang terlalu banyak | | | | | |
| 14 | Saya sering merasa pusing jika selesai mengikuti perkuliahan. | | | | | |

| No | Pernyataan | Jawaban | | | | |
|----|--|---------|---|---|----|-----|
| | | SS | S | N | TS | STS |
| 15 | Saya sering menunda-nunda dalam menyelesaikan tugas kuliah | | | | | |
| 16 | Saya dapat menyelesaikan semua tugas yang diberikan dosen dengan baik. | | | | | |
| 17 | Saya menolak ajakan teman demi mengerjakan tugas dari dosen | | | | | |
| 18 | Saya tidak terbebani dengan tugas-tugas yang diberikan oleh dosen | | | | | |
| 19 | Banyaknya tugas yang harus diselesaikan tidak mengganggu aktivitas saya sehari-hari | | | | | |
| 20 | Saya belajar lebih giat saat ujian agar mendapatkan nilai sesuai harapan | | | | | |
| 21 | Saya sering ditolak dalam lingkungan sosial kampus. | | | | | |
| 22 | Saya tidak dapat mengatur waktu antara kuliah dengan kegiatan pribadi. | | | | | |
| 23 | Deadline tugas kuliah membuat saya merasa cemas | | | | | |
| 24 | Saya sering merasa stres harus menyeimbangkan antara tugas kuliah dengan tugas rumah | | | | | |
| 25 | Saya gugup saat presentasi di depan kelas | | | | | |
| 26 | Saya menjalin hubungan yang akrab dengan banyak teman di kampus. | | | | | |
| 27 | Saya mengutamakan untuk mengikuti jadual perkuliahan yang mendadak | | | | | |
| 28 | Saya merasa santai meskipun harus mengikuti perkuliahan yang cukup padat. | | | | | |

| No | Pernyataan | Jawaban | | | | |
|-----------|--|----------------|----------|----------|-----------|------------|
| | | SS | S | N | TS | STS |
| 29 | Waktu tidur saya berjalan normal, meskipun sedang banyak tugas. | | | | | |
| 30 | Saya banyak berdoa saat menghadapi ujian | | | | | |
| 31 | Saya merasa kesulitan untuk menyerap materi yang disampaikan oleh dosen | | | | | |
| 32 | Saya lebih memilih jalan-jalan bersama teman daripada pusing mengikuti kuliah. | | | | | |
| 33 | Saya merasa tertekan dengan suasana perkuliahan di kampus | | | | | |
| 34 | Banyaknya beban tugas yang harus dikerjakan sering membuat saya sakit | | | | | |
| 35 | Saya khawatir tidak lulus tepat waktu. | | | | | |
| 36 | Saya tidak pernah mengulang mata kuliah | | | | | |
| 37 | Saya mengutamakan belajar daripada menonton televisi atau bermain gadget | | | | | |
| 38 | Saya tidak khawatir dengan target yang diberikan oleh dosen | | | | | |
| 39 | Saya tidak merasa terganggu dengan semua kegiatan di kampus | | | | | |
| 40 | Banyak teman menyukai saya karena prestasi yang saya miliki | | | | | |

A-2 Skala Penyesuaian Akademik

| No | Pernyataan | Jawaban | | | | |
|----|--|---------|---|---|----|-----|
| | | SS | S | N | TS | STS |
| 1 | Saya sering berdiskusi dengan dosen mengenai materi dan tugas kuliah | | | | | |
| 2 | Saya mampu menenangkan diri apabila saya gagal dalam mengerjakan soal ujian | | | | | |
| 3 | Meski telah menjalani perkuliahan selama satu semester saya masih merasa canggung di kelas | | | | | |
| 4 | Saya kurang yakin jika saya bisa lulus tepat waktu | | | | | |
| 5 | Meskipun banyak tugas yang harus diselesaikan, saya tetap bisa tenang | | | | | |
| 6 | Ketika tidak merasa nyaman di kelas saya akan marah-marah tidak jelas kepada teman-teman | | | | | |
| 7 | Saya mampu menerima situasi baru di dalam kelas meskipun belum saling kenal | | | | | |
| 8 | Saya cemas bila nantinya saya akan gagal lagi | | | | | |
| 9 | Saya akan bertanya pada teman apabila ada materi yang tidak saya pahami | | | | | |
| 10 | Teman-teman saya merasa bahwa saya adalah orang-orang yang penuh semangat | | | | | |
| 11 | Saya tidak bisa menahan emosi saya ketika tugas yang saya kerjakan tak kunjung selesai | | | | | |
| 12 | Saya merasa orang lain cenderung meremehkan kemampuan saya | | | | | |
| 13 | Saya lebih memilih untuk menanyakan langsung materi yang tidak saya pahami kepada dosen | | | | | |
| 14 | Saya merasa kesal ketika gagal dalam mengerjakan soal ujian | | | | | |

| No | Pernyataan | Jawaban | | | | |
|-----------|---|----------------|----------|----------|-----------|------------|
| | | SS | S | N | TS | STS |
| 15 | Saya mampu menerima apapun resikonya karena telah memilih jurusan Farmasi | | | | | |
| 16 | Saya gelisah ketika ada beberapa tugas yang belum saya selesaikan | | | | | |
| 17 | Saya merasa nyaman dengan sistem pembelajaran yang sekarang saya jalani | | | | | |
| 18 | Saya yakin bahwa saya adalah mahasiswa yang memiliki kemampuan di atas rata-rata | | | | | |
| 19 | Saya belum memahami sistem pembelajaran yang sekarang saya jalani | | | | | |
| 20 | Saya merasa malu untuk bertanya kepada teman mengenai materi yang tidak saya pahami | | | | | |
| 21 | Saya merasa bahwa orang lain percaya dengan kemampuan saya | | | | | |
| 22 | Saya merasa ada beberapa teman yang belum akrab dengan saya di kelas | | | | | |
| 23 | Saya bisa menahan amarah saya ketika tugas yang saya kerjakan tak kunjung selesai | | | | | |
| 24 | Saya merasa canggung bila berdiskusi bersama dosen mengenai materi dan tugas kuliah | | | | | |
| 25 | Saya merasa mampu untuk lulus tepat waktu | | | | | |
| 26 | Saya sudah terbiasa dengan tugas yang banyak | | | | | |
| 27 | Saya takut dianggap bodoh jika menanyakan materi kuliah yang belum saya pahami kepada dosen | | | | | |
| 28 | Saya merasa kemampuan saya biasa-biasa aja dibandingkan teman yang lain | | | | | |
| 29 | Saya mampu mewujudkan cita-cita saya dalam waktu dekat | | | | | |

| No | Pernyataan | Jawaban | | | | |
|-----------|--|----------------|----------|----------|-----------|------------|
| | | SS | S | N | TS | STS |
| 30 | Terkadang saya masih merasa kaget bila mendapat tugas yang banyak | | | | | |
| 31 | Ketika saya gagal, saya akan bangkit kembali | | | | | |
| 32 | Saya merasa terpaksa menjalani kuliah ini karena jurusan Farmasi bukan keinginan saya | | | | | |
| 33 | Saya lebih memilih untuk diam apabila saya merasa kurang nyaman dengan situasi kelas | | | | | |
| 34 | Saya tidak takut meskipun kegagalan akan menimpa saya lagi | | | | | |
| 35 | Saya kurang yakin dengan pencapaian cita-cita saya dalam waktu dekat | | | | | |
| 36 | Saya berfikir bahwa teman-teman saya menganggap saya sebagai orang yang mudah menyerah | | | | | |
| 37 | Saya dapat menghargai pendapat orang lain meskipun tidak sesuai dengan pendapat saya | | | | | |
| 38 | Saya merasa terpuruk apabila saya mengalami kegagalan | | | | | |
| 39 | Saya merasa sudah akrab dengan semua teman-teman dikelas | | | | | |
| 40 | Saya akan tetap mempertahankan pendapat saya meskipun sebenarnya pendapat saya salah | | | | | |

A-3 Skala Manajemen Waktu

| No | Pernyataan | Jawaban | | | | |
|----|---|---------|---|---|----|-----|
| | | SS | S | N | TS | STS |
| 1 | Mengerjakan laporan setelah praktikum menjadi rutinitas saya | | | | | |
| 2 | Saya membuat agenda kegiatan yang akan dilakukan | | | | | |
| 3 | Saya mampu mengatur waktu agar tugas terlaksana dengan baik | | | | | |
| 4 | Saya memeriksa jadwal sebelum melakukan kegiatan | | | | | |
| 5 | Saya kesulitan menyelesaikan semua tugas laporan yang diberikan | | | | | |
| 6 | Kebanyakan kegiatan yang saya lakukan melenceng dari agenda yang saya buat | | | | | |
| 7 | Saya merasa aktivitas akhir-akhir ini mengganggu aktivitas rutin saya | | | | | |
| 8 | Saya tidak memeriksa jadwal yang telah dibuat sebelum melakukan kegiatan | | | | | |
| 9 | Saya menyelesaikan tugas yang telah di berikan sesuai dengan waktu yang telah di sepakati | | | | | |
| 10 | Saya menempel jadwal kegiatan didinding kamar | | | | | |
| 11 | Saya yakin dapat mengatur waktu untuk menjalankan setiap kegiatan | | | | | |
| 12 | Saya mengecek kembali jadwal yang telah dibuat untuk menghindari kekeliruan | | | | | |
| 13 | Saya bingung menentukan tugas yang harus dilakukan sesuai dengan prioritas yang saya buat | | | | | |
| 14 | Kegiatan yang saya jalankan berantakan karena tidak terjadwal | | | | | |

| No | Pernyataan | Jawaban | | | | |
|-----------|---|----------------|----------|----------|-----------|------------|
| | | SS | S | N | TS | STS |
| 15 | Kegiatan yang sudah saya rencanakan terbengkalai karena tidak bisa mengatur waktu | | | | | |
| 16 | Saya melakukan kesalahan karena tidak mengecek kembali jadwal yang telah dibuat | | | | | |
| 17 | Saya mementingkan mengerjakan laporan yang paling mendesak terlebih dahulu | | | | | |
| 18 | Saya membuat jadwal khusus untuk mengerjakan tugas | | | | | |
| 19 | Saya mampu menyelesaikan semua tugas tepat waktu | | | | | |
| 20 | Saya harus menyelesaikan tugas sesuai dengan yang diagendakan | | | | | |
| 21 | Saya mengabaikan tugas yang seharusnya dikerjakan | | | | | |
| 22 | Target penyelesaian tugas saya berantakan karena jadwal saya acak-acakan | | | | | |
| 23 | Saya banyak menghabiskan waktu untuk kegiatan yang tidak berkaitan dengan tugas kuliah | | | | | |
| 24 | Saya merasa kerepotan karena tidak menyelesaikan tugas sesuai rencana | | | | | |
| 25 | Saya menentukan prioritas atas tugas yang akan saya selesaikan | | | | | |
| 26 | Saya melingkari kalender sebagai pengingat tugas yang akan dikerjakan | | | | | |
| 27 | Saya bisa membagi waktu antara mengerjakan tugas kuliah dan bermain bersama teman-teman | | | | | |
| 28 | Saya perlu menyusun kegiatan secara sistematis | | | | | |

| No | Pernyataan | Jawaban | | | | |
|-----------|--|----------------|----------|----------|-----------|------------|
| | | SS | S | N | TS | STS |
| 29 | Saya tidak memiliki prioritas untuk menentukan tugas yang akan dikerjakan | | | | | |
| 30 | Saya melakukan kegiatan tanpa membuat rancangan | | | | | |
| 31 | Saya lebih mementingkan urusan pribadi daripada tugas kuliah | | | | | |
| 32 | Saya menyusun kegiatan secara mendadak | | | | | |
| 33 | Tugas yang lebih penting, saya dahulukan untuk dikerjakan | | | | | |
| 34 | Saya membuat alarm di ponsel sebagai pengingat jadwal kegiatan | | | | | |
| 35 | Saya mampu menyelesaikan tugas-tugas yang diberikan walaupun waktu pengerajan terbatas | | | | | |
| 36 | Saya memastikan semua kegiatan terlaksana melalui evaluasi kegiatan | | | | | |
| 37 | Saya bingung menentukan tugas yang harus saya kerjakan terlebih dahulu | | | | | |
| 38 | Saya lupa mengerjakan tugas karena tidak memiliki pengingat | | | | | |
| 39 | Saya pasrah tidak melakukan apa-apa apabila ada jadwal yang bertabrakan | | | | | |
| 40 | Saya bingung menentukan kegiatan mana yang berjalan sesuai dengan agenda yang dibuat | | | | | |

TERIMAKASIH



LAMPIRAN B

Tabulasi Skala Uji Coba

B-1 Tabulasi Skala Uji Coba Stres Akademik

B-2 Tabulasi Skala Uji Coba Penyesuaian Akademik

B-3 Tabulasi Skala Uji Coba Manajemen Waktu

B-1 Tabulasi Skala Uji Coba Stres Akademik

| no | 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 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | | |
|-----------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|---|
| 1 | 2 | 3 | 2 | 1 | 2 | 3 | 2 | 3 | 3 | 2 | 2 | 1 | 1 | 1 | 4 | 1 | 3 | 5 | 5 | 2 | 3 | 4 | 1 | 3 | 2 | 2 | 3 | 4 | 4 | 1 | 3 | 5 | 1 | 3 | 3 | 2 | 3 | 4 | 2 | 3 | | |
| 2 | 2 | 2 | 2 | 1 | 2 | 3 | 1 | 1 | 1 | 2 | 1 | 3 | 1 | 3 | 1 | 2 | 1 | 3 | 4 | 1 | 4 | 3 | 1 | 3 | 3 | 1 | 1 | 3 | 5 | 2 | 3 | 3 | 3 | 2 | 1 | 1 | 4 | 4 | 3 | 3 | | |
| 3 | 3 | 2 | 3 | 4 | 4 | 3 | 3 | 4 | 2 | 4 | 4 | 4 | 3 | 3 | 2 | 3 | 4 | 4 | 4 | 3 | 5 | 4 | 2 | 3 | 3 | 2 | 3 | 4 | 2 | 3 | 3 | 4 | 2 | 3 | 2 | 4 | 4 | 3 | 3 | | | |
| 4 | 3 | 4 | 4 | 1 | 4 | 2 | 2 | 2 | 2 | 2 | 4 | 4 | 2 | 2 | 4 | 2 | 3 | 4 | 4 | 3 | 4 | 3 | 1 | 3 | 2 | 2 | 2 | 2 | 5 | 2 | 3 | 4 | 4 | 3 | 1 | 2 | 3 | 4 | 3 | 3 | | |
| 5 | 2 | 2 | 1 | 1 | 2 | 2 | 2 | 3 | 2 | 2 | 3 | 4 | 3 | 4 | 2 | 1 | 3 | 4 | 4 | 2 | 3 | 4 | 1 | 2 | 2 | 1 | 4 | 2 | 5 | 1 | 3 | 5 | 1 | 2 | 4 | 2 | 3 | 2 | 4 | 3 | | |
| 6 | 1 | 1 | 1 | 1 | 1 | 3 | 1 | 4 | 4 | 3 | 2 | 4 | 3 | 2 | 3 | 3 | 4 | 4 | 4 | 3 | 4 | 2 | 2 | 3 | 3 | 2 | 3 | 4 | 4 | 2 | 4 | 2 | 3 | 1 | 1 | 3 | 3 | 5 | | | | |
| 7 | 2 | 4 | 2 | 1 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 4 | 2 | 2 | 2 | 2 | 1 | 2 | 4 | 2 | 2 | 4 | 4 | 1 | 1 | 4 | 1 | 2 | 2 | 5 | 2 | 2 | 4 | 3 | 2 | 2 | 1 | 4 | 2 | 4 | 2 | |
| 8 | 2 | 2 | 3 | 3 | 3 | 2 | 3 | 2 | 2 | 2 | 3 | 3 | 2 | 3 | 2 | 2 | 3 | 3 | 2 | 1 | 4 | 3 | 3 | 4 | 2 | 2 | 1 | 3 | 5 | 1 | 3 | 5 | 4 | 4 | 5 | 4 | 3 | 3 | 2 | 3 | | |
| 9 | 2 | 2 | 2 | 2 | 4 | 2 | 2 | 2 | 2 | 4 | 2 | 4 | 1 | 1 | 1 | 1 | 2 | 4 | 4 | 2 | 4 | 3 | 1 | 1 | 3 | 1 | 2 | 4 | 5 | 1 | 5 | 5 | 2 | 1 | 2 | 3 | 1 | 3 | 5 | 3 | | |
| 10 | 3 | 4 | 2 | 1 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 1 | 2 | 3 | 3 | 2 | 4 | 3 | 3 | 4 | 3 | 1 | 2 | 3 | 3 | 3 | 4 | 5 | 2 | 3 | 4 | 3 | 4 | 1 | 1 | 3 | 3 | 4 | | | | |
| 11 | 3 | 3 | 4 | 3 | 3 | 3 | 2 | 3 | 3 | 2 | 3 | 2 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 1 | 3 | 3 | 3 | 4 | 2 | 3 | 3 | 3 | 3 | 3 | | | | |
| 12 | 3 | 3 | 3 | 5 | 1 | 2 | 1 | 3 | 1 | 1 | 3 | 5 | 3 | 3 | 2 | 3 | 3 | 4 | 1 | 4 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 5 | 1 | 3 | 4 | 4 | 3 | 1 | 5 | 3 | 3 | 3 | | | | |
| 13 | 2 | 3 | 2 | 1 | 4 | 3 | 2 | 2 | 2 | 1 | 3 | 3 | 1 | 2 | 1 | 2 | 3 | 2 | 4 | 4 | 5 | 1 | 5 | 2 | 4 | 2 | 3 | 5 | 2 | 2 | 5 | 3 | 4 | 3 | 1 | 4 | 4 | 3 | 3 | | | |
| 14 | 2 | 2 | 3 | 1 | 2 | 3 | 3 | 2 | 2 | 2 | 5 | 4 | 1 | 1 | 3 | 2 | 2 | 2 | 3 | 3 | 4 | 4 | 1 | 1 | 2 | 2 | 2 | 3 | 5 | 1 | 3 | 4 | 4 | 3 | 4 | 2 | 3 | 4 | 3 | 3 | | |
| 15 | 2 | 2 | 4 | 1 | 4 | 3 | 3 | 2 | 4 | 4 | 2 | 3 | 1 | 3 | 1 | 4 | 3 | 4 | 1 | 3 | 4 | 4 | 2 | 4 | 2 | 3 | 4 | 5 | 2 | 2 | 4 | 1 | 1 | 1 | 1 | 2 | 3 | 2 | 3 | 2 | 3 | |
| 16 | 1 | 2 | 3 | 3 | 2 | 4 | 3 | 2 | 4 | 5 | 2 | 1 | 1 | 3 | 4 | 2 | 2 | 4 | 3 | 3 | 4 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 1 | 3 | 1 | 1 | 1 | 1 | 4 | 2 | 3 | 3 | | | |
| 17 | 2 | 2 | 3 | 1 | 3 | 4 | 2 | 1 | 4 | 2 | 2 | 3 | 1 | 2 | 1 | 3 | 1 | 4 | 4 | 3 | 3 | 3 | 1 | 1 | 3 | 3 | 1 | 3 | 5 | 1 | 3 | 3 | 2 | 1 | 1 | 3 | 2 | 4 | 3 | 4 | | |
| 18 | 3 | 2 | 4 | 1 | 1 | 3 | 1 | 2 | 2 | 3 | 4 | 3 | 2 | 1 | 2 | 2 | 1 | 2 | 4 | 3 | 4 | 3 | 1 | 1 | 3 | 4 | 3 | 3 | 5 | 1 | 2 | 3 | 3 | 4 | 1 | 1 | 4 | 2 | 3 | 2 | | |
| 19 | 2 | 1 | 1 | 3 | 3 | 4 | 3 | 3 | 2 | 3 | 1 | 3 | 1 | 1 | 4 | 2 | 2 | 4 | 5 | 4 | 4 | 4 | 2 | 2 | 3 | 1 | 3 | 2 | 5 | 1 | 1 | 4 | 4 | 1 | 1 | 3 | 3 | 4 | 3 | | | |
| 20 | 1 | 1 | 1 | 1 | 1 | 4 | 3 | 3 | 3 | 3 | 2 | 1 | 1 | 4 | 2 | 4 | 5 | 5 | 3 | 4 | 3 | 1 | 1 | 2 | 1 | 2 | 3 | 5 | 1 | 1 | 1 | 3 | 1 | 1 | 1 | 1 | 3 | 5 | 5 | 3 | | |
| 21 | 1 | 1 | 1 | 1 | 1 | 4 | 1 | 1 | 1 | 2 | 1 | 1 | 1 | 4 | 3 | 1 | 3 | 3 | 1 | 5 | 3 | 1 | 1 | 4 | 1 | 3 | 3 | 5 | 1 | 3 | 1 | 1 | 1 | 4 | 1 | 1 | 3 | 3 | 2 | | | |
| 22 | 3 | 2 | 3 | 4 | 2 | 1 | 1 | 3 | 1 | 1 | 1 | 3 | 3 | 1 | 2 | 2 | 2 | 1 | 2 | 4 | 3 | 4 | 2 | 2 | 4 | 2 | 2 | 2 | 3 | 4 | 1 | 2 | 4 | 5 | 5 | 2 | 3 | 3 | 3 | | | |
| 23 | 4 | 3 | 4 | 1 | 3 | 2 | 3 | 4 | 2 | 4 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 4 | 2 | 2 | 4 | 4 | 3 | 2 | 1 | 3 | 3 | 2 | 3 | | | |
| 24 | 1 | 3 | 1 | 4 | 2 | 3 | 2 | 2 | 3 | 1 | 4 | 4 | 1 | 4 | 2 | 3 | 1 | 5 | 5 | 2 | 4 | 1 | 1 | 2 | 1 | 3 | 3 | 4 | 2 | 2 | 4 | 1 | 1 | 1 | 2 | 4 | 5 | 3 | 2 | | | |
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B-2 Tabulasi Skala Uji Coba Penyesuaian Akademik

| No | 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 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | |
|-----------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|
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B-3 Tabulasi Skala Uji Coba Manajemen Waktu

| no | 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 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 |
|----|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
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| 108 | 1 | 1 | 3 | 3 | 4 | 3 | 2 | 4 | 1 | 3 | 1 | 2 | 2 | 3 | 3 | 4 | 1 | 1 | 4 | 2 | 4 | 3 | 2 | 4 | 2 | 1 | 2 | 2 | 4 | 4 | 2 | 2 | 4 | 1 | 1 | 1 | 3 | 3 | 4 | 4 |
| 109 | 2 | 2 | 2 | 2 | 3 | 2 | 3 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 2 | 2 | 2 | 3 | 3 | 4 | 4 | 4 | 4 | 2 | 2 | | |
| 110 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 4 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 2 | 2 | 4 | 4 | 4 | 4 | 2 | 2 | 2 | 2 | 4 | 2 | | | |
| 111 | 1 | 2 | 4 | 1 | 3 | 3 | 4 | 4 | 1 | 4 | 3 | 1 | 2 | 3 | 1 | 3 | 1 | 1 | 5 | 3 | 2 | 2 | 2 | 3 | 4 | 2 | 4 | 4 | 3 | 4 | 1 | 1 | 1 | 4 | 4 | 4 | | | | |
| 112 | 2 | 3 | 3 | 3 | 4 | 2 | 3 | 3 | 1 | 3 | 3 | 3 | 4 | 2 | 3 | 2 | 3 | 4 | 2 | 4 | 3 | 2 | 3 | 2 | 3 | 3 | 3 | 3 | 2 | 3 | 2 | 3 | 4 | 4 | 3 | 3 | | | | |
| 113 | 1 | 1 | 1 | 1 | 4 | 3 | 4 | 4 | 1 | 3 | 1 | 1 | 4 | 4 | 4 | 4 | 1 | 1 | 1 | 4 | 4 | 4 | 4 | 2 | 1 | 3 | 1 | 1 | 4 | 4 | 4 | 1 | 3 | 1 | 1 | 4 | 4 | 4 | | |
| 114 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 2 | 2 | 4 | 2 | 2 | 2 | 3 | 4 | 1 | 4 | 2 | 2 | 4 | 4 | 3 | 1 | 4 | 4 | 4 | 2 | 3 | 3 | 4 | 2 | 2 | 4 | 4 | 4 | 4 | | | | |
| 115 | 4 | 4 | 3 | 2 | 2 | 1 | 1 | 1 | 2 | 4 | 2 | 2 | 1 | 1 | 1 | 2 | 1 | 1 | 4 | 3 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 4 | 3 | 1 | 1 | 2 | 2 | 3 | 4 | 4 | 4 | | | |
| 116 | 1 | 3 | 4 | 2 | 3 | 3 | 2 | 3 | 1 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 4 | 1 | 3 | 3 | 2 | 3 | 2 | 3 | 4 | 2 | 3 | 2 | 4 | 3 | 2 | 3 | 2 | 2 | 3 | 4 | 3 | 3 | | |
| 117 | 4 | 4 | 4 | 3 | 3 | 3 | 4 | 2 | 2 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 1 | 3 | 2 | 3 | 4 | 3 | 3 | 3 | 2 | 4 | 3 | 3 | 3 | 2 | 3 | 1 | 3 | 4 | 4 | 4 | 3 | | | |

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 118 | 1 | 4 | 1 | 1 | 5 | 3 | 3 | 4 | 2 | 4 | 1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 5 | 3 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 1 | 1 | 1 | 1 | 3 | 3 | 4 | 3 | | | |
| 119 | 3 | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 2 | 4 | 3 | 2 | 3 | 3 | 3 | 3 | 1 | 3 | 3 | 2 | 4 | 3 | 3 | 3 | 2 | 3 | 3 | 4 | 3 | 2 | 4 | 3 | 3 | 3 | 4 | 3 | | | | |
| 120 | 3 | 3 | 3 | 2 | 4 | 4 | 4 | 4 | 2 | 3 | 2 | 2 | 3 | 4 | 4 | 4 | 2 | 2 | 3 | 2 | 4 | 4 | 4 | 4 | 2 | 3 | 3 | 3 | 2 | 4 | 3 | 4 | | | | | | | | |
| 121 | 4 | 3 | 3 | 2 | 4 | 4 | 2 | 4 | 2 | 5 | 2 | 2 | 4 | 5 | 5 | 2 | 4 | 2 | 2 | 5 | 4 | 3 | 4 | 1 | 4 | 1 | 3 | 2 | 2 | 4 | 4 | 1 | 4 | 1 | 3 | 4 | 5 | 4 | | |
| 122 | 1 | 2 | 2 | 2 | 3 | 5 | 3 | 4 | 2 | 3 | 2 | 2 | 4 | 4 | 4 | 4 | 1 | 3 | 3 | 2 | 5 | 5 | 3 | 5 | 3 | 3 | 2 | 3 | 2 | 4 | 5 | 3 | 1 | 3 | 1 | 2 | 5 | 3 | 3 | 5 |
| 123 | 1 | 3 | 3 | 2 | 1 | 2 | 2 | 4 | 2 | 3 | 2 | 2 | 3 | 3 | 4 | 4 | 2 | 4 | 1 | 1 | 4 | 4 | 3 | 3 | 2 | 4 | 2 | 4 | 2 | 4 | 3 | 3 | 2 | 4 | 1 | 4 | 4 | 4 | 2 | 3 |
| 124 | 1 | 4 | 4 | 2 | 3 | 2 | 4 | 5 | 1 | 5 | 2 | 1 | 4 | 3 | 4 | 2 | 2 | 3 | 1 | 4 | 5 | 5 | 3 | 2 | 2 | 4 | 2 | 3 | 4 | 4 | 4 | 3 | 1 | 4 | 1 | 2 | 4 | 2 | 4 | 4 |
| 125 | 1 | 1 | 1 | 1 | 5 | 5 | 5 | 5 | 1 | 1 | 1 | 5 | 5 | 5 | 5 | 3 | 1 | 1 | 1 | 5 | 5 | 5 | 5 | 1 | 1 | 1 | 1 | 5 | 5 | 5 | 5 | 1 | 1 | 1 | 1 | 5 | 5 | 5 | 5 | |
| 126 | 4 | 2 | 2 | 2 | 4 | 3 | 3 | 4 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | | |
| 127 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | | |
| 128 | 3 | 3 | 3 | 2 | 3 | 3 | 4 | 4 | 2 | 3 | 3 | 2 | 3 | 4 | 4 | 4 | 2 | 3 | 2 | 2 | 4 | 4 | 4 | 2 | 2 | 3 | 2 | 2 | 4 | 3 | 4 | 4 | 2 | 3 | 2 | 2 | 3 | 4 | 4 | |
| 129 | 2 | 3 | 2 | 2 | 4 | 3 | 4 | 3 | 2 | 4 | 2 | 2 | 4 | 3 | 4 | 4 | 2 | 3 | 2 | 2 | 4 | 4 | 2 | 2 | 3 | 2 | 3 | 4 | 3 | 3 | 3 | 2 | 2 | 3 | 2 | 2 | 4 | 4 | | |
| 130 | 2 | 3 | 2 | 3 | 4 | 4 | 4 | 3 | 1 | 3 | 2 | 3 | 3 | 4 | 4 | 4 | 1 | 3 | 4 | 4 | 4 | 3 | 2 | 3 | 2 | 4 | 4 | 3 | 4 | 3 | 2 | 2 | 5 | 1 | 3 | 3 | 4 | 4 | | |
| 131 | 1 | 2 | 2 | 1 | 4 | 4 | 3 | 4 | 1 | 3 | 2 | 1 | 3 | 4 | 3 | 4 | 3 | 2 | 1 | 1 | 5 | 4 | 4 | 4 | 1 | 1 | 1 | 2 | 3 | 3 | 4 | 4 | 1 | 1 | 2 | 2 | 4 | 4 | 4 | |
| 132 | 1 | 1 | 1 | 1 | 4 | 4 | 4 | 4 | 2 | 3 | 1 | 1 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 2 | 4 | 4 | 4 | 4 | 1 | 3 | 1 | 2 | 4 | 3 | 5 | 5 | 1 | 1 | 5 | 1 | 4 | 4 | 4 | |
| 133 | 3 | 2 | 3 | 2 | 3 | 3 | 2 | 3 | 2 | 3 | 3 | 1 | 3 | 2 | 2 | 5 | 4 | 5 | 2 | 2 | 4 | 2 | 2 | 3 | 3 | 3 | 1 | 1 | 1 | 2 | 2 | 5 | 5 | 3 | 4 | | | | | |
| 134 | 4 | 2 | 2 | 2 | 5 | 4 | 4 | 4 | 2 | 2 | 1 | 1 | 4 | 4 | 4 | 4 | 2 | 2 | 2 | 2 | 1 | 5 | 5 | 4 | 5 | 1 | 4 | 1 | 1 | 5 | 5 | 5 | 1 | 2 | 1 | 1 | 5 | 5 | 5 | |
| 135 | 1 | 2 | 3 | 2 | 3 | 3 | 2 | 3 | 1 | 2 | 3 | 2 | 2 | 3 | 2 | 4 | 1 | 2 | 1 | 1 | 4 | 2 | 3 | 2 | 3 | 1 | 2 | 2 | 4 | 2 | 4 | 4 | 1 | 2 | 1 | 2 | 3 | 4 | 3 | |
| 136 | 2 | 2 | 3 | 2 | 4 | 3 | 4 | 4 | 2 | 3 | 3 | 2 | 3 | 3 | 2 | 3 | 3 | 2 | 2 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 2 | 3 | 3 | 4 | 3 | 2 | 2 | 2 | 2 | 3 | 4 | 3 | | |
| 137 | 1 | 3 | 2 | 2 | 3 | 3 | 4 | 3 | 2 | 5 | 2 | 3 | 3 | 3 | 4 | 1 | 4 | 2 | 3 | 4 | 4 | 4 | 3 | 2 | 5 | 2 | 5 | 4 | 4 | 4 | 3 | 2 | 1 | 2 | 2 | 4 | 3 | 3 | 2 | |
| 138 | 2 | 2 | 2 | 3 | 4 | 4 | 4 | 2 | 2 | 2 | 2 | 2 | 2 | 4 | 4 | 4 | 2 | 4 | 2 | 2 | 4 | 4 | 4 | 4 | 2 | 4 | 2 | 4 | 4 | 4 | 2 | 2 | 2 | 3 | 4 | 4 | 4 | | | |
| 139 | 2 | 4 | 2 | 2 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 2 | 4 | 2 | 2 | 2 | 2 | 2 | 4 | 3 | 4 | 3 | 3 | 4 | 3 | 3 | 4 | 4 | 2 | 2 | 2 | 3 | 3 | 4 | 4 | | | | |

LAMPIRAN C

Uji Daya Beda Aitem Dan Estimasi Reliabilitas Skala Uji Coba

- C-1 Uji Daya Beda Aitem dan Estimasi Reliabilitas Skala Uji Coba Stres Akademik
- C-2 Uji Daya Beda Aitem dan Estimasi Reliabilitas Skala Uji Coba Penyesuaian Akademik
- C-3 Uji Daya Beda Aitem dan Estimasi Reliabilitas Skala Uji Coba Manajemen Waktu

C-1 Uji Daya Beda Aitem dan Estimasi Reliabilitas Skala Uji Coba Stres Akademik

Case Processing Summary

| | | N | % |
|-------|-----------------------|-----|-------|
| Cases | Valid | 139 | 100.0 |
| | Excluded ^a | 0 | .0 |
| | Total | 139 | 100.0 |

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

| Cronbach's Alpha | Cronbach's Alpha Based on Standardized Items | N of Items |
|------------------|--|------------|
| .855 | .856 | 40 |

Item Statistics

| | Mean | Std. Deviation | N |
|----------|------|----------------|-----|
| VAR00001 | 3.20 | 1.091 | 139 |
| VAR00002 | 3.17 | 1.028 | 139 |
| VAR00003 | 2.94 | 1.071 | 139 |
| VAR00004 | 3.70 | 1.349 | 139 |
| VAR00005 | 3.49 | .943 | 139 |
| VAR00006 | 2.73 | .891 | 139 |
| VAR00007 | 2.60 | .898 | 139 |
| VAR00008 | 2.66 | .913 | 139 |
| VAR00009 | 2.10 | .845 | 139 |
| VAR00010 | 2.58 | 1.141 | 139 |
| VAR00011 | 2.69 | 1.122 | 139 |
| VAR00012 | 2.52 | 1.031 | 139 |
| VAR00013 | 3.66 | 1.177 | 139 |
| VAR00014 | 2.98 | 1.032 | 139 |
| VAR00015 | 2.93 | 1.146 | 139 |
| VAR00016 | 2.32 | .781 | 139 |
| VAR00017 | 2.71 | 1.093 | 139 |
| VAR00018 | 3.11 | .938 | 139 |
| VAR00019 | 3.35 | 1.028 | 139 |
| VAR00020 | 2.01 | .847 | 139 |
| VAR00021 | 1.99 | .761 | 139 |
| VAR00022 | 2.73 | 1.047 | 139 |
| VAR00023 | 3.61 | 1.225 | 139 |
| VAR00024 | 3.19 | 1.141 | 139 |
| VAR00025 | 3.35 | 1.083 | 139 |
| VAR00026 | 2.03 | .789 | 139 |
| VAR00027 | 2.50 | .935 | 139 |
| VAR00028 | 2.76 | .952 | 139 |
| VAR00029 | 4.02 | 1.046 | 139 |
| VAR00030 | 1.47 | .715 | 139 |
| VAR00031 | 3.14 | .881 | 139 |
| VAR00032 | 2.32 | 1.124 | 139 |
| VAR00033 | 2.81 | 1.096 | 139 |
| VAR00034 | 2.89 | 1.190 | 139 |
| VAR00035 | 3.35 | 1.261 | 139 |
| VAR00036 | 2.24 | 1.289 | 139 |
| VAR00037 | 2.75 | .971 | 139 |
| VAR00038 | 3.12 | .872 | 139 |
| VAR00039 | 3.00 | .876 | 139 |
| VAR00040 | 3.03 | .680 | 139 |

Summary Item Statistics

| | Mean | Minimum | Maximum | Range | Maximum / Minimum | Variance | N of Items |
|-------------------------|-------|---------|---------|-------|-------------------|----------|------------|
| Item Means | 2.844 | 1.468 | 4.022 | 2.554 | 2.740 | .287 | 40 |
| Item Variances | 1.040 | .463 | 1.821 | 1.358 | 3.934 | .104 | 40 |
| Inter-Item Covariances | .134 | -.359 | .781 | 1.140 | -2.174 | .029 | 40 |
| Inter-Item Correlations | .129 | -.373 | .584 | .957 | -1.564 | .023 | 40 |

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Squared Multiple Correlation | Cronbach's Alpha if Item Deleted |
|----------|----------------------------|--------------------------------|----------------------------------|------------------------------|----------------------------------|
| VAR00001 | 110.55 | 235.467 | .417 | .635 | .850 |
| VAR00002 | 110.58 | 235.130 | .457 | .545 | .849 |
| VAR00003 | 110.81 | 234.429 | .458 | .560 | .849 |
| VAR00004 | 110.05 | 239.686 | .218 | .292 | .856 |
| VAR00005 | 110.26 | 241.483 | .281 | .499 | .853 |
| VAR00006 | 111.02 | 238.311 | .418 | .514 | .851 |
| VAR00007 | 111.14 | 257.066 | -.252 | .432 | .863 |
| VAR00008 | 111.09 | 243.210 | .230 | .559 | .854 |
| VAR00009 | 111.65 | 240.375 | .363 | .427 | .852 |
| VAR00010 | 111.17 | 242.516 | .191 | .570 | .856 |
| VAR00011 | 111.06 | 236.852 | .362 | .546 | .852 |
| VAR00012 | 111.23 | 239.599 | .312 | .552 | .853 |
| VAR00013 | 110.09 | 228.079 | .595 | .625 | .845 |
| VAR00014 | 110.77 | 232.802 | .532 | .531 | .848 |
| VAR00015 | 110.82 | 238.859 | .295 | .452 | .853 |
| VAR00016 | 111.43 | 242.899 | .292 | .481 | .853 |
| VAR00017 | 111.04 | 247.955 | .042 | .470 | .859 |
| VAR00018 | 110.64 | 234.899 | .516 | .532 | .848 |
| VAR00019 | 110.40 | 235.458 | .447 | .534 | .850 |
| VAR00020 | 111.74 | 241.135 | .333 | .489 | .852 |
| VAR00021 | 111.76 | 243.588 | .271 | .528 | .853 |
| VAR00022 | 111.01 | 233.174 | .511 | .606 | .848 |
| VAR00023 | 110.14 | 228.394 | .560 | .617 | .846 |
| VAR00024 | 110.55 | 229.684 | .567 | .595 | .846 |
| VAR00025 | 110.40 | 238.458 | .328 | .385 | .852 |
| VAR00026 | 111.72 | 244.087 | .239 | .457 | .854 |
| VAR00027 | 111.24 | 247.954 | .060 | .343 | .858 |
| VAR00028 | 110.99 | 240.623 | .307 | .400 | .853 |
| VAR00029 | 109.73 | 240.678 | .272 | .567 | .854 |
| VAR00030 | 112.28 | 245.537 | .204 | .476 | .855 |
| VAR00031 | 110.60 | 237.502 | .454 | .433 | .850 |
| VAR00032 | 111.42 | 239.507 | .283 | .555 | .853 |
| VAR00033 | 110.94 | 229.779 | .591 | .571 | .846 |
| VAR00034 | 110.86 | 231.457 | .490 | .527 | .848 |
| VAR00035 | 110.40 | 234.967 | .364 | .367 | .852 |
| VAR00036 | 111.51 | 248.179 | .019 | .333 | .861 |
| VAR00037 | 111.00 | 243.072 | .218 | .436 | .855 |
| VAR00038 | 110.63 | 239.975 | .366 | .427 | .852 |
| VAR00039 | 110.75 | 239.117 | .396 | .467 | .851 |
| VAR00040 | 110.72 | 242.841 | .345 | .542 | .852 |

Scale Statistics

| Mean | Variance | Std. Deviation | N of Items |
|--------|----------|----------------|------------|
| 113.75 | 250.610 | 15.831 | 40 |

C-2 Uji Daya Beda Aitem dan Estimasi Reliabilitas Skala Uji Coba Penyesuaian Akademik

Case Processing Summary

| | | N | % |
|-------|-----------------------|-----|-------|
| Cases | Valid | 139 | 100.0 |
| | Excluded ^a | 0 | .0 |
| | Total | 139 | 100.0 |

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

| Cronbach's Alpha | Cronbach's Alpha Based on Standardized Items | N of Items |
|------------------|--|------------|
| .847 | .848 | 40 |

Item Statistics

| | Mean | Std. Deviation | N |
|----------|------|----------------|-----|
| VAR00001 | 2.78 | .899 | 139 |
| VAR00002 | 3.73 | .883 | 139 |
| VAR00003 | 3.25 | 1.123 | 139 |
| VAR00004 | 3.67 | 1.038 | 139 |
| VAR00005 | 3.40 | .997 | 139 |
| VAR00006 | 3.95 | 1.099 | 139 |
| VAR00007 | 3.54 | .870 | 139 |
| VAR00008 | 2.67 | 1.125 | 139 |
| VAR00009 | 4.26 | .774 | 139 |
| VAR00010 | 3.52 | .783 | 139 |
| VAR00011 | 2.73 | 1.081 | 139 |
| VAR00012 | 3.14 | .990 | 139 |
| VAR00013 | 2.69 | .824 | 139 |
| VAR00014 | 2.24 | .937 | 139 |
| VAR00015 | 4.17 | .940 | 139 |
| VAR00016 | 1.86 | .878 | 139 |
| VAR00017 | 2.97 | 1.007 | 139 |
| VAR00018 | 3.42 | .917 | 139 |
| VAR00019 | 3.32 | .963 | 139 |
| VAR00020 | 3.89 | .874 | 139 |
| VAR00021 | 3.15 | .751 | 139 |
| VAR00022 | 2.47 | .935 | 139 |
| VAR00023 | 3.39 | .921 | 139 |
| VAR00024 | 2.58 | .917 | 139 |
| VAR00025 | 4.19 | .813 | 139 |
| VAR00026 | 4.20 | .949 | 139 |
| VAR00027 | 3.51 | 1.045 | 139 |
| VAR00028 | 2.60 | .865 | 139 |
| VAR00029 | 3.78 | .885 | 139 |
| VAR00030 | 2.71 | 1.119 | 139 |
| VAR00031 | 4.27 | .776 | 139 |
| VAR00032 | 3.30 | 1.177 | 139 |
| VAR00033 | 3.99 | .897 | 139 |
| VAR00034 | 3.62 | .904 | 139 |
| VAR00035 | 3.39 | .881 | 139 |
| VAR00036 | 3.74 | .871 | 139 |
| VAR00037 | 4.17 | .711 | 139 |
| VAR00038 | 2.74 | 1.086 | 139 |
| VAR00039 | 3.60 | .832 | 139 |
| VAR00040 | 3.71 | .951 | 139 |

Summary Item Statistics

| | Mean | Minimum | Maximum | Range | Maximum / Minimum | Variance | N of Items |
|-------------------------|-------|---------|---------|-------|-------------------|----------|------------|
| Item Means | 3.358 | 1.863 | 4.266 | 2.403 | 2.290 | .371 | 40 |
| Item Variances | .882 | .506 | 1.386 | .880 | 2.739 | .046 | 40 |
| Inter-Item Covariances | .107 | -.260 | .501 | .760 | -1.927 | .015 | 40 |
| Inter-Item Correlations | .122 | -.293 | .506 | .799 | -1.729 | .020 | 40 |

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Squared Multiple Correlation | Cronbach's Alpha if Item Deleted |
|----------|----------------------------|--------------------------------|----------------------------------|------------------------------|----------------------------------|
| VAR00001 | 131.52 | 195.860 | .250 | .523 | .846 |
| VAR00002 | 130.58 | 193.290 | .362 | .446 | .843 |
| VAR00003 | 131.05 | 191.439 | .330 | .433 | .844 |
| VAR00004 | 130.63 | 190.582 | .394 | .562 | .842 |
| VAR00005 | 130.91 | 192.969 | .324 | .513 | .844 |
| VAR00006 | 130.35 | 193.853 | .258 | .470 | .846 |
| VAR00007 | 130.76 | 192.806 | .388 | .500 | .843 |
| VAR00008 | 131.63 | 191.162 | .338 | .518 | .844 |
| VAR00009 | 130.04 | 197.534 | .221 | .387 | .846 |
| VAR00010 | 130.78 | 196.881 | .248 | .433 | .846 |
| VAR00011 | 131.57 | 193.407 | .279 | .442 | .845 |
| VAR00012 | 131.16 | 195.120 | .248 | .496 | .846 |
| VAR00013 | 131.61 | 198.529 | .161 | .493 | .848 |
| VAR00014 | 132.06 | 197.235 | .184 | .557 | .847 |
| VAR00015 | 130.13 | 192.403 | .371 | .561 | .843 |
| VAR00016 | 132.44 | 199.321 | .115 | .563 | .849 |
| VAR00017 | 131.33 | 191.020 | .392 | .507 | .842 |
| VAR00018 | 130.88 | 196.369 | .224 | .449 | .846 |
| VAR00019 | 130.99 | 188.333 | .518 | .500 | .839 |
| VAR00020 | 130.41 | 191.505 | .442 | .544 | .841 |
| VAR00021 | 131.15 | 198.245 | .196 | .524 | .847 |
| VAR00022 | 131.83 | 189.994 | .469 | .504 | .841 |
| VAR00023 | 130.91 | 195.050 | .274 | .410 | .845 |
| VAR00024 | 131.73 | 192.374 | .383 | .506 | .843 |
| VAR00025 | 130.12 | 192.668 | .427 | .654 | .842 |
| VAR00026 | 130.10 | 189.816 | .468 | .540 | .841 |
| VAR00027 | 130.79 | 192.065 | .338 | .519 | .844 |
| VAR00028 | 131.70 | 195.386 | .282 | .523 | .845 |
| VAR00029 | 130.53 | 194.642 | .305 | .585 | .845 |
| VAR00030 | 131.60 | 186.547 | .496 | .573 | .839 |
| VAR00031 | 130.04 | 190.542 | .551 | .621 | .840 |
| VAR00032 | 131.00 | 191.319 | .315 | .387 | .845 |
| VAR00033 | 130.31 | 202.462 | -.012 | .447 | .852 |
| VAR00034 | 130.68 | 192.508 | .384 | .471 | .843 |
| VAR00035 | 130.91 | 192.906 | .379 | .474 | .843 |
| VAR00036 | 130.56 | 191.886 | .427 | .542 | .842 |
| VAR00037 | 130.13 | 197.476 | .249 | .592 | .846 |
| VAR00038 | 131.56 | 188.784 | .435 | .524 | .841 |
| VAR00039 | 130.71 | 195.007 | .312 | .573 | .844 |
| VAR00040 | 130.60 | 198.126 | .146 | .474 | .848 |

Scale Statistics

| Mean | Variance | Std. Deviation | N of Items |
|--------|----------|----------------|------------|
| 134.30 | 202.952 | 14.246 | 40 |

C-3 Uji Daya Beda Aitem dan Estimasi Reliabilitas Skala Uji Coba Manajemen Waktu

Case Processing Summary

| | N | % |
|-----------------------------|-----|-------|
| Valid | 139 | 100.0 |
| Cases Excluded ^a | 0 | .0 |
| Total | 139 | 100.0 |

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

| Cronbach's Alpha | Cronbach's Alpha Based on Standardized Items | N of Items |
|------------------|--|------------|
| .900 | .902 | 40 |

Item Statistics

| | Mean | Std. Deviation | N |
|----------|------|----------------|-----|
| VAR00001 | 4.24 | 1.013 | 139 |
| VAR00002 | 3.38 | 1.024 | 139 |
| VAR00003 | 3.65 | .875 | 139 |
| VAR00004 | 3.93 | .804 | 139 |
| VAR00005 | 3.19 | 1.014 | 139 |
| VAR00006 | 3.01 | .917 | 139 |
| VAR00007 | 2.90 | 1.099 | 139 |
| VAR00008 | 3.47 | .919 | 139 |
| VAR00009 | 4.13 | .711 | 139 |
| VAR00010 | 2.74 | 1.079 | 139 |
| VAR00011 | 3.91 | .747 | 139 |
| VAR00012 | 3.90 | .854 | 139 |
| VAR00013 | 2.88 | 1.050 | 139 |
| VAR00014 | 3.25 | 1.015 | 139 |
| VAR00015 | 3.19 | 1.035 | 139 |
| VAR00016 | 3.30 | .968 | 139 |
| VAR00017 | 4.27 | .866 | 139 |
| VAR00018 | 3.33 | .981 | 139 |
| VAR00019 | 4.09 | .812 | 139 |
| VAR00020 | 4.12 | .852 | 139 |
| VAR00021 | 4.18 | .810 | 139 |
| VAR00022 | 3.62 | .974 | 139 |
| VAR00023 | 3.60 | 1.005 | 139 |
| VAR00024 | 3.05 | 1.112 | 139 |
| VAR00025 | 3.99 | .872 | 139 |
| VAR00026 | 2.77 | 1.157 | 139 |
| VAR00027 | 3.71 | .959 | 139 |
| VAR00028 | 3.59 | .977 | 139 |
| VAR00029 | 3.51 | .871 | 139 |
| VAR00030 | 3.14 | .972 | 139 |
| VAR00031 | 3.70 | .882 | 139 |
| VAR00032 | 3.20 | .934 | 139 |
| VAR00033 | 4.37 | .694 | 139 |
| VAR00034 | 3.68 | 1.161 | 139 |
| VAR00035 | 4.23 | .810 | 139 |
| VAR00036 | 3.71 | .896 | 139 |
| VAR00037 | 3.32 | .978 | 139 |
| VAR00038 | 3.86 | .903 | 139 |
| VAR00039 | 3.76 | .867 | 139 |
| VAR00040 | 3.45 | .878 | 139 |

Summary Item Statistics

| | Mean | Minimum | Maximum | Range | Maximum / Minimum | Variance | N of Items |
|-------------------------|-------|---------|---------|-------|-------------------|----------|------------|
| Item Means | 3.583 | 2.741 | 4.374 | 1.633 | 1.596 | .200 | 40 |
| Item Variances | .884 | .482 | 1.348 | .866 | 2.796 | .045 | 40 |
| Inter-Item Covariances | .162 | -.235 | .802 | 1.037 | -3.419 | .020 | 40 |
| Inter-Item Correlations | .188 | -.262 | .747 | 1.008 | -2.852 | .023 | 40 |

Item-Total Statistics

| | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Squared Multiple Correlation | Cronbach's Alpha if Item Deleted |
|----------|----------------------------|--------------------------------|----------------------------------|------------------------------|----------------------------------|
| VAR00001 | 139.08 | 279.653 | .209 | .408 | .900 |
| VAR00002 | 139.94 | 266.837 | .594 | .636 | .894 |
| VAR00003 | 139.68 | 273.974 | .449 | .630 | .897 |
| VAR00004 | 139.40 | 274.357 | .479 | .650 | .896 |
| VAR00005 | 140.13 | 273.316 | .400 | .535 | .897 |
| VAR00006 | 140.31 | 274.766 | .400 | .506 | .897 |
| VAR00007 | 140.42 | 275.449 | .304 | .561 | .899 |
| VAR00008 | 139.86 | 270.863 | .530 | .609 | .896 |
| VAR00009 | 139.19 | 279.723 | .317 | .571 | .898 |
| VAR00010 | 140.58 | 276.114 | .292 | .644 | .899 |
| VAR00011 | 139.41 | 274.693 | .505 | .626 | .896 |
| VAR00012 | 139.42 | 273.420 | .482 | .621 | .896 |
| VAR00013 | 140.44 | 272.610 | .405 | .624 | .897 |
| VAR00014 | 140.07 | 269.183 | .527 | .757 | .895 |
| VAR00015 | 140.13 | 269.621 | .502 | .789 | .896 |
| VAR00016 | 140.02 | 271.210 | .490 | .575 | .896 |
| VAR00017 | 139.05 | 288.454 | -.049 | .575 | .903 |
| VAR00018 | 139.99 | 274.514 | .378 | .565 | .898 |
| VAR00019 | 139.24 | 275.791 | .419 | .508 | .897 |
| VAR00020 | 139.21 | 274.761 | .434 | .484 | .897 |
| VAR00021 | 139.14 | 275.907 | .416 | .634 | .897 |
| VAR00022 | 139.71 | 269.007 | .557 | .629 | .895 |
| VAR00023 | 139.73 | 273.968 | .384 | .451 | .898 |
| VAR00024 | 140.27 | 269.142 | .476 | .609 | .896 |
| VAR00025 | 139.33 | 276.962 | .346 | .505 | .898 |
| VAR00026 | 140.55 | 275.597 | .282 | .586 | .900 |
| VAR00027 | 139.62 | 273.542 | .419 | .555 | .897 |
| VAR00028 | 139.73 | 276.168 | .328 | .491 | .898 |
| VAR00029 | 139.81 | 276.153 | .375 | .542 | .898 |
| VAR00030 | 140.19 | 269.544 | .541 | .631 | .895 |
| VAR00031 | 139.63 | 276.236 | .367 | .453 | .898 |
| VAR00032 | 140.12 | 272.514 | .466 | .529 | .896 |
| VAR00033 | 138.95 | 275.526 | .510 | .633 | .896 |
| VAR00034 | 139.64 | 276.131 | .266 | .408 | .900 |
| VAR00035 | 139.09 | 277.636 | .350 | .514 | .898 |
| VAR00036 | 139.62 | 273.107 | .467 | .562 | .896 |
| VAR00037 | 140.01 | 271.703 | .468 | .654 | .896 |
| VAR00038 | 139.46 | 273.830 | .439 | .560 | .897 |
| VAR00039 | 139.57 | 275.305 | .407 | .558 | .897 |
| VAR00040 | 139.88 | 272.833 | .488 | .693 | .896 |

Scale Statistics

| Mean | Variance | Std. Deviation | N of Items |
|--------|----------|----------------|------------|
| 143.32 | 287.757 | 16.963 | 40 |

Lampiran D

Estimasi Reliabilitas Skala Penelitian

D-1 Estimasi Reliabilitas Skala Stres Akademik

D-2 Estimasi Reliabilitas Skala Penyesuaian Akademik

D-3 Estimasi Reliabilitas Skala Manajemen Waktu

D-1 Estimasi Reliabilitas Skala Stres Akademik

| Reliability Statistics | | |
|-------------------------------|--|------------|
| Cronbach's Alpha | Cronbach's Alpha Based on Standardized Items | N of Items |
| .881 | .877 | 24 |

D-2 Estimasi Reliabilitas Skala Penyesuaian Diri Terhadap Tuntutan Akademik

| Reliability Statistics | | |
|-------------------------------|--|------------|
| Cronbach's Alpha | Cronbach's Alpha Based on Standardized Items | N of Items |
| .844 | .848 | 24 |

D-3 Estimasi Reliabilitas Skala Manajemen Waktu

| Reliability Statistics | | |
|-------------------------------|--|------------|
| Cronbach's Alpha | Cronbach's Alpha Based on Standardized Items | N of Items |
| .906 | .907 | 35 |

LAMPIRAN E

Skala Penelitian

E-1 Skala Penelitian Stres Akademik

E-2 Skala Penelitian Penyesuaian Akademik

E-3 Skala Penelitian Manajemen Waktu

SKALA PENELITIAN



**UNIVERSITAS ISLAM SULTAN AGUNG
SEMARANG
2020**

Assalamu'alaikum wr.wb.

Dalam kesempatan ini saya meminta kesediaan Anda untuk meluangkan waktu serta berpartisipasi dalam penelitian dengan mengisi kuesioner yang telah kamiberikan ini. Kuisisioner ini diperlukan dalam rangka penyusunan tugas akhiruntuk program Strata-1 Fakultas Psikologi Universitas Islam Sultan AgungSemarang.

Sebelum mengisi kuesioner ini, isilah form kesediaan mengikuti penelitian pada kolom yang telah disediakan dan bacalah petunjuk penggerjaan dengan baik. Semua data yang Anda berikan akandirahasiakan dan hanya digunakan untuk kepentingan akademik.

Atas kesediaan dan partisipasi yang Anda berikan, kami ucapkan terimakasih.

Hormat kami,

Peneliti

FORM KESEDIAAN MENGIKUTI PENELITIAN

Yang bertanda tangan di bawah ini :

Nama : (boleh inisial)

Usia : tahun

Jenis Kelamin : Laki -laki/ Perempuan

Kelas/ Jurusan :

Asal Daerah :

Telah membaca semua pengantar dan petunjuk dengan cermat dan bersedia menjadi responden dan ikut berpartisipasi memberikan jawaban sesuai dengan keadaan yang sebenarnya.

Semarang, 2020,

(.....)

IDENTITAS DIRI

Jenis Kelamin : Lk/Pr*

Kelas/Semester :

Asal :

*Coret yang tidak perlu

PETUNJUK PENGISIAN SKALA

- Berikut ini ada sejumlah pernyataan. Berilah tanda silang (X) pada salah satu pilihan jawaban yang berada di sebelah kanan.

- Bacalah dengan teliti sebelum mengisi pernyataan yang ada.
- Pilihlah jawaban yang sesuai dengandiri Anda sendiri.
- Tidak ada jawaban yang salah, semua jawaban benar.

Adapun lima pilihan yang disediakan yaitu:

SS : Bila pernyataan tersebut **SANGAT SESUAI** dengan yang Anda alami.

S : Bila pernyataan tersebut **SESUAI** dengan yang Anda alami.

N : Bila pernyataan tersebut antara **SESUAI** dan **TIDAK SESUAI** dengan yang Anda alami.

TS : Bila pernyataan tersebut **TIDAK SESUAI** dengan yang Anda alami.

STS : Bila pernyataan tersebut **SANGAT TIDAK SESUAI** dengan yang Anda alami.

Contoh :

Cara menjawab

| No. | Pernyataan | SS | S | N | TS | STS |
|-----|--|----|---|---|----|-----|
| 1. | Saya merasa bahagia diterima di jurusan Farmasi UNISSULA | X | | | | |

Jika ingin mengganti jawaban

| No. | Pernyataan | SS | S | N | TS | STS |
|-----|--|----|---|---|----|-----|
| 1. | Saya merasa bahagia diterima di jurusan Farmasi UNISSULA | X | | X | | |

- Usahakanlah untuk tidak melewati satu nomor pun dalam memberi jawaban pada pernyataan-pernyataan ini

SELAMAT MENGERJAKAN

E-1 Skala Penelitian Stres Akademik

| No | Pernyataan | Jawaban | | | | |
|-----------|---|----------------|----------|----------|-----------|------------|
| | | SS | S | N | TS | STS |
| 1 | Saya merasa frustasi dengan prestasi saya yang tidak sesuai harapan. | | | | | |
| 2 | Saya merasa sulit untuk menyeimbangkan antara kegiatan kampus dan akademik. | | | | | |
| 3 | Saya merasa tertekan jika harus bersaing dengan teman-teman dalam hal prestasi belajar. | | | | | |
| 4 | Saya memiliki energi yang banyak untuk mengikuti perkuliahan | | | | | |
| 5 | Kuliah adalah pengalaman yang sangat menyenangkan. | | | | | |
| 6 | Saya gagal mencapai tujuan kuliah yang telah saya rencanakan. | | | | | |
| 7 | Saya bingung menentukan mata kuliah yang harus diambil. | | | | | |
| 8 | Saya pusing memikirkan tugas kuliah yang terlalu banyak | | | | | |
| 9 | Saya sering merasa pusing jika selesai mengikuti perkuliahan. | | | | | |
| 10 | Saya tidak terbebani dengan tugas-tugas yang diberikan oleh dosen | | | | | |
| 11 | Banyaknya tugas yang harus diselesaikan tidak mengganggu aktivitas saya sehari-hari | | | | | |
| 12 | Saya belajar lebih giat saat ujian agar mendapatkan nilai sesuai harapan | | | | | |
| 13 | Saya tidak dapat mengatur waktu antara kuliah dengan kegiatan pribadi. | | | | | |

| No | Pernyataan | Jawaban | | | | |
|----|--|---------|---|---|----|-----|
| | | SS | S | N | TS | STS |
| 14 | Deadline tugas kuliah membuat saya merasa cemas | | | | | |
| 15 | Saya sering merasa stres harus menyeimbangkan antara tugas kuliah dengan tugas rumah | | | | | |
| 16 | Saya gugup saat presentasi di depan kelas | | | | | |
| 17 | Saya merasa santai meskipun harus mengikuti perkuliahan yang cukup padat. | | | | | |
| 18 | Saya merasa kesulitan untuk menyerap materi yang disampaikan oleh dosen | | | | | |
| 19 | Saya merasa tertekan dengan suasana perkuliahan di kampus | | | | | |
| 20 | Banyaknya beban tugas yang harus dikerjakan sering membuat saya sakit | | | | | |
| 21 | Saya khawatir tidak lulus tepat waktu. | | | | | |
| 22 | Saya tidak khawatir dengan target yang diberikan oleh dosen | | | | | |
| 23 | Saya tidak merasa terganggu dengan semua kegiatan di kampus | | | | | |
| 24 | Banyak teman menyukai saya karena prestasi yang saya miliki | | | | | |

E-2 Skala Penelitian Penyesuaian Akademik

| No | Pernyataan | Jawaban | | | | |
|-----------|--|----------------|----------|----------|-----------|------------|
| | | SS | S | N | TS | STS |
| 1 | Saya mampu menenangkan diri apabila saya gagal dalam mengerjakan soal ujian | | | | | |
| 2 | Meski telah menjalani perkuliahan selama satu semester saya masih merasa canggung di kelas | | | | | |
| 3 | Saya kurang yakin jika saya bisa lulus tepat waktu | | | | | |
| 4 | Meskipun banyak tugas yang harus diselesaikan, saya tetap bisa tenang | | | | | |
| 5 | Saya mampu menerima situasi baru di dalam kelas meskipun belum saling kenal | | | | | |
| 6 | Saya cemas bila nantinya saya akan gagal lagi | | | | | |
| 7 | Saya mampu menerima apapun resikonya karena telah memilih jurusan Farmasi | | | | | |
| 8 | Saya merasa nyaman dengan sistem pembelajaran yang sekarang saya jalani | | | | | |
| 9 | Saya belum memahami sistem pembelajaran yang sekarang saya jalani | | | | | |
| 10 | Saya merasa malu untuk bertanya kepada teman mengenai materi yang tidak saya pahami | | | | | |
| 11 | Saya merasa ada beberapa teman yang belum akrab dengan saya di kelas | | | | | |
| 12 | Saya merasa canggung bila berdiskusi bersama dosen mengenai materi dan tugas kuliah | | | | | |
| 13 | Saya merasa mampu untuk lulus tepat waktu | | | | | |

| No | Pernyataan | Jawaban | | | | |
|----|---|---------|---|---|----|-----|
| | | SS | S | N | TS | STS |
| 14 | Saya sudah terbiasa dengan tugas yang banyak | | | | | |
| 15 | Saya takut dianggap bodoh jika menanyakan materi kuliah yang belum saya pahami kepada dosen | | | | | |
| 16 | Saya mampu mewujudkan cita-cita saya dalam waktu dekat | | | | | |
| 17 | Terkadang saya masih merasa kaget bila mendapat tugas yang banyak | | | | | |
| 18 | Ketika saya gagal, saya akan bangkit kembali | | | | | |
| 19 | Saya merasa terpaksa menjalani kuliah ini karena jurusan Farmasiukan keinginan saya | | | | | |
| 20 | Saya tidak takut meskipun kegagalan akan menimpa saya lagi | | | | | |
| 21 | Saya kurang yakin dengan pencapaian cita-cita saya dalam waktu dekat | | | | | |
| 22 | Saya berfikir bahwa teman-teman saya menganggap saya sebagai orang yang mudah menyerah | | | | | |
| 23 | Saya merasa terpuruk apabila saya mengalami kegagalan | | | | | |
| 24 | Saya merasa sudah akrab dengan semua teman-teman dikelas | | | | | |

E-3 Skala Penelitian Manajemen Waktu

| No | Pernyataan | Jawaban | | | | |
|-----------|---|----------------|----------|----------|-----------|------------|
| | | SS | S | N | TS | STS |
| 1 | Saya membuat agenda kegiatan yang akan dilakukan | | | | | |
| 2 | Saya mampu mengatur waktu agar tugas terlaksana dengan baik | | | | | |
| 3 | Saya memeriksa jadwal sebelum melakukan kegiatan | | | | | |
| 4 | Saya kesulitan menyelesaikan semua tugas laporan yang diberikan | | | | | |
| 5 | Kebanyakan kegiatan yang saya lakukan melenceng dari agenda yang saya buat | | | | | |
| 6 | Saya merasa aktivitas akhir-akhir ini mengganggu aktivitas rutin saya | | | | | |
| 7 | Saya tidak memeriksa jadwal yang telah dibuat sebelum melakukan kegiatan | | | | | |
| 8 | Saya menyelesaikan tugas yang telah di berikan sesuai dengan waktu yang telah di sepakati | | | | | |
| 9 | Saya yakin dapat mengatur waktu untuk menjalankan setiap kegiatan | | | | | |
| 10 | Saya mengecek kembali jadwal yang telah dibuat untuk menghindari kekeliruan | | | | | |
| 11 | Saya bingung menentukan tugas yang harus dilakukan sesuai dengan prioritas yang saya buat | | | | | |
| 12 | Kegiatan yang saya jalankan berantakan karena tidak terjadwal | | | | | |
| 13 | Kegiatan yang sudah saya rencanakan terbengkalai karena tidak bisa mengatur waktu | | | | | |

| No | Pernyataan | Jawaban | | | | |
|----|---|---------|---|---|----|-----|
| | | SS | S | N | TS | STS |
| 14 | Saya melakukan kesalahan karena tidak mengecek kembali jadwal yang telah dibuat | | | | | |
| 15 | Saya membuat jadwal khusus untuk mengerjakan tugas | | | | | |
| 16 | Saya mampu menyelesaikan semua tugas tepat waktu | | | | | |
| 17 | Saya harus menyelesaikan tugas sesuai dengan yang diagendakan | | | | | |
| 18 | Saya mengabaikan tugas yang seharusnya dikerjakan | | | | | |
| 19 | Target penyelesaian tugas saya berantakan karena jadwal saya acak-acakan | | | | | |
| 20 | Saya banyak menghabiskan waktu untuk kegiatan yang tidak berkaitan dengan tugas kuliah | | | | | |
| 21 | Saya merasa kerepotan karena tidak menyelesaikan tugas sesuai rencana | | | | | |
| 22 | Saya menentukan prioritas atas tugas yang akan saya selesaikan | | | | | |
| 23 | Saya bisa membagi waktu antara mengerjakan tugas kuliah dan bermain bersama teman-teman | | | | | |
| 24 | Saya perlu menyusun kegiatan secara sistematis | | | | | |
| 25 | Saya tidak memiliki prioritas untuk menentukan tugas yang akan dikerjakan | | | | | |
| 26 | Saya melakukan kegiatan tanpa membuat rancangan | | | | | |

| No | Pernyataan | Jawaban | | | | |
|-----------|---|----------------|----------|----------|-----------|------------|
| | | SS | S | N | TS | STS |
| 27 | Saya lebih mementingkan urusan pribadi daripada tugas kuliah | | | | | |
| 28 | Saya menyusun kegiatan secara mendadak | | | | | |
| 29 | Tugas yang lebih penting, saya dahulukan untuk dikerjakan | | | | | |
| 30 | Saya mampu menyelesaikan tugas-tugas yang diberikan walaupun waktu penggerjaan terbatas | | | | | |
| 31 | Saya memastikan semua kegiatan terlaksana melalui evaluasi kegiatan | | | | | |
| 32 | Saya bingung menentukan tugas yang harus saya kerjakan terlebih dahulu | | | | | |
| 33 | Saya lupa mengerjakan tugas karena tidak memiliki pengingat | | | | | |
| 34 | Saya pasrah tidak melakukan apa-apa apabila ada jadwal yang bertabrakan | | | | | |
| 35 | Saya bingung menentukan kegiatan mana yang berjalan sesuai dengan agenda yang dibuat | | | | | |

TERIMAKASIH



LAMPIRAN F

Tabulasi Skala Penelitian

F-1 Tabulasi Skala Stres Akademik

F-2 Tabulasi Skala Penyesuaian Akademik

F-3 Tabulasi Skala Manajemen Waktu

F-1 Tabulasi Skala Stres Akademik

| NO | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|-----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 1 | 2 | 4 | 4 | 4 | 2 | 4 | 4 | 4 | 3 | 3 | 2 | 2 | 4 | 4 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 4 | 4 | 4 |
| 2 | 3 | 4 | 3 | 2 | 1 | 3 | 3 | 2 | 3 | 3 | 3 | 2 | 3 | 3 | 2 | 1 | 2 | 3 | 5 | 3 | 1 | 4 | 3 | 3 |
| 3 | 3 | 3 | 3 | 1 | 2 | 3 | 4 | 2 | 3 | 4 | 3 | 2 | 5 | 3 | 4 | 2 | 3 | 4 | 5 | 5 | 1 | 5 | 3 | 3 |
| 4 | 5 | 5 | 5 | 1 | 1 | 5 | 5 | 5 | 5 | 1 | 1 | 1 | 5 | 3 | 5 | 2 | 1 | 5 | 5 | 5 | 3 | 3 | 1 | 3 |
| 5 | 5 | 5 | 4 | 2 | 2 | 5 | 4 | 3 | 3 | 2 | 3 | 1 | 5 | 4 | 4 | 3 | 3 | 4 | 5 | 4 | 1 | 3 | 2 | 3 |
| 6 | 3 | 3 | 3 | 1 | 1 | 3 | 2 | 2 | 3 | 2 | 3 | 1 | 4 | 3 | 3 | 2 | 3 | 4 | 4 | 5 | 1 | 1 | 2 | 3 |
| 7 | 5 | 5 | 2 | 1 | 1 | 5 | 5 | 5 | 5 | 1 | 1 | 1 | 5 | 5 | 3 | 5 | 1 | 5 | 5 | 2 | 1 | 1 | 1 | 3 |
| 8 | 5 | 5 | 5 | 1 | 1 | 5 | 5 | 5 | 5 | 3 | 5 | 1 | 5 | 4 | 5 | 5 | 1 | 5 | 5 | 3 | 3 | 3 | 2 | 3 |
| 9 | 4 | 4 | 3 | 1 | 1 | 4 | 4 | 2 | 4 | 5 | 4 | 1 | 4 | 2 | 4 | 2 | 2 | 3 | 4 | 5 | 1 | 5 | 4 | 4 |
| 10 | 1 | 2 | 2 | 2 | 3 | 2 | 3 | 1 | 2 | 3 | 3 | 2 | 1 | 1 | 1 | 1 | 3 | 2 | 2 | 3 | 1 | 2 | 2 | 3 |
| 11 | 4 | 4 | 4 | 3 | 2 | 5 | 5 | 1 | 4 | 2 | 2 | 1 | 4 | 4 | 5 | 2 | 1 | 3 | 5 | 3 | 3 | 5 | 4 | 2 |
| 12 | 2 | 4 | 4 | 2 | 1 | 4 | 4 | 2 | 4 | 3 | 2 | 1 | 4 | 2 | 4 | 2 | 2 | 4 | 4 | 4 | 4 | 4 | 2 | 2 |
| 13 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 4 | 2 | 2 | 4 | 4 | 4 | 4 | 2 | 2 |
| 14 | 3 | 3 | 3 | 2 | 1 | 4 | 4 | 2 | 4 | 3 | 2 | 1 | 4 | 2 | 4 | 2 | 2 | 4 | 4 | 4 | 4 | 4 | 2 | 2 |
| 15 | 3 | 5 | 3 | 3 | 2 | 5 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 1 | 4 | 5 | 3 |
| 16 | 1 | 4 | 1 | 2 | 3 | 1 | 4 | 1 | 3 | 5 | 2 | 4 | 1 | 3 | 2 | 4 | 5 | 3 | 2 | 5 | 2 | 3 | 2 | 4 |
| 17 | 2 | 4 | 4 | 2 | 1 | 5 | 5 | 4 | 5 | 5 | 2 | 1 | 5 | 3 | 3 | 5 | 1 | 4 | 4 | 4 | 4 | 3 | 3 | 3 |
| 18 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 4 | 4 | 4 | 3 | 2 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 4 | 4 | 3 | 3 | 3 |
| 19 | 3 | 2 | 2 | 3 | 1 | 4 | 3 | 1 | 4 | 5 | 3 | 2 | 2 | 1 | 2 | 1 | 3 | 4 | 3 | 3 | 2 | 3 | 2 | 3 |
| 20 | 3 | 4 | 3 | 3 | 2 | 4 | 3 | 3 | 4 | 3 | 4 | 2 | 3 | 2 | 4 | 3 | 4 | 4 | 4 | 2 | 3 | 3 | 4 | 4 |
| 21 | 4 | 5 | 3 | 1 | 1 | 2 | 5 | 4 | 5 | 2 | 4 | 1 | 5 | 4 | 5 | 4 | 2 | 4 | 4 | 4 | 1 | 3 | 3 | 3 |
| 22 | 4 | 4 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 3 | 2 | 4 | 3 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 4 | 3 | 3 |
| 23 | 4 | 4 | 3 | 3 | 3 | 4 | 4 | 3 | 4 | 2 | 4 | 1 | 4 | 4 | 4 | 4 | 2 | 4 | 4 | 4 | 4 | 3 | 3 | 3 |
| 24 | 3 | 3 | 3 | 4 | 2 | 3 | 3 | 2 | 2 | 4 | 3 | 2 | 4 | 1 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 2 | 2 | 3 |
| 25 | 5 | 4 | 4 | 3 | 3 | 5 | 4 | 4 | 5 | 2 | 1 | 1 | 4 | 4 | 4 | 2 | 1 | 4 | 4 | 4 | 3 | 2 | 2 | 2 |
| 26 | 4 | 4 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 1 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 |
| 27 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 4 |
| 28 | 2 | 5 | 3 | 3 | 2 | 3 | 5 | 5 | 4 | 4 | 4 | 2 | 2 | 2 | 3 | 5 | 1 | 3 | 3 | 4 | 5 | 1 | 3 | 3 |
| 29 | 2 | 2 | 3 | 2 | 3 | 3 | 4 | 3 | 2 | 3 | 3 | 2 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 4 | 4 | 4 | 4 |

| | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 30 | 2 | 3 | 3 | 4 | 2 | 4 | 4 | 4 | 3 | 3 | 2 | 3 | 3 | 4 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 3 | |
| 31 | 2 | 3 | 5 | 2 | 1 | 3 | 5 | 2 | 2 | 3 | 5 | 4 | 5 | 3 | 5 | 3 | 1 | 4 | 5 | 5 | 2 | 2 | 2 | 3 |
| 32 | 4 | 3 | 3 | 2 | 1 | 4 | 5 | 3 | 3 | 3 | 1 | 4 | 3 | 3 | 2 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 2 | |
| 33 | 4 | 3 | 3 | 3 | 1 | 5 | 4 | 2 | 3 | 3 | 3 | 1 | 4 | 3 | 4 | 2 | 4 | 3 | 4 | 3 | 3 | 5 | 3 | 2 |
| 34 | 4 | 4 | 4 | 2 | 1 | 4 | 4 | 2 | 4 | 2 | 4 | 1 | 4 | 4 | 4 | 2 | 4 | 4 | 3 | 4 | 4 | 4 | 2 | |
| 35 | 4 | 4 | 4 | 3 | 2 | 5 | 4 | 1 | 4 | 4 | 4 | 5 | 2 | 4 | 4 | 2 | 2 | 4 | 5 | 2 | 2 | 2 | 2 | |
| 36 | 4 | 3 | 3 | 3 | 1 | 5 | 5 | 3 | 3 | 2 | 3 | 1 | 3 | 3 | 4 | 5 | 1 | 3 | 5 | 5 | 2 | 3 | 3 | 2 |
| 37 | 2 | 3 | 2 | 2 | 3 | 4 | 5 | 3 | 4 | 3 | 4 | 1 | 4 | 3 | 4 | 5 | 1 | 4 | 4 | 2 | 3 | 2 | 2 | |
| 38 | 1 | 5 | 5 | 3 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 1 | 4 | 3 | 5 | 3 | 3 | 3 | 4 | 4 | 1 | 3 | 4 | 3 |
| 39 | 4 | 3 | 3 | 3 | 2 | 5 | 4 | 3 | 4 | 4 | 2 | 1 | 4 | 3 | 4 | 2 | 2 | 3 | 4 | 2 | 2 | 3 | 2 | 3 |
| 40 | 3 | 4 | 4 | 2 | 1 | 3 | 5 | 1 | 5 | 3 | 3 | 1 | 5 | 2 | 5 | 2 | 2 | 5 | 4 | 3 | 2 | 3 | 5 | 3 |
| 41 | 3 | 4 | 3 | 3 | 2 | 4 | 3 | 2 | 4 | 3 | 3 | 2 | 4 | 2 | 3 | 3 | 2 | 3 | 3 | 3 | 2 | 3 | 3 | 3 |
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| 43 | 2 | 4 | 3 | 3 | 2 | 3 | | 2 | 4 | 2 | 5 | 2 | 2 | 2 | 5 | 4 | 2 | 3 | 4 | 4 | 4 | 3 | 3 | 4 |
| 44 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 4 | 4 | 4 | 2 | 4 | 4 | 4 | 3 | 3 | 3 | 4 | 4 | 3 | 4 | 4 | 3 |
| 45 | 3 | 3 | 4 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 2 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 4 | |
| 46 | 3 | 4 | 4 | 3 | 1 | 4 | 4 | 4 | 4 | 3 | 4 | 1 | 4 | 2 | 4 | 3 | 4 | 2 | 2 | 4 | 2 | 2 | 4 | 4 |
| 47 | 3 | 4 | 4 | 3 | 2 | 5 | 5 | 3 | 4 | 4 | 2 | 2 | 4 | 4 | 4 | 3 | 2 | 3 | 5 | 3 | 3 | 2 | 2 | 3 |
| 48 | 3 | 3 | 4 | 2 | 1 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 1 | 3 | 3 | 1 | 3 | 4 | 4 | 2 | 3 | 3 | 3 |
| 49 | 5 | 5 | 5 | 1 | 1 | 5 | 5 | 5 | 5 | 1 | 1 | 5 | 5 | 5 | 5 | 1 | 5 | 5 | 5 | 1 | 1 | 1 | 1 | 3 |
| 50 | 5 | 4 | 5 | 2 | 2 | 5 | 5 | 3 | 3 | 2 | 2 | 2 | 4 | 2 | 5 | 2 | 2 | 2 | 4 | 4 | 2 | 3 | 2 | 3 |
| 51 | 3 | 3 | 3 | 4 | 3 | 4 | 4 | 2 | 4 | 2 | 4 | 1 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 2 |

F-2 Tabulasi Skala Penyesuaian Akademik

| NO | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
|-----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 1 | 3 | 4 | 4 | 2 | 4 | 3 | 1 | 3 | 3 | 4 | 3 | 3 | 3 | 1 | 4 | 3 | 3 | 2 | 4 | 3 | 3 | 3 | 3 | 2 |
| 2 | 3 | 5 | 4 | 3 | 2 | 3 | 1 | 2 | 4 | 4 | 5 | 3 | 2 | 1 | 3 | 1 | 2 | 1 | 5 | 3 | 5 | 4 | 3 | 1 |
| 3 | 2 | 5 | 5 | 3 | 2 | 3 | 2 | 2 | 3 | 4 | 5 | 3 | 2 | 2 | 4 | 2 | 4 | 1 | 3 | 2 | 4 | 3 | 3 | 1 |
| 4 | 1 | 5 | 5 | 1 | 1 | 5 | 1 | 1 | 5 | 5 | 2 | 5 | 1 | 1 | 5 | 3 | 4 | 1 | 5 | 1 | 3 | 5 | 1 | 2 |
| 5 | 2 | 3 | 5 | 2 | 2 | 3 | 1 | 1 | 5 | 4 | 5 | 4 | 2 | 1 | 5 | 2 | 5 | 1 | 4 | 2 | 5 | 4 | 4 | 2 |
| 6 | 3 | 1 | 4 | 1 | 3 | 1 | 1 | 1 | 3 | 1 | 2 | 3 | 1 | 3 | 1 | 3 | 5 | 1 | 3 | 1 | 5 | 5 | 2 | 3 |
| 7 | 3 | 5 | 5 | 2 | 2 | 4 | 1 | 1 | 5 | 5 | 5 | 5 | 1 | 1 | 2 | 1 | 5 | 1 | 5 | 1 | 5 | 5 | 5 | 1 |
| 8 | 5 | 5 | 5 | 3 | 3 | 5 | 1 | 1 | 5 | 5 | 5 | 5 | 1 | 1 | 5 | 1 | 5 | 1 | 5 | 3 | 5 | 5 | 5 | 1 |
| 9 | 1 | 3 | 5 | 1 | 3 | 2 | 2 | 4 | 4 | 5 | 5 | 2 | 1 | 1 | 4 | 1 | 2 | 2 | 2 | 1 | 5 | 4 | 4 | 1 |
| 10 | 2 | 1 | 1 | 1 | 2 | 1 | 1 | 2 | 3 | 3 | 1 | 2 | 1 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 3 |
| 11 | 3 | 5 | 5 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 2 | 4 | 2 | 1 | 5 | 3 | 4 | 1 | 5 | 3 | 3 | 3 | 2 | 2 |
| 12 | 1 | 2 | 5 | 2 | 2 | 4 | 2 | 2 | 4 | 4 | 4 | 2 | 4 | 1 | 1 | 2 | 1 | 4 | 1 | 2 | 2 | 2 | 4 | 2 |
| 13 | 2 | 4 | 4 | 2 | 2 | 4 | 2 | 4 | 4 | 4 | 4 | 4 | 2 | 2 | 2 | 4 | 2 | 2 | 4 | 2 | 4 | 4 | 4 | 2 |
| 14 | 1 | 2 | 5 | 2 | 2 | 4 | 2 | 2 | 4 | 4 | 2 | 4 | 1 | 1 | 2 | 1 | 4 | 1 | 2 | 2 | 2 | 4 | 4 | 2 |
| 15 | 3 | 2 | 3 | 3 | 3 | 4 | 2 | 2 | 4 | 3 | 5 | 5 | 1 | 2 | 3 | 2 | 3 | 1 | 5 | 3 | 5 | 4 | 5 | 1 |
| 16 | 4 | 2 | 2 | 1 | 4 | 3 | 2 | 3 | 2 | 3 | 1 | 4 | 3 | 2 | 2 | 4 | 2 | 2 | 3 | 3 | 3 | 2 | 4 | 2 |
| 17 | 2 | 5 | 5 | 2 | 2 | 2 | 1 | 1 | 5 | 4 | 2 | 3 | 2 | 2 | 4 | 2 | 2 | 4 | 2 | 5 | 2 | 5 | 4 | 2 |
| 18 | 3 | 3 | 4 | 3 | 3 | 4 | 3 | 3 | 4 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 4 | 3 |
| 19 | 4 | 2 | 3 | 4 | 4 | 2 | 2 | 2 | 3 | 4 | 2 | 2 | 3 | 2 | 4 | 3 | 3 | 3 | 4 | 3 | 2 | 3 | 2 | 4 |
| 20 | 3 | 3 | 4 | 3 | 4 | 2 | 2 | 3 | 4 | 4 | 4 | 2 | 2 | 2 | 3 | 2 | 4 | 2 | 4 | 3 | 3 | 3 | 3 | 4 |
| 21 | 2 | 4 | 3 | 2 | 2 | 2 | 1 | 2 | 4 | 4 | 3 | 4 | 2 | 1 | 4 | 3 | 3 | 2 | 4 | 2 | 3 | 5 | 2 | 2 |
| 22 | 2 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 2 | 4 | 3 | 3 | 3 | 3 | 3 |
| 23 | 2 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 4 | 3 | 3 | 3 | 3 | 3 |
| 24 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 2 | 1 | 2 | 3 | 3 | 3 | 2 | 1 |
| 25 | 2 | 2 | 3 | 1 | 1 | 3 | 1 | 1 | 5 | 5 | 2 | 4 | 2 | 2 | 3 | 3 | 4 | 1 | 5 | 1 | 5 | 4 | 1 | |
| 26 | 2 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 2 | 4 | 3 | 3 | 3 | 3 | 3 |
| 27 | 2 | 3 | 3 | 2 | 2 | 3 | 2 | 2 | 4 | 4 | 4 | 2 | 2 | 2 | 2 | 4 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 2 |
| 28 | 4 | 5 | 3 | 4 | 3 | 2 | 2 | 2 | 5 | 5 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 3 | 2 | 3 | 5 | 3 | 3 |

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

F-3 Tabulasi Skala Manajemen Waktu

| NO | 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 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 |
|-----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| 1 | 1 | 2 | 2 | 3 | 3 | 3 | 4 | 3 | 2 | 4 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 4 | 4 | 2 | 4 | 3 | 3 | 3 | 4 | 3 | 2 | 3 | 2 | 2 | 2 | 4 | 3 | 3 | |
| 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 4 | 4 | 4 | 3 | 2 | 2 | 4 | 4 | 4 | 3 | 2 | 3 | 3 | 2 | 3 | 3 | 2 | 3 | 5 | 4 | | |
| 3 | 2 | 2 | 2 | 3 | 4 | 4 | 4 | 4 | 3 | 2 | 1 | 4 | 4 | 4 | 4 | 3 | 2 | 2 | 2 | 4 | 3 | 3 | 2 | 2 | 2 | 3 | 4 | 4 | 3 | 2 | 4 | 3 | | | |
| 4 | 4 | 4 | 1 | 5 | 3 | 5 | 5 | 1 | 2 | 1 | 4 | 4 | 4 | 5 | 3 | 3 | 1 | 1 | 5 | 4 | 3 | 3 | 1 | 1 | 3 | 5 | 3 | 5 | 3 | 1 | 1 | 5 | 5 | 5 | |
| 5 | 2 | 2 | 2 | 5 | 5 | 5 | 5 | 2 | 2 | 2 | 3 | 5 | 5 | 4 | 1 | 1 | 1 | 5 | 5 | 3 | 3 | 1 | 1 | 1 | 5 | 5 | 5 | 1 | 1 | 1 | 3 | 5 | 5 | | |
| 6 | 4 | 2 | 1 | 2 | 1 | 4 | 2 | 1 | 3 | 4 | 3 | 5 | 1 | 2 | 1 | 2 | 1 | 2 | 4 | 3 | 3 | 2 | 2 | 3 | 5 | 1 | 5 | 5 | 2 | 1 | 1 | 2 | 4 | 3 | 1 |
| 7 | 3 | 1 | 1 | 5 | 5 | 5 | 5 | 1 | 1 | 1 | 5 | 3 | 5 | 5 | 1 | 1 | 1 | 5 | 5 | 3 | 5 | 1 | 1 | 1 | 5 | 5 | 5 | 5 | 1 | 1 | 1 | 5 | 5 | 5 | |
| 8 | 3 | 1 | 1 | 5 | 5 | 5 | 5 | 1 | 1 | 1 | 5 | 5 | 5 | 5 | 3 | 1 | 1 | 5 | 5 | 5 | 5 | 1 | 1 | 1 | 5 | 5 | 2 | 5 | 1 | 1 | 1 | 5 | 5 | 5 | |
| 9 | 1 | 1 | 1 | 1 | 3 | 1 | 2 | 3 | 1 | 1 | 5 | 4 | 3 | 3 | 3 | 1 | 1 | 5 | 3 | 1 | 2 | 3 | 3 | 5 | 3 | 1 | 5 | 1 | 3 | 2 | 3 | 1 | | | |
| 10 | 3 | 2 | 2 | 3 | 3 | 3 | 4 | 1 | 2 | 1 | 3 | 2 | 2 | 2 | 2 | 1 | 1 | 3 | 2 | 3 | 3 | 3 | 1 | 1 | 3 | 3 | 2 | 3 | 1 | 1 | 1 | 2 | 2 | 3 | |
| 11 | 3 | 2 | 2 | 3 | 2 | 4 | 3 | 3 | 1 | 2 | 3 | 2 | 5 | 4 | 1 | 1 | 1 | 5 | 5 | 4 | 3 | 1 | 1 | 1 | 5 | 5 | 5 | 2 | 1 | 1 | 1 | 3 | 5 | 4 | 5 |
| 12 | 2 | 2 | 2 | 2 | 4 | 4 | 2 | 2 | 2 | 1 | 4 | 4 | 4 | 3 | 4 | 2 | 2 | 4 | 4 | 4 | 4 | 4 | 2 | 2 | 4 | 2 | 4 | 4 | 2 | 2 | 2 | 4 | 4 | 4 | |
| 13 | 4 | 2 | 2 | 4 | 2 | 4 | 2 | 2 | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 2 | 2 | 4 | 4 | 4 | 4 | 2 | 2 | 1 | 4 | 1 | 1 | 1 | 4 | 2 | 4 | 4 | 4 | | |
| 14 | 2 | 2 | 2 | 2 | 4 | 4 | 2 | 2 | 2 | 1 | 4 | 4 | 4 | 3 | 4 | 2 | 2 | 4 | 4 | 4 | 4 | 4 | 2 | 2 | 4 | 2 | 4 | 4 | 2 | 2 | 2 | 5 | 5 | 5 | |
| 15 | 5 | 1 | 1 | 4 | 3 | 5 | 5 | 3 | 2 | 3 | 3 | 3 | 4 | 4 | 5 | 2 | 2 | 5 | 5 | 5 | 5 | 2 | 2 | 3 | 4 | 4 | 5 | 3 | 1 | 1 | 2 | 3 | 5 | 3 | 3 |
| 16 | 3 | 2 | 3 | 4 | 3 | 3 | 2 | 4 | 3 | 3 | 3 | 4 | 2 | 2 | 5 | 3 | 4 | 2 | 2 | 3 | 2 | 4 | 4 | 2 | 3 | 4 | 2 | 5 | 2 | 3 | 2 | 4 | 1 | 3 | 2 |
| 17 | 4 | 2 | 3 | 4 | 4 | 4 | 4 | 2 | 2 | 2 | 4 | 4 | 4 | 4 | 2 | 2 | 2 | 5 | 4 | 4 | 4 | 2 | 2 | 2 | 4 | 4 | 4 | 3 | 2 | 2 | 3 | 4 | 4 | 4 | |
| 18 | 4 | 2 | 2 | 4 | 5 | 3 | 4 | 2 | 2 | 2 | 3 | 4 | 3 | 3 | 3 | 2 | 2 | 3 | 4 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | | |
| 19 | 4 | 3 | 2 | 3 | 3 | 3 | 5 | 2 | 3 | 2 | 2 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 3 | 3 | 3 | 2 | 3 | 2 | 2 | 3 | 3 | 3 | 2 | 3 | 3 | |
| 20 | 4 | 2 | 2 | 4 | 4 | 3 | 4 | 2 | 2 | 2 | 2 | 4 | 4 | 4 | 4 | 3 | 2 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | |
| 21 | 2 | 2 | 2 | 4 | 4 | 4 | 4 | 2 | 1 | 2 | 4 | 4 | 4 | 4 | 2 | 2 | 2 | 4 | 4 | 4 | 4 | 2 | 2 | 2 | 4 | 4 | 2 | 1 | 2 | 2 | 4 | 4 | 4 | | |
| 22 | 3 | 3 | 2 | 3 | 3 | 4 | 4 | 3 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 2 | 2 | 4 | 4 | 4 | 4 | 2 | 2 | 3 | 3 | 4 | 4 | 4 | 2 | 3 | 3 | 3 | 3 | | |
| 23 | 3 | 3 | 2 | 3 | 3 | 4 | 4 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 4 | 4 | 4 | 4 | 2 | 2 | 3 | 3 | 4 | 4 | 4 | 2 | 3 | 3 | 3 | 3 | | |
| 24 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 1 | 1 | 1 | 3 | 3 | 1 | 3 | 2 | 2 | 2 | 3 | 3 | 2 | 3 | 1 | 1 | 2 | 2 | 2 | 3 | |
| 25 | 2 | 3 | 3 | 3 | 3 | 4 | 3 | 2 | 2 | 3 | 4 | 4 | 4 | 3 | 2 | 2 | 2 | 4 | 3 | 4 | 4 | 2 | 2 | 2 | 4 | 5 | 5 | 2 | 1 | 2 | 3 | 5 | 3 | 5 | |
| 26 | 3 | 3 | 2 | 3 | 3 | 4 | 4 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 4 | 4 | 4 | 4 | 2 | 2 | 3 | 3 | 4 | 4 | 4 | 2 | 3 | 3 | 3 | 3 | | |
| 27 | 3 | 2 | 2 | 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 | 2 | 2 | 2 | 3 | 3 | 3 | |
| 28 | 4 | 2 | 2 | 1 | 4 | 4 | 4 | 1 | 1 | 1 | 1 | 5 | 2 | 3 | 2 | 2 | 2 | 5 | 5 | 3 | 3 | 2 | 3 | 3 | 3 | 4 | 5 | 2 | 2 | 2 | 5 | 3 | 3 | 3 | |
| 29 | 2 | 4 | 2 | 2 | 4 | 3 | 4 | 2 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 3 | 2 | 4 | 4 | 4 | 4 | 2 | 3 | 2 | 4 | 4 | 4 | 3 | 2 | 3 | 4 | 3 | 3 | |
| 30 | 2 | 2 | 2 | 3 | 4 | 3 | 3 | 2 | 2 | 2 | 3 | 4 | 4 | 4 | 3 | 2 | 3 | 3 | 2 | 2 | 4 | 4 | 3 | 4 | 2 | 4 | 4 | 2 | 3 | 2 | 2 | 3 | 4 | 3 | |
| 31 | 1 | 1 | 1 | 4 | 4 | 4 | 1 | 2 | 2 | 1 | 4 | 4 | 4 | 4 | 4 | 2 | 3 | 3 | 4 | 4 | 4 | 4 | 2 | 2 | 4 | 4 | 4 | 2 | 2 | 4 | 4 | 4 | 5 | 5 | |
| 32 | 2 | 3 | 1 | 3 | 3 | 2 | 5 | 2 | 3 | 1 | 3 | 4 | 5 | 5 | 3 | 3 | 3 | 5 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 4 | 4 | 2 | 2 | 4 | 4 | 4 | 4 | |
| 33 | 3 | 2 | 3 | 5 | 5 | 5 | 3 | 3 | 1 | 2 | 3 | 5 | 5 | 4 | 1 | 1 | 1 | 5 | 5 | 4 | 2 | 1 | 1 | 5 | 5 | 5 | 5 | 1 | 1 | 1 | 3 | 5 | 5 | 5 | |

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 34 | 3 | 2 | 2 | 4 | 3 | 4 | 4 | 3 | 2 | 2 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 5 | 4 | 4 | 4 | 3 | 3 | 3 | 4 | 4 | 5 | 2 | 2 | 3 | 4 | 4 | 4 | 4 | | |
| 35 | 3 | 3 | 2 | 4 | 3 | 4 | 4 | 2 | 3 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 2 | 5 | 4 | 4 | 4 | 1 | 3 | 2 | 4 | 4 | 4 | 3 | 2 | 2 | 2 | 3 | 4 | 4 | 4 | |
| 36 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 3 | 2 | 2 | 4 | 3 | 3 | 3 | 3 | 2 | 3 | 4 | 4 | 4 | 4 | 2 | 3 | 2 | 3 | 4 | 3 | | |
| 37 | 4 | 2 | 3 | 4 | 3 | 4 | 4 | 2 | 1 | 3 | 3 | 4 | 4 | 3 | 3 | 1 | 2 | 3 | 4 | 3 | 4 | 3 | 2 | 3 | 3 | 1 | 3 | 2 | 2 | 1 | 2 | 3 | 4 | 4 | 4 | |
| 38 | 4 | 1 | 1 | 4 | 3 | 4 | 4 | 1 | 1 | 2 | 4 | 2 | 4 | 3 | 3 | 2 | 3 | 4 | 4 | 4 | 4 | 2 | 1 | 3 | 3 | 4 | 4 | 1 | 1 | 2 | 4 | 5 | 4 | 3 | | |
| 39 | 3 | 2 | 1 | 3 | 3 | 4 | 4 | 2 | 3 | 2 | 2 | 5 | 5 | 3 | 2 | 2 | 2 | 2 | 5 | 5 | 5 | 1 | 1 | 1 | 3 | 4 | 5 | 3 | 2 | 2 | 2 | 3 | 2 | 4 | 2 | 2 |
| 40 | 4 | 1 | 1 | 4 | 4 | 4 | 4 | 1 | 1 | 1 | 1 | 2 | 4 | 4 | 1 | 1 | 1 | 5 | 5 | 4 | 3 | 3 | 1 | 1 | 5 | 5 | 3 | 5 | 1 | 1 | 1 | 4 | 5 | 4 | 5 | |
| 41 | 3 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 2 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | |
| 42 | 3 | 2 | 2 | 4 | 3 | 4 | 4 | 2 | 2 | 2 | 4 | 3 | 4 | 4 | 3 | 2 | 2 | 4 | 4 | 4 | 4 | 2 | 2 | 2 | 4 | 4 | 4 | 4 | 2 | 2 | 2 | 4 | 4 | 4 | 3 | |
| 43 | 4 | 3 | 2 | 4 | 3 | 4 | 4 | 2 | 2 | 2 | 4 | 3 | 3 | 2 | 4 | 2 | 2 | 4 | 4 | 4 | 4 | 2 | 2 | 2 | 4 | 4 | 4 | 4 | 2 | 2 | 2 | 4 | 4 | 5 | 5 | |
| 44 | 3 | 2 | 2 | 3 | 4 | 3 | 4 | 2 | 2 | 1 | 3 | 4 | 4 | 3 | 4 | 2 | 2 | 4 | 4 | 4 | 3 | 2 | 3 | 3 | 4 | 4 | 4 | 3 | 4 | 2 | 2 | 3 | 4 | 4 | 4 | |
| 45 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | |
| 46 | 2 | 2 | 1 | 3 | 2 | 1 | 3 | 1 | 4 | 2 | 1 | 2 | 4 | 2 | 2 | 2 | 3 | 2 | 2 | 1 | 2 | 1 | 2 | 4 | 4 | 2 | 1 | 2 | 2 | 2 | 3 | 1 | 3 | 2 | 1 | |
| 47 | 4 | 1 | 1 | 4 | 4 | 4 | 4 | 1 | 1 | 1 | 1 | 2 | 4 | 1 | 3 | 2 | 1 | 4 | 3 | 4 | 2 | 2 | 2 | 3 | 5 | 4 | 4 | 4 | 4 | 2 | 2 | 2 | 4 | 4 | 4 | |
| 48 | 3 | 2 | 2 | 3 | 2 | 4 | 3 | 2 | 2 | 2 | 3 | 4 | 4 | 3 | 3 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 3 | 5 | 4 | 4 | 2 | 1 | 2 | 3 | 3 | 3 | 4 | 3 | |
| 49 | 1 | 1 | 1 | 5 | 5 | 5 | 5 | 1 | 1 | 1 | 5 | 5 | 5 | 5 | 1 | 1 | 1 | 5 | 5 | 5 | 5 | 1 | 1 | 5 | 5 | 5 | 5 | 5 | 1 | 1 | 1 | 5 | 5 | 5 | 5 | |
| 50 | 2 | 2 | 2 | 3 | 2 | 4 | 4 | 2 | 2 | 2 | 4 | 4 | 4 | 3 | 3 | 3 | 1 | 4 | 4 | 2 | 3 | 2 | 2 | 2 | 4 | 4 | 4 | 4 | 2 | 2 | 2 | 2 | 4 | 4 | 4 | |
| 51 | 1 | 1 | 2 | 3 | 3 | 2 | 4 | 2 | 2 | 2 | 4 | 4 | 5 | 4 | 3 | 2 | 2 | 5 | 4 | 2 | 4 | 2 | 2 | 2 | 4 | 4 | 3 | 2 | 1 | 1 | 2 | 4 | 4 | 4 | 4 | |

LAMPIRAN G

Uji Normalitas, Linieritas, Multikolonieritas dan Hipotesis

G-1 Uji Normalitas

G-2 Uji Linieritas

G-3 Uji Multikolinieritas

G-4 Uji Hipotesis

G-1 Uji Normalitas

Descriptive Statistics

| | N | Mean | Std. Deviation | Minimum | Maximum | Percentiles | | |
|---|----|--------|----------------|---------|---------|-------------|---------------|---------|
| | | | | | | 25th | 50th (Median) | 75th |
| stres_akademik | 51 | 63,55 | 8,533 | 42 | 86 | 60,00 | 64, 00 | 69, 00 |
| penyesuaian_diri_terhadap_tuntutan_akademik | 51 | 87,94 | 11,514 | 67 | 113 | 79, 00 | 88, 00 | 94, 00 |
| manajemen_waktu | 51 | 128,84 | 16,645 | 98 | 171 | 118, 00 | 128, 00 | 136, 00 |

One-Sample Kolmogorov-Smirnov Test

| | | stres_akademik | penyesuaian_diri_terhadap_tuntutan_akademik | manajemen_waktu |
|-----------------------------------|----------------|----------------|---|-----------------|
| N | | 51 | 51 | 51 |
| Normal Parameters ^{a, b} | Mean | 63,55 | 87,94 | 128,84 |
| | Std. Deviation | 8,533 | 11,514 | 16,645 |
| Most Extreme Differences | Absolute | ,128 | , 078 | ,138 |
| | Positive | , 088 | , 078 | ,138 |
| | Negatif | -,128 | -, 076 | -, 066 |
| Kolmogorov-Smirnov Z | | ,912 | ,556 | ,982 |
| Asymp. Sig. (2-tailed) | | ,377 | ,917 | ,290 |

a. Test distribution is Normal.

b. Calculated from data.

G-2 Uji Linieritas

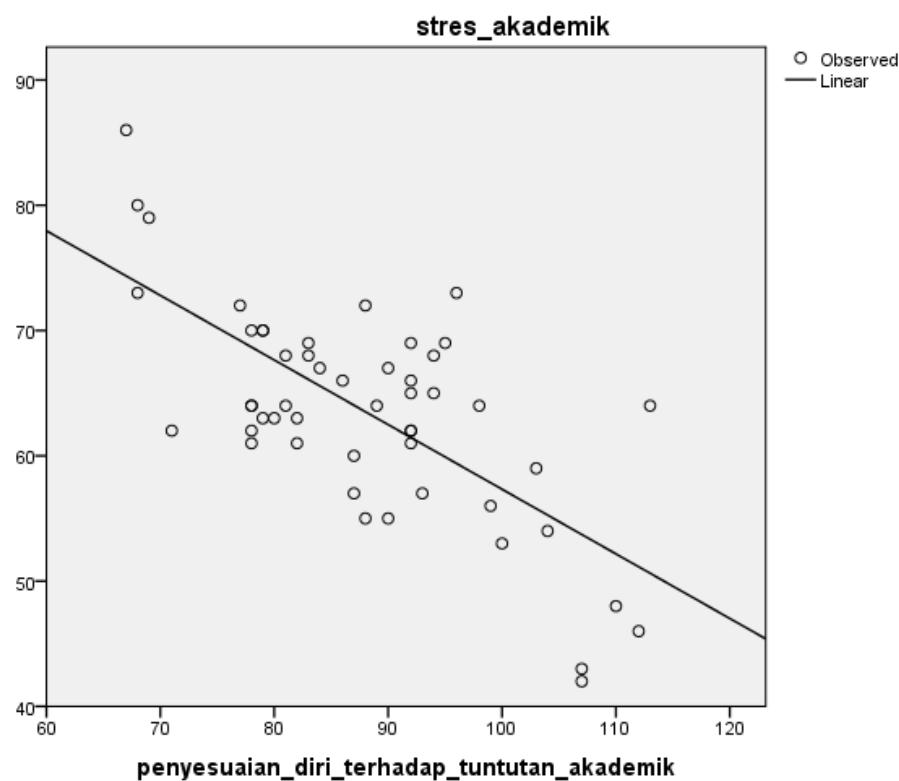
Skala Penyesuaian Akademik dengan Stres Akademik

Model Summary and Parameter Estimates

Dependent Variable: stres_akademik

| Equation | Model Summary | | | | | Parameter Estimates | |
|----------|---------------|---------|-----|-----|-------|---------------------|-------|
| | R Square | F | df1 | df2 | Sig. | Constant | b1 |
| Linear | , 484 | 46, 050 | 1 | 49 | , 000 | 108,912 | -,516 |

The independent variable is penyesuaian_diri_terhadap_tuntutan_akademik.



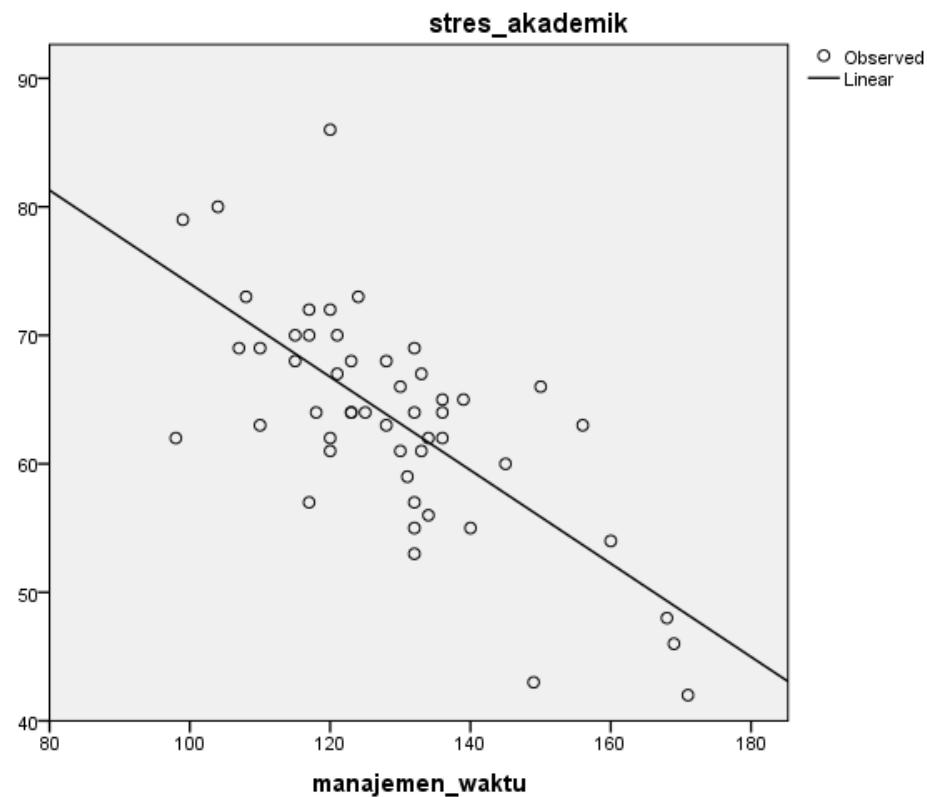
Skala Manajemen Waktu dengan Stres Akademik

Model Summary and Parameter Estimates

Dependent Variable: stres_akademik

| Equation | Model Summary | | | | | Parameter Estimates | |
|----------|---------------|--------|-----|-----|------|---------------------|-------|
| | R Square | F | df1 | df2 | Sig. | Constant | b1 |
| Linear | ,502 | 49,314 | 1 | 49 | ,000 | 110,329 | -,363 |

The independent variable is manajemen_waktu.



G-3 Uji Multikolinieritas

| Model | Coefficients ^a | | | | | | | | | |
|-------------------------------|-----------------------------|------------|---------------------------|--------|------|--------------|---------|-------|-------------------------|-------|
| | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. | Correlations | | | Collinearity Statistics | |
| | B | Std. Error | Beta | | | Zero-order | Partial | Part | Tolerance | VIF |
| (Constant) | 117,810 | 6,701 | | 17,580 | ,000 | | | | | |
| penyesuaian_diri | | | | | | | | | | |
| 1 _terhadap_tuntutan_akademik | -,291 | ,097 | -,393 | -,3, | ,010 | -,696 | -,398 | -,281 | ,512 | 1,953 |
| manajemen_waktu | -,222 | ,067 | -,434 | -3,319 | ,002 | -,708 | -,432 | -,310 | ,512 | 1,953 |

a. Dependent Variable: stres_akademik

G-4 Uji Hipotesis

Descriptive Statistics

| | Mean | Std. Deviation | N |
|---|--------|----------------|----|
| stres_akademik | 63,55 | 8,533 | 51 |
| penyesuaian_diri_terhadap_tuntutan_akademik | 87,94 | 11,514 | 51 |
| manajemen_waktu | 128,84 | 16,645 | 51 |

Model Summary^b

| Model | R | R Square | Adjusted R Square | Std. Error of the Estimate | Change Statistics | | | | |
|-------|-------------------|----------|-------------------|----------------------------|-------------------|----------|-----|-----|----------|
| | | | | | R Square Change | F Change | df1 | df2 | Sig. Cha |
| 1 | ,762 ^a | ,581 | ,563 | 5,639 | ,581 | 33,241 | 2 | 48 | , |

a. Predictors: (Constant), manajemen_waktu, penyesuaian_diri_terhadap_tuntutan_akademik

b. Dependent Variable: stres_akademik

ANOVA^a

| Model | Sum of Squares | Df | Mean Square | F | Sig. |
|-------|----------------|----|-------------|--------|-------------------|
| 1 | Regression | 2 | 1057,099 | 33,241 | ,000 ^b |
| | Residual | 48 | 31,801 | | |
| | Total | 50 | | | |

a. Dependent Variable: stres_akademik

b. Predictors: (Constant), manajemen_waktu, penyesuaian_diri_terhadap_tuntutan_akademik

Residuals Statistics^a

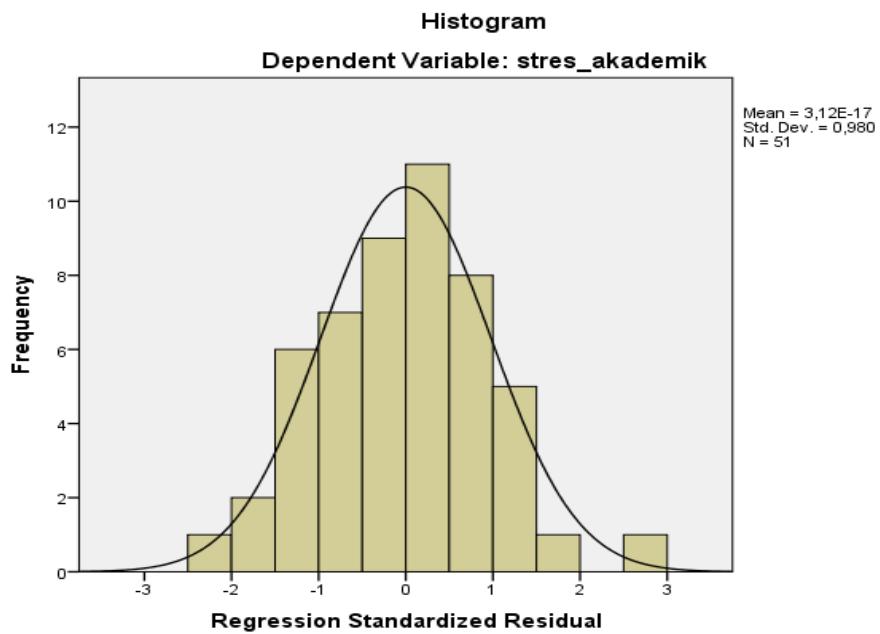
| | Minimum | Maximum | Mean | Std. Deviation | N |
|----------------------|---------|---------|-------|----------------|----|
| Predicted Value | 47,61 | 75,70 | 63,55 | 6,503 | 51 |
| Residual | -13,341 | 14,384 | ,000 | 5,525 | 51 |
| Std. Predicted Value | -2,451 | 1,869 | ,000 | 1,000 | 51 |
| Std. Residual | -2,366 | 2,551 | ,000 | ,980 | 51 |

a. Dependent Variable: stres_akademik

Coefficients^a

| Model | Unstandardized Coefficients | | Standardized Coefficients Beta | t | Sig. | Correlations | | | Collinearity Statistics | |
|-------|---|------------|-----------------------------------|-------|-------------|--------------|---------|-------|-------------------------|-------|
| | B | Std. Error | | | | Zero-order | Partial | Part | Tolerance | VIF |
| 1 | (Constant) | 117,810 | 6,701 | | 17,580 ,000 | | | | | |
| | penyesuaian_diri_terhadap_tuntutan_akademik | -,291 | ,097 | -,393 | -3,010 ,004 | -,696 | -,398 | -,281 | ,512 | 1,953 |
| | manajemen_waktu | -,222 | ,067 | -,434 | -3,319 ,002 | -,708 | -,432 | -,310 | ,512 | 1,953 |
| | | | | | | | | | | |

a. Dependent Variable: stres_akademik



LAMPIRAN H

Surat Izin Wawancara dan Penelitian

H-1 Surat izin Mohon Data

H- 2 Surat Izin Try Out dan Penelitian

H-3 Surat Bukti telah Melakukan Penelitian

H-1 Surat izin Mohon Data


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 email : informasi@unissula.ac.id web : www.unissula.ac.id

FAKULTAS PSIKOLOGI

Bismillah Membangun Generasi Khalir Ummah

| | | | |
|---------|---|-----------------------|--|
| Nomor | : | 134/C.1/Psi-SA/L/2020 | <u>24 Jumadil Ula 1441 H</u> 20 Januari 2020 M. |
| Lamp. | : | - | |
| Perihal | : | Mohon Data | |

Kepada Yth : Dekan
 Fakultas Kedokteran
 Jurusan Farmasi
 Universitas Islam Sultan Agung
 Semarang

Assalamu'alaikum Wr. Wb.

Dalam rangka memenuhi tugas akhir penyusunan Skripsi, bersama ini kami memohonkan ijin untuk mahasiswa Fakultas Psikologi Universitas Islam Sultan Agung (UNISSULA) Semarang untuk Mohon Data di Fakultas Kedokteran Jurusan Farmasi Unissula Semarang.

Data tersebut diperlukan untuk bahan penulisan skripsi mahasiswa sebagai berikut :

| | | |
|------------------|---|--|
| Nama | : | Fatma Khulafaur R. |
| Nim | : | 30701501650 |
| Alamat | : | Jl. Masjid Terboyo No. 8 Semarang |
| Judul Skripsi | : | Pengaruh Penyesuaian Diri Terhadap Tuntutan Akademik Dan Manajemen Waktu Terhadap Stres Akademik Pada Mahasiswa Jurusan Farmasi Di Universitas X Semarang. |
| Subyek | : | Mahasiswa Farmasi |
| Dosen Pembimbing | : | Titin Suprihatin, S.Psi, M.Psi |

Sebagai bahan persyaratan berikut ini kami lampirkan KTM dan KTP yang bersangkutan.

Demikian permohonan kami atas bantuanmu diucapkan banyak terima kasih.

Wassalamu'alaikum Wr. Wb.


 Titin Suprihatin, S.Psi, M.Psi
 NIDN : 0605017601

Tembusan :
 1. Yang bersangkutan
 2. Arsip

H- 2 Surat Izin Try Out dan Penelitian


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| | | |
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| FAKULTAS PSIKOLOGI | | <i>Bismillah Membangun Generasi Khaira Ummah</i> |
|---------------------------|--|--|

| | | | |
|---------|---|-----------------------------------|---------------------|
| Nomor | : | 351/C.1/Psi-SA/II/2020 | 01 Rajab 1441 H |
| Lamp. | : | - | 25 Februari 2020 M. |
| Perihal | : | Mohon Ijin Penelitian dan Try Out | |

Kepada Yth :

Dekan
Fakultas Kedokteran
Program Studi Farmasi
Universitas Islam Sultan Agung
Semarang

Assalamu'alaikum Wr. Wb.

Dalam rangka memenuhi tugas akhir penyusunan Skripsi, bersama ini kami memohonkan ijin untuk mahasiswa Fakultas Psikologi Universitas Islam Sultan Agung (UNISSULA) Semarang melakukan kegiatan Penelitian dan Try Out di Fakultas Kedokteran Program Studi Farmasi Unissula Semarang.

Data tersebut diperlukan untuk bahan penulisan skripsi mahasiswa sebagai berikut :

| | | |
|---------------|---|--|
| Nama | : | Fatma Khulafaur Rosyidah |
| Nim | : | 30701501650 |
| Alamat | : | Jl. Masjid Terboyo Semarang |
| Judul Skripsi | : | Pengaruh Penyesuaian Diri Terhadap Tuntutan Akademik Dan Manajemen Waktu Terhadap Stres Akademik Pada Mahasiswa Jurusan Farmasi Di Universitas X Semarang. |
| Subjek | : | Mahasiswa Tahun Angkatan 2017-2019 |
| Dosen | : | Titin Suprihatin, S.Psi, M.Psi |
| Pembimbing | : | |

Sebagai bahan persyaratan berikut ini kami lampirkan KTM dan KTP yang bersangkutan.

Demikian permohonan kami atas bantuannya diucapkan banyak terima kasih.

Wassalamu'alaikum Wr. Wb.

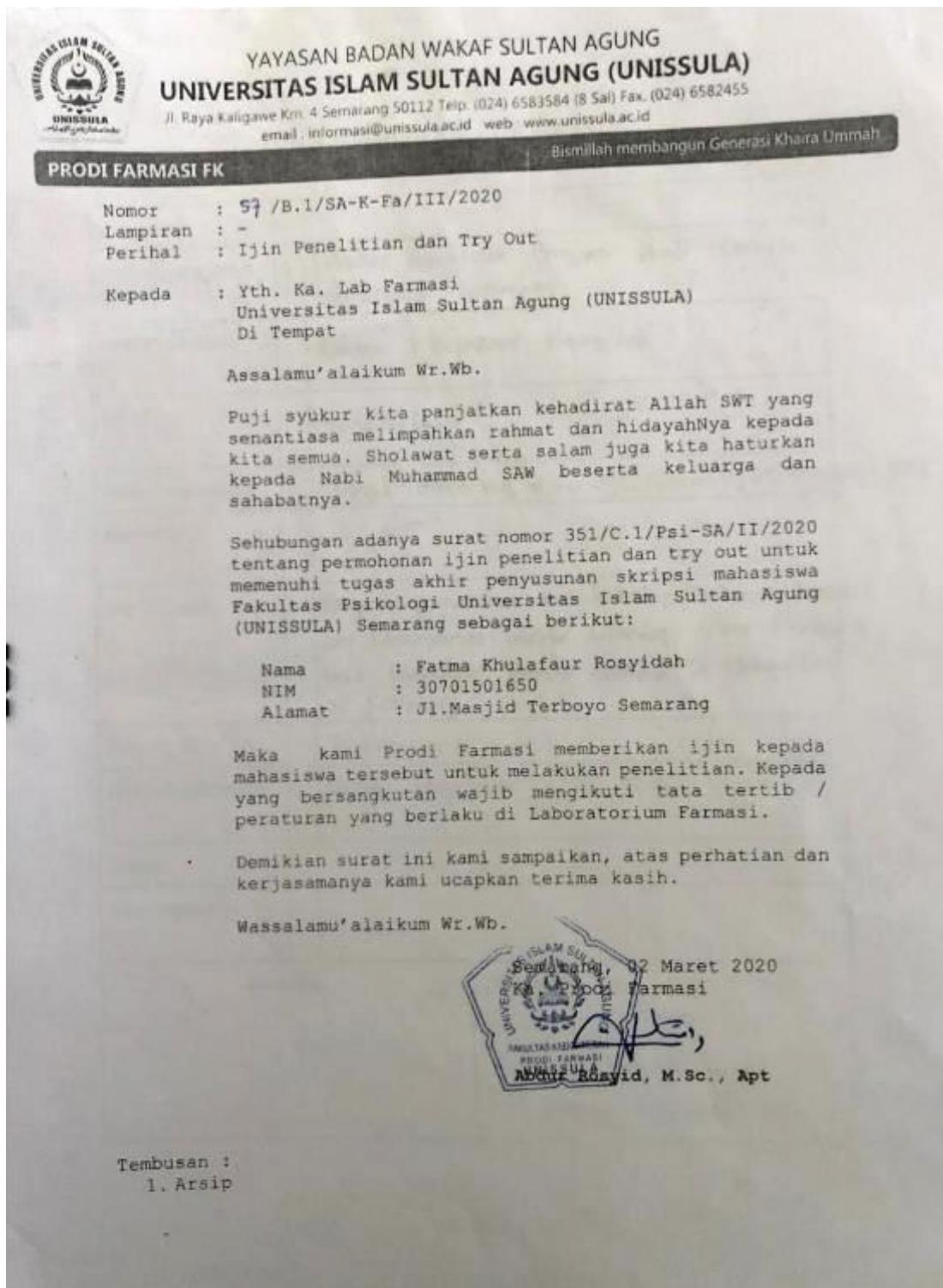


Titin Suprihatin, S.Psi, M.Psi
NIK : 210700011

Tembusan :

1. Yang bersangkutan
2. Arsip

H-3 Surat Bukti telah Melakukan Penelitian



LAMPIRAN I

DOKUMENTASI





