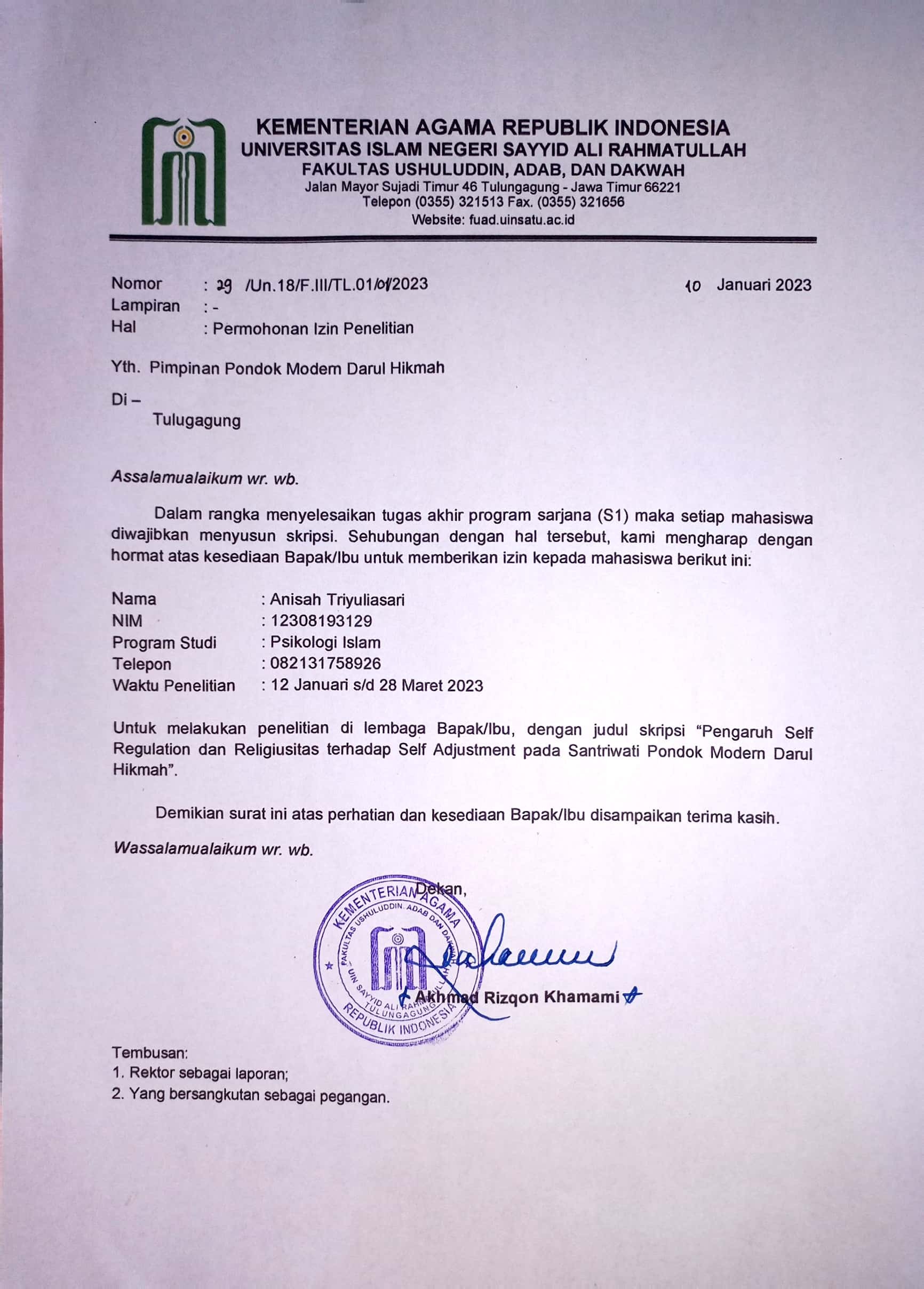
LAMPIRAN

**Lampiran 1**. Surat Izin Penelitian

**Lampiran 2.** Surat Keterangan Telah Melakukan Penelitian



**Lampiran 3.** Surat Permohonan Rater

**PERSETUJUAN *PROFESSIONAL JUDGEMENT***

Hal : Permohonan Validasi Instrumen Skripsi

Lampiran : 1 Bendel

Yth. Ibu Arina Husna Zaini, M.Pd.

Di tempat

Assalamu’alaikum Wr. Wb.

Sehubungan dengan penelitian untuk penyelesaian tugas akhir, dengan ini saya:

Nama Lengkap : Anisah Triyuliasari

NIM : 12308193129

Jurusan / Fakultas : Psikologi Islam / FUAD

Dosen Pembimbing : Ali Sayhidin Mubarok, M.Si.

Judul Penelitian : Pengaruh Regulasi Diri dan Religiusitas terhadap Self Adjustment pada Santriwati Pondok Modern Darul Hikmah

Instrumen yang akan divalidasi : Skala Religiusitas dan Skala Self Adjustment

Memohon kesediaan Bapak/Ibu untuk berkenan memberikan validasi terhadap instrument penelitian yang akan saya gunakan dalam penelitian saya. Sebagai bahan pertimbangan bersama ini saya lampirkan **Teori, Kisi-kisi instrumen, dan Instrumen penelitian** sesuai format yang akan digunakan dalam proses pengambilan data.

Demikian permohonan yang dapat saya sampaikan, atas bantuan dan perhatiannya, saya ucapkan banyak terimakasih.

Wassalamu’alaikum Wr. Wb.

Tulungagung, 13 Januari 2023

Anisah Triyuliasari

NIM. 12308193129

**PERSETUJUAN *PROFESSIONAL JUDGEMENT***

Hal : Permohonan Validasi Instrumen Skripsi

Lampiran : 1 Bendel

Yth. Ibu Lely Nur Azizah, S.Psi. M.Si.

Di tempat

Assalamu’alaikum Wr. Wb.

Sehubungan dengan penelitian untuk penyelesaian tugas akhir, dengan ini saya:

Nama Lengkap : Anisah Triyuliasari

NIM : 12308193129

Jurusan / Fakultas : Psikologi Islam / FUAD

Dosen Pembimbing : Ali Syahidin Mubarok, M.Si.

Judul Penelitian : Pengaruh Regulasi Diri dan Religiusitas terhadap Self Adjustment pada Santriwati Pondok Modern Darul Hikmah

Instrumen yang akan divalidasi : Skala Kecerdasan *Adversity* dan Skala Kecemasan

memohon kesediaan Bapak/Ibu untuk berkenan memberikan validasi terhadap instrument penelitian yang akan saya gunakan dalam penelitian saya. Sebagai bahan pertimbangan bersama ini saya lampirkan **Teori, Kisi-kisi instrumen, dan Instrumen penelitian** sesuai format yang akan digunakan dalam proses pengambilan data.

Demikian permohonan yang dapat saya sampaikan, atas bantuan dan perhatiannya, saya ucapkan banyak terimakasih.

Wassalamu’alaikum Wr. Wb.

Tulungagung, 17 Januari 2023

Anisah Triyuliasari

NIM. 12308193129

**PERSETUJUAN *PROFESSIONAL JUDGEMENT***

Hal : Permohonan Validasi Instrumen Penelitian

Lampiran : 1 Bandel

Yth. Ibu Nuzulunni’mah S.Psi, M.Psi.

Di tempat

Assalamu’alaikum Warahmatullahi Wabarakatuh

Sehubungan dengan rencana penelitian dalam rangka penyelesaian tugas akhir/skripsi, dengan ini saya :

|  |  |
| --- | --- |
| Nama Lengkap | : Anisah Triyuliasari |
| NIM | :12308193129 |
| Program Studi/Fakultas | : Psikologi Islam/Fakultas Ushuluddin Adab dan Dakwah |
| Dosen Pembimbing | : Ali Syahidin Mubarok, M.Si |
| Judul Penelitian | : Pengaruh Self Regulation dan Religiusitas terhadap Self Adjustment pada Santriwati Pondok Modern Darul Hikmah |
| Instrumen yang akan divalidasi | : 1. Skala Religiusitas  2. Skala Self Adjustment |

Memohon dengan hormat kesediaan Ibu untuk berkenan memberikan validasi terhadap instrumen penelitian yang akan saya gunakan dalam penelitian saya. Sebagai bahan pertimbangan bersama ini saya lampirkan **Teori, Kisi-kisi instrumen, dan Instrumen penelitian** sesuai format yang akan digunakan dalam proses pengambilan data.

Demikian permohonan yang dapat saya sampaikan, atas bantuan dan perhatian serta mendahului perkenannya, saya ucapkan banyak terimakasih.

Wassalamu’alaikum Warahmatullahi Wabarakatuh

Tulungagung, 16 Januari 2023

Anisah Triyuliasari

NIM. 12308193129

**SURAT PERNYATAAN KESEDIAAN MENJADI RATER**

Saya yang bertandatangan di bawah ini:

Nama : Nuzulunni’mah, S.Psi.,M.Psi.

Pekerjaan : Dosen Program Studi Psikologi Islam UIN Sayyid Ali Rahmatullah Tulungagung

Menyatakan bersedia menjadi rater untuk skala religiusitas dan skala self adjustment yang akan digunakan dalam menyelesaikan tugas akhir dengan judul “Pengaruh Self Regulation dan Religiusitas terhadap Self Adjustment pada Santriwati Pondok Modern Darul Hikmah” yang disusun oleh:

Nama : Anisah Triyuliasari

NIM : 12308193129

Adapun catatan yang diberikan untuk skala religiusitas dan self adjustment adalah sebagai berikut :

……………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………

Tulungagung, 18 Januari 2023

Rater,



Nuzulunni’mah,S.Psi.,M.Psi.

**Lampiran 4.** Dasar Teori

**SKALA  REGULASI DIRI**

|  |  |
| --- | --- |
| **Variabel** | Regulasi Diri (Bandura, 1986) |
| **Definisi Konseptual** | Regulasi diri adalah kemampuan individu untuk mengendalikan diri dalam berperilaku, menetapkan tujuan yang akan dicapai, mengetahui dan mengelola emosi diri, mengawasi serta mengevaluasi kemajuan yang telah dicapai. |
| **Aspek** | Aspek dari regulasi diri adalah : Observasi Diri *(Self- Observation)* , Proses Penilaian *(Judgement Process),* dan Respon Diri *(Self-Response)* |
| **Definisi Operasional** | Regulasi diri adalah kemampuan individu untuk mengendalikan diri dalam berperilaku, menetapkan tujuan yang akan dicapai, mengetahui dan mengelola emosi diri, mengawasi serta mengevaluasi kemajuan yang telah dicapai. Variabel regulasi diri diukur menggunakan skala regulasi diri yang dibuat  oleh peneliti berdasarkan aspek regulasi diri yang dikemukakan oleh Bandura (1986). Aspek-aspek tersebut adalah: observasi diri *(self- observation)* , proses penilaian *(judgement process),* dan respon diri *(self-response).* Semakin tinggi skor yang didapatkan, maka semakin tinggi regulasi diri yang dimiliki individu . Sedangkan, semakin rendah skor yang didapatkan , maka semakin rendah regulasi diri yang dimiliki individu. |
| **Referensi** | Bandura, Albert (1991).”*Social Cognitive Theory Of Self-Regulation*”. Organizational Behavior And Human Decious Proccess, 50, 248-287. |

**SKALA RELIGIUSITAS**

|  |  |
| --- | --- |
| **Variabel** | Religiusitas (Huber, 2007) (Huber & Huber, 2012) |
| **Definisi Konseptual** | Religiusitas merupakan suatu proses persepsi, evaluasi dan pengalaman dari kepercayaan religius individu yang digunakan sebagai landasan praktik dalam menjalani kehidupan. (Huber, 2007) |
| **Aspek** | Religiusitas memiliki beberapa dimensi yang dikemukakan oleh huber dan huber (2012), yakni:   1. *Intellectual Dimension* (dimensi intelektual), dimensi ini direpresentasikan sebagai tema minat, keterampilan hermeneutis, gaya pemikiran dan interpretasi, serta sebagai kumpulan pengetahuan 2. *Ideology* (ideologi), dimensi ini direpresentasikan sebagai keyakinan, keyakinan yang tidak perlu ditanyakan, dan pola yang masuk akal 3. *Public practice* (praktik publik), dimensi ini direpresentasikan sebagai pola tindakan dan sebagai rasa memiliki sehubungan dengan transendensi ritual keagamaan tertentu 4. *Private practice* (praktik pribadi), dimensi ini direpresentasikan sebagai pola tindakan atau bentuk pengabdian pribadi pada transendensi 5. *Religious experience* (pengalaman religius), individu yang religius memiliki semacam kontak langsung dengan realitas tertinggi yang memengaruhi individu secara emosional, dimensi ini direpresentasikan sebagai pola persepsi keagamaan dan sebagai bentuk dari pengalaman dan perasaan keagamaan |
| **Definisi Operasional** | Religiusitas adalah suatu penghayatan nilai-nilai dan norma-norma keagamaan berdasarkan aspek intelektual, ideologi, praktik public, praktik pribadi, dan pengalaman religious pada diri individu yang wujudnya termanifestasikan dalam kehidupan sehari-hari. Alat ukur yang digunakan untuk mengukur variabel religiusitas yakni peneliti melakukan adaptasi skala *The Centrality Of Religiosity Scale* (CRS) yang dikemukan oleh Huber dan Huber (2012), berdasarkan 5 dimensi yaitu: i*ntellectual dimension, ideology, public practice, private practice, religious experience.* Peneliti mengalihbahasakan skala tersebut dalam bahasa Indonesia agar mudah dipahami oleh subjek. Kemudian peneliti memodifikasi skala tersebut yang awalnya berupa kalimat pertanyaan menjadi kalimat pernyataan dan memodifikasi pernyataan yang disesuaikan dengan agama islam yang bertujuan agar memudahkan subjek dalam menentukan jawabannya. Selanjutnya peneliti juga memodifikasi skala tersebut menjadi skala likert dengan pilihan jawaban sebagai berikut: sangat sering (SS), sering (S), jarang (J), sangat jarang (SJ). Dengan masing-masing skor yang akan diperoleh: sangat sering (SS) 4 poin, sering (S) 3 poin, jarang (J) 2 poin, sangat jarang (SJ) 1 poin. Setelah dilakukan *scoring* dapat diketahui jika semakin tinggi skor yang diperoleh maka menunjukkan tingkat religiusitas yang tinggi. Sebaliknya jika skor yang didapatkan rendah maka menunjukkan tingkat religiusitas yang rendah. |
| **Referensi** | Huber, S. (2007). Are religious beliefs relevant in daily life?. In *Religion inside and outside traditional institutions* (pp. 211-230). Brill. <https://doi.org/10.1163/ej.9789004157927.i-322.64>  Huber, S., & Huber, O. W. (2012). The Centrality Of Religiosity Scale (CRS). *Religions*, *3*(3), 710-724. <https://doi.org/10.3390/rel3030710> |

**SKALA SELF ADJUSTMENT**

|  |  |
| --- | --- |
| **Variabel** | Self Adjustment (Schneiders, 1955) |
| **Definisi Konseptual** | Menurut Schneiders (1955) Penyesuaian diri adalah suatu proses yang melibatkan respon mental dan perilaku dimana seorang individu berusaha untuk berhasil mengatasi kebutuhan batin, ketegangan, frustasi, dan konflik, juga untuk mencapai tingkat harmoni antara tuntutan batin dan tuntunan yang dipaksakan oleh dunia objektif dimana ia hidup. |
| **Aspek** | Pada penelitian ini peneliti menggunakan aspek dari Schneiders (1955) yang menyebutkan empat aspek yaitu :   1. Adaptation (Adaptasi), aspek ini direpresentasikan sebagai kemampuan individu untuk menyesuaikan diri dengan mempertahankan eksistensinya dan memperoleh kesejahteraan hati nurani dari dalam diri 2. Conformity (Konformitas), aspek ini direpresentasikan sebagai kemampuan individu untuk menyesuaikan diri dengan norma-norma social dan moral 3. Mastery (Penguasaan), aspek ini direpresentasikan sebagai kemampuan untuk merencanakan dan mengatur respons individu sehingga dapat menguasai dan menaggapi konflik, kesulitan, dan frustasi dengan perilaku efisien 4. Individual variation (Variasi Individu), aspek ini direpresentasikan sebagai kemampuan memahami berbagai macam variasi individu untuk mencapai keseimbangan diri di lingkungannya |
| **Definisi Operasional** | Kemampuan individu untuk menyesuaikan diri dengan kondisi lingkungannya baik dari segi konflik dalam diri maupun lingkungan juga menyesuaikan diri dengan norma-norma dimana individu tersebut berada. Variable Self Adjustment diukur dengan skala penyesuaian diri berdasarkan aspek yang dikemukakan oleh Schneiders (1955). Ada empat aspek penyesuaian diri yaitu Adaptation, Conformity, Mastery, dan Individual variation. |
| **Referensi** | Schneiders, A.A. (1955). *Personal Adjustment and Mental Health*. Holt Rinehart and Winston |

**Lampiran 5.** Hasil Uji Validitas Aiken’s V

## **Hasil Uji Validitas Uji Skala Regulasi Diri dengan Aiken V**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Penilai** | **aitem 01** | | **aitem 02** | | **aitem 03** | | **aitem 04** | | **aitem 05** | | **aitem 06** | | **aitem 07** | | **aitem 08** | | **aitem 09** | | **aitem 10** | |
| skor | S | skor | s | skor | s | skor | s | skor | s | skor | s | skor | S | skor | s | skor | S | skor | S |
| Rater 1 | 5 | 4 | 5 | 4 | 5 | 4 | 4 | 3 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 |
| Rater 2 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 |
| Rater 3 | 5 | 4 | 4 | 3 | 5 | 4 | 5 | 4 | 5 | 4 | 4 | 3 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 |
| Ʃs | 11 | | 10 | | 11 | | 10 | | 11 | | 10 | | 11 | | 11 | | 11 | | 11 | |
| V | 0,92 | | 0,84 | | 0,92 | | 0,84 | | 0,92 | | 0,84 | | 0,92 | | 0,92 | | 0,92 | | 0,92 | |

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| **Penilai** | **aitem 11** | | **aitem 12** | | **aitem 13** | | **aitem 14** | | **aitem 15** | | **aitem 16** | | **aitem 17** | | **aitem 18** | | **aitem 19** | | **aitem 20** | |
| skor | S | skor | s | skor | s | skor | s | skor | s | skor | s | skor | s | skor | s | skor | S | skor | S |
| Rater 1 | 5 | 4 | 5 | 4 | 5 | 4 | 4 | 3 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 4 | 3 | 5 | 4 |
| Rater 2 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 |
| Rater 3 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 |
| Ʃs | 11 | | 11 | | 11 | | 10 | | 11 | | 11 | | 11 | | 11 | | 10 | | 11 | |
| V | 0.92 | | 0.92 | | 0.92 | | 0.84 | | 0.92 | | 0.92 | | 0.92 | | 0.92 | | 0.84 | | 0.92 | |

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| **Penilai** | **aitem 21** | | **aitem 22** | | **aitem 23** | | **aitem 24** | | **aitem 25** | | **aitem 26** | | **aitem 27** | | **aitem 28** | | **aitem 29** | | **aitem 30** | |
| skor | S | skor | s | skor | s | skor | s | skor | s | skor | s | skor | s | skor | s | skor | S | skor | S |
| Rater 1 | 5 | 4 | 5 | 4 | 5 | 4 | 4 | 3 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 |
| Rater 2 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 |
| Rater 3 | 4 | 3 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 |
| Ʃs | 10 | | 11 | | 11 | | 10 | | 11 | | 11 | | 11 | | 11 | | 11 | | 11 | |
| V | 0.84 | | 0.92 | | 0.92 | | 0.84 | | 0.92 | | 0.92 | | 0.91 | | 0.92 | | 0.92 | | 0.92 | |

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| **Penilai** | **aitem 31** | | **aitem 32** | | **aitem 33** | | **aitem 34** | | **aitem 35** | | **aitem 36** | |
| skor | S | skor | s | skor | s | skor | s | skor | s | skor | s |
| Rater 1 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 |
| Rater 2 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 |
| Rater 3 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 |
| Ʃs | 11 | | 11 | | 11 | | 11 | | 11 | | 11 | |
| V | 0.92 | | 0.92 | | 0.92 | | 0.92 | | 0.92 | | 0.92 | |

## **Hasil Uji Validitas Uji Skala Self Adjustment dengan Aiken V**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Penilai** | **aitem 01** | | **aitem 02** | | **aitem 03** | | **aitem 04** | | **aitem 05** | | **aitem 06** | | **aitem 07** | | **aitem 08** | | **aitem 09** | | **aitem 10** | |
| skor | S | skor | s | skor | s | skor | s | skor | s | skor | s | skor | s | skor | s | skor | S | skor | S |
| Rater 1 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 1 | 0 | 2 | 1 | 5 | 4 |
| Rater 2 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 |
| Rater 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 |
| Ʃs | 11 | | 11 | | 11 | | 11 | | 11 | | 11 | | 11 | | 7 | | 8 | | 11 | |
| V | 0.92 | | 0.92 | | 0.92 | | 0.92 | | 0.92 | | 0.92 | | 0.92 | | 0.59 | | 0.67 | | 0.92 | |

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| **Penilai** | **aitem 11** | | **aitem 12** | | **aitem 13** | | **aitem 14** | | **aitem 15** | | **aitem 16** | | **aitem 17** | | **aitem 18** | | **aitem 19** | | **aitem 20** | |
| skor | S | skor | s | skor | s | skor | s | skor | s | skor | s | skor | s | skor | s | skor | S | skor | S |
| Rater 1 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 |
| Rater 2 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 |
| Rater 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 |
| Ʃs | 11 | | 11 | | 11 | | 11 | | 11 | | 11 | | 11 | | 11 | | 11 | | 11 | |
| V | 0.92 | | 0.92 | | 0.92 | | 0.92 | | 0.92 | | 0.92 | | 0.92 | | 0.92 | | 0.92 | | 0.92 | |

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| **Penilai** | **aitem 21** | | **aitem 22** | | **aitem 23** | | **aitem 24** | | **aitem 25** | | **aitem 26** | | **aitem 27** | | **aitem 28** | | **aitem 29** | | **aitem 30** | |
| skor | S | skor | s | skor | s | skor | s | skor | s | skor | s | skor | s | skor | s | skor | S | skor | S |
| Rater 1 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 4 | 3 | 5 | 4 | 5 | 4 | 4 | 3 | 5 | 4 |
| Rater 2 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 |
| Rater 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 |
| Ʃs | 11 | | 11 | | 11 | | 11 | | 11 | | 10 | | 11 | | 11 | | 10 | | 11 | |
| V | 0.92 | | 0.92 | | 0.92 | | 0.92 | | 0.92 | | 0.84 | | 0.91 | | 0.92 | | 0.84 | | 0.92 | |

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| **Penilai** | **aitem 31** | | **aitem 32** | | **aitem 33** | | **aitem 34** | | **aitem 35** | | **aitem 36** | | **aitem 37** | | **aitem 38** | | **aitem 39** | | **aitem 40** | |
| skor | S | skor | s | skor | s | skor | s | skor | s | skor | s | skor | s | skor | s | skor | S | skor | S |
| Rater 1 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 4 | 3 | 5 | 4 | 5 | 4 | 5 | 4 |
| Rater 2 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 |
| Rater 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 |
| Ʃs | 11 | | 11 | | 11 | | 11 | | 11 | | 11 | | 10 | | 11 | | 11 | | 11 | |
| V | 0.92 | | 0.92 | | 0.92 | | 0.92 | | 0.92 | | 0.92 | | 0.84 | | 0.92 | | 0.92 | | 0.92 | |

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| **Penilai** | **aitem 41** | | **aitem 42** | | **aitem 43** | | **aitem 44** | | **aitem 45** | | **aitem 46** | | **aitem 47** | | **aitem 48** | | **aitem 49** | | **aitem 50** | |
| skor | S | skor | s | skor | s | skor | s | skor | s | skor | s | skor | s | skor | s | skor | S | skor | S |
| Rater 1 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 |
| Rater 2 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 |
| Rater 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 |
| Ʃs | 11 | | 11 | | 11 | | 11 | | 11 | | 11 | | 11 | | 11 | | 11 | | 11 | |
| V | 0.92 | | 0.92 | | 0.92 | | 0.92 | | 0.92 | | 0.92 | | 0.92 | | 0.92 | | 0.92 | | 0.92 | |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Penilai** | **aitem 51** | | **aitem 52** | | **aitem 53** | | **aitem 54** | |
| skor | S | skor | s | skor | s | skor | s |
| Rater 1 | 5 | 4 | 4 | 3 | 2 | 1 | 5 | 4 |
| Rater 2 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 |
| Rater 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 |
| Ʃs | 11 | | 10 | | 8 | | 11 | |
| V | 0.92 | | 0.84 | | 0.67 | | 0.92 | |

**Hasil Validitas Uji Skala Religiusitas dengan Aiken V**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Penilai** | **aitem 01** | | **aitem 02** | | **aitem 03** | | **aitem 04** | | **aitem 05** | | **aitem 06** | | **aitem 07** | | **aitem 08** | | **aitem 09** | | **aitem 10** | |
| skor | S | skor | s | skor | s | skor | s | skor | s | skor | s | skor | s | skor | s | skor | S | skor | S |
| Rater 1 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 4 | 3 | 5 | 4 | 5 | 4 | 5 | 4 |
| Rater 2 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 |
| Rater 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 |
| Ʃs | 11 | | 11 | | 11 | | 11 | | 11 | | 11 | | 10 | | 11 | | 11 | | 11 | |
| V | 0.92 | | 0.92 | | 0.92 | | 0.92 | | 0.92 | | 0.92 | | 0.84 | | 0.92 | | 0.92 | | 0.92 | |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Penilai** | **aitem 11** | | **aitem 12** | | **aitem 13** | | **aitem 14** | | **aitem 15** | |
| skor | S | skor | s | skor | s | skor | s | Skor | s |
| A | 4 | 3 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 |
| B | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 5 | 4 |
| C | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 3 |
| Ʃs | 10 | | 11 | | 11 | | 11 | | 11 | |
| V | 0.84 | | 0.92 | | 0.92 | | 0.92 | | 0.92 | |

**Lampiran 6.** Uji Reliabilitas

(SKALA RELIGIUSITAS) 50 RESPONDEN

**UJI REABILITY 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Case Processing Summary** | | | | | |
|  | | | N | | % |
| Cases | Valid | | 50 | | 100,0 |
| Excludeda | | 0 | | ,0 |
| Total | | 50 | | 100,0 |
|  | | | | | |
| **Reliability Statistics** | | | |
| Cronbach's Alpha | | N of Items | |
| ,753 | | 13 | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Item-Total Statistics** | | | | |
|  | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
| VAR00001 | 38,9800 | 16,020 | ,292 | ,745 |
| VAR00002 | 38,8800 | 15,863 | ,357 | ,740 |
| VAR00003 | 39,1600 | 15,198 | ,418 | ,733 |
| VAR00004 | 39,2200 | 14,910 | ,461 | ,728 |
| VAR00005 | 38,9800 | 15,857 | ,332 | ,742 |
| VAR00006 | 39,4200 | 14,249 | ,495 | ,722 |
| VAR00007 | 39,1600 | 15,729 | ,257 | ,751 |
| VAR00008 | 39,3600 | 14,602 | ,511 | ,722 |
| VAR00009 | 39,2600 | 14,645 | ,531 | ,720 |
| VAR00010 | 39,1800 | 15,049 | ,535 | ,723 |
| VAR00011 | 39,9200 | 14,769 | ,302 | ,751 |
| VAR00012 | 39,1800 | 16,069 | ,253 | ,749 |
| VAR00013 | 40,2600 | 15,502 | ,242 | ,755 |

KET : aitem 13 gugur

**UJI RELIABILITY 2**

|  |  |
| --- | --- |
| **Reliability Statistics** | |
| Cronbach's Alpha | N of Items |
| ,755 | 12 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Item-Total Statistics** | | | | |
|  | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
| VAR00001 | 36,6600 | 13,902 | ,330 | ,745 |
| VAR00002 | 36,5600 | 13,762 | ,396 | ,739 |
| VAR00003 | 36,8400 | 13,239 | ,427 | ,734 |
| VAR00004 | 36,9000 | 12,990 | ,465 | ,730 |
| VAR00005 | 36,6600 | 13,739 | ,373 | ,741 |
| VAR00006 | 37,1000 | 12,663 | ,436 | ,733 |
| VAR00007 | 36,8400 | 13,647 | ,282 | ,752 |
| VAR00008 | 37,0400 | 13,019 | ,441 | ,732 |
| VAR00009 | 36,9400 | 12,751 | ,534 | ,722 |
| VAR00010 | 36,8600 | 12,980 | ,581 | ,720 |
| VAR00011 | 37,6000 | 13,306 | ,226 | ,768 |
| VAR00012 | 36,8600 | 13,796 | ,325 | ,746 |

KET : aitem 11 gugur

**UJI RELIABILITY 3**

|  |  |
| --- | --- |
| **Reliability Statistics** | |
| Cronbach's Alpha | N of Items |
| ,768 | 11 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Item-Total Statistics** | | | | |
|  | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
| VAR00001 | 34,0000 | 11,673 | ,369 | ,756 |
| VAR00002 | 33,9000 | 11,602 | ,421 | ,751 |
| VAR00003 | 34,1800 | 10,844 | ,521 | ,738 |
| VAR00004 | 34,2400 | 10,921 | ,476 | ,744 |
| VAR00005 | 34,0000 | 11,633 | ,381 | ,755 |
| VAR00006 | 34,4400 | 11,027 | ,354 | ,762 |
| VAR00007 | 34,1800 | 11,457 | ,307 | ,766 |
| VAR00008 | 34,3800 | 11,261 | ,374 | ,757 |
| VAR00009 | 34,2800 | 10,777 | ,526 | ,737 |
| VAR00010 | 34,2000 | 11,020 | ,564 | ,735 |
| VAR00012 | 34,2000 | 11,551 | ,368 | ,757 |

KET : semua aitem reliabel (11 aitem)

SKALA REGULASI DIRI

**UJI RELIABILITY 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Case Processing Summary** | | | | | |
|  | | | N | | % |
| Cases | Valid | | 50 | | 100,0 |
| Excludeda | | 0 | | ,0 |
| Total | | 50 | | 100,0 |
| **Reliability Statistics** | | | |
| Cronbach's Alpha | | N of Items | |
| ,867 | | 29 | |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Item-Total Statistics** | | | | |
|  | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
| VAR00001 | 86,4200 | 81,636 | ,420 | ,862 |
| VAR00002 | 86,9600 | 80,651 | ,372 | ,863 |
| VAR00003 | 86,4800 | 80,581 | ,498 | ,860 |
| VAR00004 | 86,3200 | 83,283 | ,233 | ,867 |
| VAR00005 | 86,6000 | 84,735 | ,131 | ,869 |
| VAR00006 | 86,8400 | 80,545 | ,445 | ,861 |
| VAR00007 | 86,4800 | 81,683 | ,537 | ,861 |
| VAR00008 | 86,4800 | 80,826 | ,476 | ,861 |
| VAR00009 | 86,5000 | 80,500 | ,582 | ,859 |
| VAR00010 | 87,4000 | 84,408 | ,075 | ,874 |
| VAR00011 | 86,9200 | 79,504 | ,489 | ,860 |
| VAR00012 | 87,4200 | 81,228 | ,408 | ,862 |
| VAR00013 | 86,9000 | 79,561 | ,423 | ,862 |
| VAR00014 | 87,2400 | 78,268 | ,445 | ,862 |
| VAR00015 | 86,9600 | 83,060 | ,211 | ,868 |
| VAR00016 | 87,1400 | 78,490 | ,538 | ,858 |
| VAR00017 | 86,2400 | 83,125 | ,330 | ,864 |
| VAR00018 | 86,6800 | 78,344 | ,592 | ,857 |
| VAR00019 | 86,4200 | 81,840 | ,356 | ,864 |
| VAR00020 | 86,6200 | 79,342 | ,595 | ,858 |
| VAR00021 | 86,5200 | 79,438 | ,615 | ,857 |
| VAR00022 | 86,4400 | 81,068 | ,548 | ,860 |
| VAR00023 | 87,1800 | 79,865 | ,385 | ,863 |
| VAR00024 | 86,4400 | 84,578 | ,164 | ,868 |
| VAR00025 | 87,5200 | 81,357 | ,338 | ,864 |
| VAR00026 | 86,3600 | 81,623 | ,479 | ,861 |
| VAR00027 | 86,9600 | 79,835 | ,489 | ,860 |
| VAR00028 | 86,3400 | 84,392 | ,213 | ,866 |
| VAR00029 | 86,7400 | 79,298 | ,497 | ,860 |

KET : aitem gugur ( 4,5,10,15,24,28)

**UJI RELIABILITY 2**

|  |  |
| --- | --- |
| **Reliability Statistics** | |
| Cronbach's Alpha | N of Items |
| ,881 | 23 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Item-Total Statistics** | | | | |
|  | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
| VAR00001 | 67,4400 | 67,272 | ,358 | ,879 |
| VAR00002 | 67,9800 | 65,775 | ,371 | ,879 |
| VAR00003 | 67,5000 | 65,929 | ,478 | ,876 |
| VAR00006 | 67,8600 | 65,592 | ,454 | ,876 |
| VAR00007 | 67,5000 | 66,867 | ,520 | ,876 |
| VAR00008 | 67,5000 | 65,929 | ,478 | ,876 |
| VAR00009 | 67,5200 | 65,969 | ,546 | ,875 |
| VAR00011 | 67,9400 | 64,874 | ,478 | ,876 |
| VAR00012 | 68,4400 | 65,966 | ,440 | ,877 |
| VAR00013 | 67,9200 | 65,422 | ,373 | ,880 |
| VAR00014 | 68,2600 | 62,645 | ,512 | ,875 |
| VAR00016 | 68,1600 | 63,647 | ,552 | ,873 |
| VAR00017 | 67,2600 | 68,196 | ,311 | ,880 |
| VAR00018 | 67,7000 | 63,153 | ,641 | ,871 |
| VAR00019 | 67,4400 | 67,272 | ,317 | ,880 |
| VAR00020 | 67,6400 | 64,684 | ,587 | ,873 |
| VAR00021 | 67,5400 | 64,702 | ,615 | ,872 |
| VAR00022 | 67,4600 | 66,335 | ,529 | ,875 |
| VAR00023 | 68,2000 | 64,408 | ,433 | ,878 |
| VAR00025 | 68,5400 | 65,886 | ,381 | ,879 |
| VAR00026 | 67,3800 | 67,098 | ,430 | ,877 |
| VAR00027 | 67,9800 | 64,714 | ,519 | ,875 |
| VAR00029 | 67,7600 | 64,594 | ,493 | ,875 |

KET : tidak ada aitem yang gugur ( 23 aitem)

SKALA PENYESUAIAN DIRI

**UJI RELIABILITY 1**

|  |  |  |  |
| --- | --- | --- | --- |
| **Case Processing Summary** | | | |
|  | | N | % |
| Cases | Valid | 50 | 100,0 |
| Excludeda | 0 | ,0 |
| Total | 50 | 100,0 |
| a. Listwise deletion based on all variables in the procedure. | | | |

|  |  |
| --- | --- |
| **Reliability Statistics** | |
| Cronbach's Alpha | N of Items |
| ,893 | 47 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Item-Total Statistics** | | | | |
|  | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
| VAR00001 | 141,5600 | 179,435 | ,354 | ,891 |
| VAR00002 | 143,1800 | 179,457 | ,212 | ,893 |
| VAR00003 | 141,7200 | 179,838 | ,279 | ,892 |
| VAR00004 | 142,4600 | 180,947 | ,159 | ,894 |
| VAR00005 | 141,8400 | 178,872 | ,260 | ,892 |
| VAR00006 | 142,6800 | 180,140 | ,190 | ,893 |
| VAR00007 | 142,1000 | 183,194 | ,039 | ,896 |
| VAR00008 | 142,0000 | 178,653 | ,250 | ,892 |
| VAR00009 | 141,4600 | 180,213 | ,319 | ,891 |
| VAR00010 | 141,9800 | 172,796 | ,582 | ,887 |
| VAR00011 | 141,7800 | 178,298 | ,407 | ,890 |
| VAR00012 | 142,3200 | 183,242 | ,054 | ,895 |
| VAR00013 | 141,7400 | 177,707 | ,413 | ,890 |
| VAR00014 | 142,2800 | 176,328 | ,369 | ,891 |
| VAR00015 | 141,8000 | 176,735 | ,456 | ,889 |
| VAR00016 | 141,6400 | 180,480 | ,212 | ,893 |
| VAR00017 | 141,9200 | 182,034 | ,140 | ,893 |
| VAR00018 | 142,1600 | 176,423 | ,424 | ,890 |
| VAR00019 | 141,8000 | 177,755 | ,526 | ,889 |
| VAR00020 | 141,8000 | 176,245 | ,486 | ,889 |
| VAR00021 | 141,8200 | 175,987 | ,574 | ,888 |
| VAR00022 | 142,7200 | 180,981 | ,114 | ,895 |
| VAR00023 | 142,2400 | 175,451 | ,441 | ,889 |
| VAR00024 | 142,7400 | 176,360 | ,446 | ,890 |
| VAR00025 | 142,2200 | 174,420 | ,434 | ,890 |
| VAR00026 | 142,5600 | 171,802 | ,487 | ,889 |
| VAR00027 | 142,2800 | 179,389 | ,232 | ,893 |
| VAR00028 | 142,4600 | 172,866 | ,545 | ,888 |
| VAR00029 | 141,5600 | 178,700 | ,406 | ,890 |
| VAR00030 | 142,0000 | 172,163 | ,623 | ,887 |
| VAR00031 | 141,7400 | 178,564 | ,321 | ,891 |
| VAR00032 | 141,9400 | 174,670 | ,566 | ,888 |
| VAR00033 | 141,8400 | 173,729 | ,652 | ,887 |
| VAR00034 | 141,7600 | 176,390 | ,572 | ,889 |
| VAR00035 | 142,5000 | 174,786 | ,401 | ,890 |
| VAR00036 | 141,7600 | 181,125 | ,217 | ,892 |
| VAR00037 | 142,8400 | 178,096 | ,298 | ,892 |
| VAR00038 | 141,6800 | 177,651 | ,472 | ,890 |
| VAR00039 | 142,2800 | 173,879 | ,549 | ,888 |
| VAR00040 | 141,6600 | 181,739 | ,205 | ,892 |
| VAR00041 | 142,0600 | 174,588 | ,477 | ,889 |
| VAR00042 | 141,7400 | 180,278 | ,292 | ,891 |
| VAR00043 | 142,1000 | 177,071 | ,399 | ,890 |
| VAR00044 | 141,9800 | 178,796 | ,409 | ,890 |
| VAR00045 | 142,2000 | 176,122 | ,463 | ,889 |
| VAR00046 | 142,1400 | 173,674 | ,483 | ,889 |
| VAR00047 | 142,3200 | 170,834 | ,522 | ,888 |

KET : aitem gugur ( 2, 4, 6, 7, 12, 16, 17, 22, 27, 36, 40)

**UJI RELIABILITY 2**

|  |  |
| --- | --- |
| **Reliability Statistics** | |
| Cronbach's Alpha | N of Items |
| ,905 | 36 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Item-Total Statistics** | | | | |
|  | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
| VAR00001 | 109,5200 | 139,479 | ,334 | ,904 |
| VAR00003 | 109,6800 | 139,161 | ,309 | ,904 |
| VAR00005 | 109,8000 | 138,776 | ,255 | ,905 |
| VAR00008 | 109,9600 | 138,896 | ,230 | ,906 |
| VAR00009 | 109,4200 | 139,881 | ,322 | ,904 |
| VAR00010 | 109,9400 | 133,486 | ,575 | ,900 |
| VAR00011 | 109,7400 | 138,156 | ,413 | ,903 |
| VAR00013 | 109,7000 | 138,092 | ,386 | ,903 |
| VAR00014 | 110,2400 | 136,594 | ,362 | ,904 |
| VAR00015 | 109,7600 | 137,084 | ,440 | ,902 |
| VAR00018 | 110,1200 | 136,516 | ,427 | ,902 |
| VAR00019 | 109,7600 | 137,656 | ,536 | ,902 |
| VAR00020 | 109,7600 | 136,390 | ,488 | ,902 |
| VAR00021 | 109,7800 | 136,257 | ,570 | ,901 |
| VAR00023 | 110,2000 | 135,224 | ,469 | ,902 |
| VAR00024 | 110,7000 | 136,337 | ,458 | ,902 |
| VAR00025 | 110,1800 | 135,457 | ,398 | ,903 |
| VAR00026 | 110,5200 | 132,051 | ,507 | ,901 |
| VAR00028 | 110,4200 | 133,228 | ,556 | ,900 |
| VAR00029 | 109,5200 | 138,744 | ,394 | ,903 |
| VAR00030 | 109,9600 | 132,651 | ,634 | ,899 |
| VAR00031 | 109,7000 | 139,071 | ,281 | ,905 |
| VAR00032 | 109,9000 | 134,949 | ,572 | ,900 |
| VAR00033 | 109,8000 | 134,286 | ,647 | ,900 |
| VAR00034 | 109,7200 | 136,451 | ,580 | ,901 |
| VAR00035 | 110,4600 | 134,294 | ,442 | ,902 |
| VAR00037 | 110,8000 | 137,714 | ,315 | ,904 |
| VAR00038 | 109,6400 | 138,072 | ,440 | ,902 |
| VAR00039 | 110,2400 | 134,186 | ,558 | ,900 |
| VAR00041 | 110,0200 | 135,122 | ,467 | ,902 |
| VAR00042 | 109,7000 | 140,255 | ,270 | ,904 |
| VAR00043 | 110,0600 | 137,364 | ,385 | ,903 |
| VAR00044 | 109,9400 | 138,751 | ,403 | ,903 |
| VAR00045 | 110,1600 | 136,056 | ,480 | ,902 |
| VAR00046 | 110,1000 | 134,255 | ,476 | ,902 |
| VAR00047 | 110,2800 | 131,879 | ,510 | ,901 |

KET : aitem gugur (8)

**UJI RELIBILITY 3**

|  |  |
| --- | --- |
| **Reliability Statistics** | |
| Cronbach's Alpha | N of Items |
| ,906 | 35 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Item-Total Statistics** | | | | |
|  | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
| VAR00001 | 106,3600 | 134,480 | ,333 | ,905 |
| VAR00003 | 106,5200 | 134,132 | ,310 | ,905 |
| VAR00005 | 106,6400 | 133,827 | ,252 | ,907 |
| VAR00009 | 106,2600 | 134,890 | ,320 | ,905 |
| VAR00010 | 106,7800 | 128,583 | ,575 | ,901 |
| VAR00011 | 106,5800 | 132,983 | ,427 | ,904 |
| VAR00013 | 106,5400 | 133,111 | ,385 | ,904 |
| VAR00014 | 107,0800 | 131,422 | ,373 | ,905 |
| VAR00015 | 106,6000 | 131,837 | ,460 | ,903 |
| VAR00018 | 106,9600 | 131,631 | ,422 | ,904 |
| VAR00019 | 106,6000 | 132,571 | ,545 | ,903 |
| VAR00020 | 106,6000 | 131,592 | ,477 | ,903 |
| VAR00021 | 106,6200 | 131,057 | ,590 | ,902 |
| VAR00023 | 107,0400 | 130,284 | ,469 | ,903 |
| VAR00024 | 107,5400 | 131,356 | ,460 | ,903 |
| VAR00025 | 107,0200 | 130,469 | ,401 | ,904 |
| VAR00026 | 107,3600 | 127,337 | ,499 | ,903 |
| VAR00028 | 107,2600 | 128,278 | ,559 | ,902 |
| VAR00029 | 106,3600 | 133,745 | ,394 | ,904 |
| VAR00030 | 106,8000 | 127,837 | ,630 | ,900 |
| VAR00031 | 106,5400 | 133,845 | ,295 | ,906 |
| VAR00032 | 106,7400 | 130,074 | ,568 | ,902 |
| VAR00033 | 106,6400 | 129,541 | ,635 | ,901 |
| VAR00034 | 106,5600 | 131,476 | ,582 | ,902 |
| VAR00035 | 107,3000 | 129,276 | ,447 | ,904 |
| VAR00037 | 107,6400 | 132,439 | ,332 | ,905 |
| VAR00038 | 106,4800 | 132,867 | ,458 | ,903 |
| VAR00039 | 107,0800 | 129,422 | ,548 | ,902 |
| VAR00041 | 106,8600 | 130,449 | ,451 | ,903 |
| VAR00042 | 106,5400 | 135,029 | ,286 | ,905 |
| VAR00043 | 106,9000 | 132,541 | ,375 | ,904 |
| VAR00044 | 106,7800 | 133,889 | ,391 | ,904 |
| VAR00045 | 107,0000 | 131,224 | ,471 | ,903 |
| VAR00046 | 106,9400 | 129,404 | ,472 | ,903 |
| VAR00047 | 107,1200 | 127,332 | ,494 | ,903 |

KET : Semua item reliabel (35 item)

**Lampiran 7.** Uji Asumsi Klasik

**UJI ASUMSI KLASIK**

* **UJI NORMALITAS**

|  |  |  |
| --- | --- | --- |
| **One-Sample Kolmogorov-Smirnov Test** | | |
|  | | Unstandardized Residual |
| N | | 150 |
| Normal Parametersa,b | Mean | ,0000000 |
| Std. Deviation | 8,72858896 |
| Most Extreme Differences | Absolute | ,041 |
| Positive | ,039 |
| Negative | -,041 |
| Test Statistic | | ,041 |
| Asymp. Sig. (2-tailed) | | ,200c,d |
| a. Test distribution is Normal. | | |
| b. Calculated from data. | | |
| c. Lilliefors Significance Correction. | | |
| d. This is a lower bound of the true significance. | | |

* **UJI LINEARITAS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Case Processing Summary** | | | | | | |
|  | Cases | | | | | |
| Included | | Excluded | | Total | |
| N | Percent | N | Percent | N | Percent |
| Self Adjstment \* Regulasi | 150 | 100,0% | 0 | 0,0% | 150 | 100,0% |
| Self Adjstment \* Religiusitas | 150 | 100,0% | 0 | 0,0% | 150 | 100,0% |

***Variabel Regulasi Diri (X1) dan Self Adjustment (Y)***

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **ANOVA Table** | | | | | | | |
|  | | | Sum of Squares | df | Mean Square | F | Sig. |
| Self Adjstment \* Regulasi | Between Groups | (Combined) | 6282,309 | 22 | 285,559 | 3,472 | ,000 |
| Linearity | 5322,860 | 1 | 5322,860 | 64,720 | ,000 |
| Deviation from Linearity | 959,448 | 21 | 45,688 | ,556 | ,940 |
| Within Groups | | 10445,024 | 127 | 82,244 |  |  |
| Total | | 16727,333 | 149 |  |  |  |

***Variabel Religiusitas (X2) dan Self Adjustment (Y)***

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **ANOVA Table** | | | | | | | |
|  | | | Sum of Squares | df | Mean Square | F | Sig. |
| Self Adjstment \* Religiusitas | Between Groups | (Combined) | 605,696 | 44 | 13,766 | ,640 | ,951 |
| Linearity | 61,751 | 1 | 61,751 | 2,871 | ,093 |
| Deviation from Linearity | 543,945 | 43 | 12,650 | ,588 | ,974 |
| Within Groups | | 2258,597 | 105 | 21,510 |  |  |
| Total | | 2864,293 | 149 |  |  |  |

* **UJI HETEROSKEDASTISITAS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Coefficientsa** | | | | | | |
| Model | | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. |
| B | Std. Error | Beta |
| 1 | (Constant) | -7,467 | 7,193 |  | -1,038 | ,301 |
| Regulasi | ,136 | ,099 | ,114 | 1,379 | ,170 |
| Religiusitas | ,131 | ,101 | ,107 | 1,298 | ,196 |
| a. Dependent Variable: Abs\_Res | | | | | | |

* **UJI MULTIKOLINEARITAS**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Coefficientsa** | | | | | | | | |
| Model | | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. | Collinearity Statistics | |
| B | Std. Error | Beta | Tolerance | VIF |
| 1 | (Constant) | 12,530 | 11,820 |  | 1,060 | ,291 |  |  |
| Regulasi Diri | 1,310 | ,163 | ,555 | 8,058 | ,000 | ,974 | 1,027 |
| Religiusitas | ,137 | ,166 | ,057 | ,824 | ,411 | ,974 | 1,027 |
| a. Dependent Variable: Self Adjustment | | | | | | | | |

* **UJI AUTOKORELASI**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Model Summaryb** | | | | | |
| Model | R | R Square | Adjusted R Square | Std. Error of the Estimate | Durbin-Watson |
| 1 | ,567a | ,321 | ,312 | 8,78777 | 1,938 |
| a. Predictors: (Constant), Religiusitas, Regulasi Diri | | | | | |
| b. Dependent Variable: Self Adjustment | | | | | |

**UJI REGRESI LINIER BERGANDA**

* **Uji F Simultan**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **ANOVAa** | | | | | | |
| Model | | Sum of Squares | df | Mean Square | F | Sig. |
| 1 | Regression | 5375,282 | 2 | 2687,641 | 34,803 | ,000b |
| Residual | 11352,052 | 147 | 77,225 |  |  |
| Total | 16727,333 | 149 |  |  |  |
| a. Dependent Variable: Self Adjustment | | | | | | |
| b. Predictors: (Constant), Religiusitas, Regulasi Diri | | | | | | |

Berdasarkan output SPSS pada tabel diatas diketahui nilai Sig. 0,000 < 0,05. Maka dapat disimpulkan bahwa Regulasi Diri (X1) dan Religiusitas (X2) secara simultan berpengaruh terhadap Self Adjustment (Y)

**Uji F Simultan berdasarkan F hitung dan F tabel:**

F tabel = (k ; n-k) = (2 ; 150-2) = (2 ; 148) = 3,06

**Interpretasi:**

Berdasarkan output SPSS pada tabel diatas dapat diketahui bahwa F hitung lebih besar dari pada F tabel (34,803 > 3,06) sehingga dapat disimpulkan bahwa Regulasi Diri (X1) dan Religiusitas (X2) secara simultan berpengaruh terhadap Self Adjustment (Y).

* **Uji t Parsial**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Coefficientsa** | | | | | | |
| Model | | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. |
| B | Std. Error | Beta |
| 1 | (Constant) | 12,530 | 11,820 |  | 1,060 | ,291 |
| Regulasi Diri | 1,310 | ,163 | ,555 | 8,058 | ,000 |
| Religiusitas | ,137 | ,166 | ,057 | ,824 | ,411 |
| a. Dependent Variable: Self Adjustment | | | | | | |

**Rumus t table**

 t tabel= α/2:n-k-1

α = tingkat kepercayaan (0,05)

n = jumlah subjek

k = jumlah variabel independent

* t tabel = α/2:n-k-1

            = 0,05 / 2 : 150-2-1

            = 0,025 : 147

* + Distribusi nilai t tabel ditemukan nilai 1,976

**Interpretasi:**

* Berdasarkan ouput  *SPSS Coefficients* diatas diketahui nilai t hitung variabel Regulasi Diri (X1)  lebih besar dari nilai t tabel yaitu sebesar  8,058 > 1,976, maka dapat disimpulkan bahwa hipotesis pertama diterima yang artinya, Regulasi Diri (X1) berpengaruh terhadap Self Adjustment (Y)
* Berdasarkan output SPSS coefficience diatas diketahui nilai t hitung variabel Religiusitas  (X2) lebih kecil dari nilai t tabel yait sebesar 0,824 < 1,976, maka dapat disimpulkan bahwa hipotesis kedua ditolak yang artinya Religiusitas (X2) tidak berpengaruh terhadap Self Adjustment (Y).

**Lampiran 8.** Blueprint Sebelum Uji Coba

**Kisi-kisi/Blueprint Regulasi Diri**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **NO** | **Aspek** | **Indikator** | **Item** | | **Bobot** | **Jumlah soal** |
| Favorable | Unfavorable |
| 1 | Observasi diri *(Self Observation)* | * Mengetahui kekurangan dan kelebihan diri | 1, 3, 5 | 2, 4, 6 | 16,6 | 6 |
| * Meningkatkan kemampuan diri | 7, 9, 11 | 8, 10, 12 | 16,6 | 6 |
| 2 | Proses Penilaian *(Judgement Process)* | * Membandingkan tingkah laku dengan standar | 13, 15, 17 | 14, 16, 18 | 16,6 | 6 |
| * Mengarahkan tindakan diri sendiri | 19, 21, 23 | 20, 22, 24 | 16,6 | 6 |
| 3 | Respon Diri *(Self Response)* | * Menciptakan penghargaan diri | 25, 27, 29 | 26, 28, 30 | 16,6 | 6 |
| * Menjaga dan mengantisipsi diri terhadap perilaku orang lain | 31, 33, 35 | 32, 34, 36 | 16,6 | 6 |
| **Jumlah** | | | 18 | 18 | 100% | 36 |

**Kisi-kisi/Blueprint Religiusitas**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **NO** | **Dimensi** | **Indikator** | **Item** | | **Bobot** | **Jumlah soal** |
| Favorable | Unfavorable |
| 1. | *Intellectual Dimension*  (direpresentasikan sebagai tema minat, keterampilan hermeneutis, gaya pemikiran dan interpretasi, serta sebagai kumpulan pengetahuan) | Frekuensi berpikir tentang masalah agama | 1,6 | - | 20 % | 3 |
| 2. | *Ideology*  (direpresentasikan sebagai keyakinan, keyakinan yang tidak perlu ditanyakan, dan pola yang masuk akal) | Keyakinan terhadap sesuatu yang ilahi | 2,10 | - | 20 % | 3 |
| 3. | *Public Practice*  (direpresentasikan sebagai pola tindakan dan sebagai rasa memiliki sehubungan dengan transendensi ritual keagamaan tertentu) | Frekuensi mengambil bagian dalam ritual keagamaan | 3,7,11 | - | 20 % | 3 |
| 4. | *Private Practice*  (direpresentasikan sebagai pola tindakan atau bentuk pengabdian pribadi pada transendensi) | Intensitas umum praktik pribadi | 4,8,12 | - | 20 % | 3 |
| 5. | *Religious experience*  (individu yang religius memiliki semacam kontak langsung dengan realitas tertinggi yang mempengaruhi individu secara emosional, dimensi ini direpresentasikan sebagai pola persepsi keagamaan dan sebagai bentuk dari pengalaman dan perasaan keagamaan) | Intensitas pengalaman keberagamaan | 5,9,13 | - | 20 % | 3 |
| Jumlah | | | | | | 15 |

**Kisi-kisi/Blueprint Penyesuaian diri**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **NO** | **Aspek** | **Indikator** | **Item** | | **Bobot** | **Jumlah soal** |
| Favorable | Unfavorable |
| **1** | **Adaptation**  (kemampuan untuk mempertahankan eksistensinya dan memperoleh kesejahteraan hati nurani dari dalam diri) | * Mudah bergaul * Mengikuti kata hati | 1,3,5  7,9,11 | 2,4,6  8,10,12 | 11,11%  11,11% | 6  6 |
| 2 | **Conformity**  (kemampuan untuk menyesuaikan diri dengan norma-norma social dan moral) | * Mampu menyesuaikan diri dengan norma social * Mampu menyesuaikan diri dengan norma moral | 13,15,17  19,21,23 | 14,16,18  20,22,24 | 11,11%  11,11% | 6  6 |
| **3** | **Mastery**  (kemampuan untuk merencanakan dan mengatur respons individu sehingga dapat menguasai dan menaggapi konflik, kesulitan, dan frustasi dengan perilaku efisien | * Mampu membuat rencana kesehariannya * Mengatur respon dalam berperilaku sehari-hari * Kemampuan memiliki problem solving | 25,27,29  31,33,35  37,39,41 | 26,28,30  32,34,36  38,40,42 | 11,11%  11,11%  11,11% | 6  6  6 |
| 4 | **Individual variation**  (kemampuan memahami berbagai macam variasi individu untuk mencapai keseimbangan diri di lingkungannya) | * Mampu memahami berbagai macam karakteristik individu * Mampu menyeimbangkan dan menyesuaikan diri dengan perbedaan perilaku dan respon setiap individu | 43,45,47  49,51,53 | 44,46,48  50,52,54 | 11,11%  11,11% | 6  6 |
| **Jumlah** | | | **27** | **27** | **100%** | 54 |

**Lampiran 9.** Blueprint Setelah Uji Coba

**Kisi-kisi/Blueprint Regulasi Diri**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **NO** | **Aspek** | **Indikator** | **Item** | | **Bobot** | **Jumlah soal** |
| Favorable | Unfavorable |
| 1 | Observasi diri *(Self Observation)* | * Mengetahui kekurangan dan kelebihan diri | 1,3 | - | 8,6% | 2 |
| * Meningkatkan kemampuan diri | 5,7 | 2,4 | 17,3% | 4 |
| 2 | Proses Penilaian *(Judgement Process)* | * Membandingkan tingkah laku dengan standar | 9,11,13 | 6 | 17,3% | 4 |
| * Mengarahkan tindakan diri sendiri | 15 | 8,10 | 13% | 3 |
| 3 | Respon Diri *(Self Response)* | * Menciptakan penghargaan diri | 17,19,21 | 12,14,16 | 26% | 6 |
| * Menjaga dan mengantisipsi diri terhadap perilaku orang lain | 22,23 | 18,20 | 17,3% | 4 |
| **Jumlah** | | | 13 | 10 | 100% | 23 |

**Kisi-kisi/Blueprint Religiusitas**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **NO** | **Dimensi** | **Indikator** | **Item** | | **Bobot** | **Jumlah soal** |
| Favorable | Unfavorable |
| 1. | *Intellectual Dimension*  (direpresentasikan sebagai tema minat, keterampilan hermeneutis, gaya pemikiran dan interpretasi, serta sebagai kumpulan pengetahuan) | Frekuensi berpikir tentang masalah agama | 1,6 | - | 18 % | 2 |
| 2. | *Ideology*  (direpresentasikan sebagai keyakinan, keyakinan yang tidak perlu ditanyakan, dan pola yang masuk akal) | Keyakinan terhadap sesuatu yang ilahi | 2,10 | - | 18 % | 2 |
| 3. | *Public Practice*  (direpresentasikan sebagai pola tindakan dan sebagai rasa memiliki sehubungan dengan transendensi ritual keagamaan tertentu) | Frekuensi mengambil bagian dalam ritual keagamaan | 3,7 | - | 18 % | 3 |
| 4. | *Private Practice*  (direpresentasikan sebagai pola tindakan atau bentuk pengabdian pribadi pada transendensi) | Intensitas umum praktik pribadi | 4,8,11 | - | 27 % | 3 |
| 5. | *Religious experience*  (individu yang religius memiliki semacam kontak langsung dengan realitas tertinggi yang mempengaruhi individu secara emosional, dimensi ini direpresentasikan sebagai pola persepsi keagamaan dan sebagai bentuk dari pengalaman dan perasaan keagamaan) | Intensitas pengalaman keberagamaan | 5,9 | - | 18 % | 3 |
| Jumlah | | | | | | 11 |

**Kisi-kisi/Blueprint Penyesuaian diri**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **NO** | **Aspek** | **Indikator** | **Item** | | **Bobot** | **Jumlah soal** |
| Favorable | Unfavorable |
| **1** | **Adaptation**  (kemampuan individu untuk menyesuaikan diri dengan mempertahankan eksistensinya dan memperoleh kesejahteraan hati nurani dari dalam diri) | * Mudah bergaul * Mengikuti kata hati | 1,3,5  2 | -  4 | 8,5%  5,7% | 3  2 |
| 2 | **Conformity**  (kemampuan individu untuk menyesuaikan diri dengan norma-norma social dan moral) | * Mampu menyesuaikan diri dengan norma social * Mampu menyesuaikan diri dengan norma moral | 7,9,11  13,15 | 6  8,10 | 11,4%  11,4% | 4  4 |
| **3** | **Mastery**  (kemampuan untuk merencanakan dan mengatur respons individu sehingga dapat menguasai dan menaggapi konflik, kesulitan, dan frustasi dengan perilaku efisien) | * Mampu membuat rencana kesehariannya * Mengatur respon dalam berperilaku sehari-hari * Kemampuan memiliki problem solving | 17,19  21,23  25 | 12,14  16,18,20  22,24,26 | 11,4%  14,2%  11,4% | 4  5  4 |
| 4 | **Individual variation**  (kemampuan memahami berbagai macam variasi individu untuk mencapai keseimbangan diri di lingkungannya) | * Mampu memahami berbagai macam karakteristik individu * Mampu menyeimbangkan dan menyesuaikan diri dengan perbedaan perilaku dan respon setiap individu | 27,29  31,33 | 28,30,32  34,35 | 14,4%  11,4% | 5  4 |
| **Jumlah** | | | **18** | **17** | **100%** | **35** |

**Lampiran 10.** Tabulasi Data 150 Responden

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| SKALA RELIGIUSITAS |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | TOTAL |
| 1 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 39 |
| 2 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 43 |
| 3 | 4 | 4 | 3 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 38 |
| 4 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 3 | 4 | 4 | 42 |
| 5 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 3 | 42 |
| 6 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 3 | 4 | 2 | 4 | 40 |
| 7 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 43 |
| 8 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 4 | 2 | 2 | 3 | 34 |
| 9 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 3 | 42 |
| 10 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 3 | 4 | 4 | 41 |
| 11 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 1 | 3 | 2 | 36 |
| 12 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 4 | 42 |
| 13 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 3 | 3 | 3 | 40 |
| 14 | 3 | 4 | 3 | 3 | 3 | 2 | 3 | 3 | 2 | 2 | 3 | 31 |
| 15 | 3 | 4 | 4 | 3 | 3 | 3 | 4 | 2 | 2 | 3 | 4 | 35 |
| 16 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 43 |
| 17 | 3 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 2 | 3 | 3 | 36 |
| 18 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 43 |
| 19 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 36 |
| 20 | 3 | 2 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 32 |
| 21 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 3 | 40 |
| 22 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 40 |
| 23 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 3 | 3 | 4 | 40 |
| 24 | 4 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 36 |
| 25 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 42 |
| 26 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 2 | 3 | 3 | 37 |
| 27 | 3 | 4 | 4 | 4 | 3 | 2 | 4 | 3 | 2 | 2 | 4 | 35 |
| 28 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 4 | 37 |
| 29 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 43 |
| 30 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 3 | 3 | 4 | 40 |
| 31 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 38 |
| 32 | 2 | 4 | 4 | 4 | 4 | 2 | 4 | 4 | 2 | 4 | 4 | 38 |
| 33 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 2 | 3 | 3 | 39 |
| 34 | 4 | 4 | 4 | 4 | 3 | 2 | 4 | 4 | 2 | 2 | 4 | 37 |
| 35 | 2 | 3 | 4 | 4 | 3 | 3 | 4 | 4 | 2 | 3 | 4 | 36 |
| 36 | 2 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 1 | 4 | 4 | 38 |
| 37 | 2 | 4 | 3 | 3 | 3 | 2 | 4 | 4 | 2 | 4 | 4 | 35 |
| 38 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 2 | 1 | 3 | 32 |
| 39 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 2 | 4 | 3 | 38 |
| 40 | 2 | 4 | 3 | 3 | 3 | 2 | 3 | 3 | 2 | 3 | 4 | 32 |
| 41 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 40 |
| 42 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 3 | 3 | 3 | 39 |
| 43 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 2 | 4 | 3 | 39 |
| 44 | 3 | 4 | 2 | 2 | 3 | 4 | 3 | 4 | 4 | 4 | 3 | 36 |
| 45 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 2 | 3 | 4 | 35 |
| 46 | 4 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 36 |
| 47 | 3 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 2 | 1 | 4 | 33 |
| 48 | 4 | 4 | 4 | 4 | 4 | 2 | 4 | 3 | 4 | 3 | 3 | 39 |
| 49 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 3 | 4 | 4 | 41 |
| 50 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 3 | 38 |
| 51 | 3 | 3 | 4 | 3 | 4 | 4 | 3 | 3 | 2 | 4 | 3 | 36 |
| 52 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 2 | 1 | 3 | 34 |
| 53 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 3 | 4 | 3 | 40 |
| 54 | 3 | 4 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 36 |
| 55 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 4 | 4 | 38 |
| 56 | 2 | 3 | 4 | 4 | 3 | 2 | 4 | 4 | 2 | 2 | 3 | 33 |
| 57 | 2 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 2 | 36 |
| 58 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 4 | 2 | 3 | 3 | 38 |
| 59 | 4 | 4 | 4 | 3 | 3 | 2 | 3 | 3 | 2 | 4 | 4 | 36 |
| 60 | 3 | 4 | 3 | 3 | 3 | 4 | 4 | 3 | 4 | 2 | 2 | 35 |
| 61 | 2 | 3 | 4 | 4 | 3 | 2 | 4 | 4 | 3 | 3 | 3 | 35 |
| 62 | 3 | 4 | 4 | 4 | 2 | 2 | 4 | 4 | 3 | 2 | 3 | 35 |
| 63 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 42 |
| 64 | 3 | 4 | 3 | 4 | 4 | 3 | 4 | 4 | 3 | 4 | 3 | 39 |
| 65 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 2 | 2 | 3 | 37 |
| 66 | 3 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 41 |
| 67 | 3 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 2 | 3 | 37 |
| 68 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 42 |
| 69 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 2 | 2 | 4 | 38 |
| 70 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 41 |
| 71 | 3 | 4 | 3 | 4 | 3 | 2 | 3 | 4 | 2 | 2 | 3 | 33 |
| 72 | 3 | 4 | 3 | 4 | 4 | 2 | 3 | 4 | 2 | 2 | 2 | 33 |
| 73 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 39 |
| 74 | 4 | 4 | 2 | 4 | 4 | 2 | 4 | 4 | 2 | 4 | 3 | 37 |
| 75 | 3 | 4 | 4 | 3 | 4 | 3 | 4 | 3 | 2 | 4 | 4 | 38 |
| 76 | 3 | 4 | 3 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 37 |
| 77 | 3 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 2 | 4 | 4 | 40 |
| 78 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 2 | 3 | 3 | 37 |
| 79 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 4 | 42 |
| 80 | 3 | 4 | 3 | 4 | 4 | 3 | 4 | 4 | 3 | 3 | 3 | 38 |
| 81 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 4 | 2 | 3 | 4 | 39 |
| 82 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 43 |
| 83 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 42 |
| 84 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 4 | 41 |
| 85 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 4 | 3 | 1 | 3 | 34 |
| 86 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 3 | 2 | 4 | 39 |
| 87 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 3 | 3 | 3 | 39 |
| 88 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 4 | 4 | 41 |
| 89 | 3 | 2 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 3 | 2 | 36 |
| 90 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 3 | 1 | 3 | 38 |
| 91 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 44 |
| 92 | 3 | 3 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 3 | 4 | 38 |
| 93 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 3 | 3 | 4 | 40 |
| 94 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 39 |
| 95 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 3 | 42 |
| 96 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 44 |
| 97 | 4 | 4 | 3 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 4 | 40 |
| 98 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | 3 | 3 | 41 |
| 99 | 4 | 4 | 3 | 4 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 40 |
| 100 | 3 | 4 | 3 | 4 | 4 | 3 | 4 | 4 | 3 | 4 | 4 | 40 |
| 101 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 2 | 3 | 3 | 38 |
| 102 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 3 | 3 | 39 |
| 103 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 42 |
| 104 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 35 |
| 105 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 44 |
| 106 | 3 | 4 | 3 | 3 | 4 | 3 | 4 | 4 | 3 | 4 | 4 | 39 |
| 107 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 4 | 36 |
| 108 | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 2 | 2 | 37 |
| 109 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 37 |
| 110 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 44 |
| 111 | 3 | 4 | 4 | 3 | 3 | 2 | 4 | 4 | 2 | 3 | 3 | 35 |
| 112 | 3 | 3 | 4 | 4 | 3 | 2 | 4 | 4 | 2 | 2 | 3 | 34 |
| 113 | 3 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 2 | 2 | 3 | 35 |
| 114 | 3 | 4 | 4 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 4 | 38 |
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| SKALA SELF ADJUSTMENT |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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**LEMBAR**

**ARRANGED BY**

ANISAH TRIYULIASARI

**STUDENT OF**

UIN SAYYID ALI RAHMATULLAH TULUNGAGUNG



K U E S I O N E R

Assalamu’alaikum Wr. Wb.

Salam sejahtera bagi kita semua

Perkenalkan saya Anisah Triyuliasari, mahasiswa Psikologi Islam, UIN Sayyid Ali Rahmatullah Tulungagung. Saat ini saya sedang melakukan penelitian dalam rangka pemenuhan tugas akhir. Maka dari itu, saya memohon kepada saudari untuk berkenan berpartisipasi pada penelitian saya dengan mengisi kuesioner yang sudah saya sediakan ini dengan kriteria partisipan sebagai berikut:

1. Santriwati aktif Pondok Modern
2. Santriwati yang mukim lebih dari dua tahun di Pondok Modern
3. Berusia 15-20 tahun

Kami menjamin kerahasiaan dari semua data yang ada dalam kuesioner ini. Jika memiliki pertanyaan, kritik, dan saran silahkan menghubungi saya via email : [anisahtriyuliasari@gmail.com](mailto:anisahtriyuliasari@gmail.com) atau bisa langsung menemui Ustadzah Hanifah Ainunnisa’.

Atas kesediaan dan kerjasamanya, saya ucapkan terimakasih.

Wassalamu’alaikum Wr. Wb.

**LEMBAR PERNYATAAN PERSETUJUAN**

Saya yang bertanda tangan di bawah ini :

|  |  |
| --- | --- |
| Nama |  |
| Usia |  |
| Jenis Kelamin |  |
| Kelas |  |
| Masa Mukim di Pondok |  |
| Ekstrakurikuler yang diikuti |  |
| Pengalaman Organisasi |  |

Dengan ini, saya menyatakan bahwa secara sadar saya bersedia menjadi partisipan dengan ketentuan bahwa semua data yang diperoleh akan dijaga kerahasiaannya dan murni hanya digunakan untuk kepentingan penelitian. Hasil penelitian akan disusun dalam bentuk laporan penelitian dan akan dipublikasikan dalam bentuk jurnal serta dipresentasikan dalam forum ilmiah dengan batasan-batasan yang telah disebutkan sebelumnya.

………………., …. Maret 2023

Responden

(…………………………….)

**Petunjuk Pengisian Kuesioner Bagian 1**

1. Lama pengisian kuesioner ini berkisar 5 menit
2. Tidak ada jawaban benar atau salah pada kuesioner ini. Anda diharapkan mengisi kuesioner ini sesuai dengan kondisi anda masing-masing
3. Terdapat empat (4) pilihan jawaban yang terdapat dalam kuesioner ini, dengan keterangan sebagai berikut :

* SS = Sangat Sering
* S = Sering
* J = Jarang
* SJ = Sangat Jarang

1. Contoh :

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| No. | Pertanyaan | Pilihan Jawaban | | | |
| SS | S | J | SJ |
| 1 | Seberapa sering anda memikirkan masalah agama? |  | √ |  |  |
| 2 | Sejauh mana anda percaya bahwa Tuhan itu ada ? |  |  | √ |  |
| 3 | Seberapa sering anda menjalankan ibadah? | √ |  |  |  |

**Bagian I**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| No. | Pertanyaan | Pilihan Jawaban | | | |
| SS | S | J | SJ |
| 1 | Seberapa sering anda memikirkan masalah agama? |  |  |  |  |
| 2 | Sejauh mana anda percaya bahwa Tuhan itu ada ? |  |  |  |  |
| 3 | Seberapa sering anda menjalankan ibadah? |  |  |  |  |
| 4 | Seberapa sering anda berdoa? |  |  |  |  |
| 5 | Seberapa sering anda mengalami situasi dimana anda merasa bahwa Tuhan menolong dan mengatur hidup anda? |  |  |  |  |
| 6 | Seberapa tertarikkah anda untuk belajar lebih banyak tentang topik-topik keagamaan? |  |  |  |  |
| 7 | Seberapa penting anda menjalankan ibadah? |  |  |  |  |
| 8 | Seberapa pentingkah doa pribadi bagi anda? |  |  |  |  |
| 9 | Seberapa sering anda mengalami situasi dimana anda merasa bahwa Tuhan ingin berkomunikasi atau mengungkapkan sesuatu kepada anda? |  |  |  |  |
| 10 | Menurut anda, seberapa besar kemungkinan kekuatan yang lebih tinggi benar-benar ada? |  |  |  |  |
| 11 | Seberapa sering anda berdoa secara spontan dalam berbagai situasi? |  |  |  |  |

**Petunjuk Pengisian Kuesioner Bagian 2 dan 3:**

1. Lama pengisian kuesioner ini maksimal 5 menit
2. Tidak ada jawaban benar atau salah pada kuesioner ini. Anda diharapkan mengisi kuesioner ini sesuai dengan kondisi anda masing-masing
3. Terdapat empat (4) pilihan jawaban yang terdapat dalam kuesioner ini, dengan keterangan sebagai berikut :

* SS = Sangat Setuju
* S = Setuju
* TS = Tidak Setuju
* STS = Sangat Tidak Setuju

1. Contoh:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| No. | Pernyataan | Pilihan Jawaban | | | |
| SS | S | TS | STS |
| 1 | Saya belajar dari pengalaman hidup |  | √ |  |  |
| 2 | Jika ada watu luang saya mengikuti pelatihan untuk menambah skill | √ |  |  |  |
| 3 | Saya menyapa teman sekitar ketika bertemu |  |  | √ |  |

**Bagian 2**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| No. | Pernyataan | Pilihan Jawaban | | | |
| SS | S | TS | STS |
| 1 | Saya mengerti kekurangan diri sendiri |  |  |  |  |
| 2 | Saya sudah yakin dengan kemampuan yang dimiliki saat ini |  |  |  |  |
| 3 | Saya mengetahui bakat diri pada bidang tertentu |  |  |  |  |
| 4 | Saya memilih bersikap pasrah untuk meraih cita-cita |  |  |  |  |
| 5 | Saya mengikuti tes psikologi untuk mengetahui kekurangan dan kelebihan diri |  |  |  |  |
| 6 | Melanggar peraturan pondok adalah hak setiap santri |  |  |  |  |
| 7 | Jika ada waktu luang saya mengikuti pelatihan untuk menambah skill |  |  |  |  |
| 8 | Saya belum memiliki tujuan hidup |  |  |  |  |
| 9 | Saya merasa berakhlaq baik sesuai dengan norma yang berlaku di masyarakat |  |  |  |  |
| 10 | Saya memilih bersenang-senang karena malas memikirkan masa depan |  |  |  |  |
| 11 | Saya mengikuti ekstrakurikuler di pondok agar memiliki nilai diri yang tinggi |  |  |  |  |
| 12 | Saya bersikap biasa saja ketika mampu mencapai apa yang saya inginkan |  |  |  |  |
| 13 | Saya menjadi santri yang berprestasi jika bisa meraih juara kelas |  |  |  |  |
| 14 | Saya menyalahkan diri sendiri ketika mendapat nilai di bawah rata-rata |  |  |  |  |
| 15 | Saya mampu mengontrol emosi ketika ucapan orang lain menyakiti hati |  |  |  |  |
| 16 | Saya minder ketika bertemu dengan orang yang baru dikenal |  |  |  |  |
| 17 | Saya memberikan penghargaan kepada diri sendiri ketika mampu meraih prestasi yang dicita-citakan |  |  |  |  |
| 18 | Ketika orang lain bersikap seenaknya saja, saya memilih diam |  |  |  |  |
| 19 | Walaupun mendapatkan nilai yang kurang memuaskan, saya tetap mengapresiasi usaha yang dilakukan |  |  |  |  |
| 20 | Saya mampu mengendalikan perilaku orang lain |  |  |  |  |
| 21 | Saya layak memiliki banyak teman dan relasi |  |  |  |  |
| 22 | Saya tidak dapat mengontrol perilaku orang lain |  |  |  |  |
| 23 | Saya menghormati keputusna orang lain |  |  |  |  |

**Bagian 3**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| No. | Pernyataan | Pilihan Jawaban | | | |
| SS | S | TS | STS |
| 1 | Saya menyapa teman sekitar ketika bertemu |  |  |  |  |
| 2 | Saya mengikuti kegiatan sesuai kata hati |  |  |  |  |
| 3 | Saya memiliki banyak teman |  |  |  |  |
| 4 | Saya terpaksa menolong orang yang kesulitan |  |  |  |  |
| 5 | Saya senang bertemu dengan orang-orang baru |  |  |  |  |
| 6 | Saya keberatan menjalani peraturan pondok |  |  |  |  |
| 7 | Saya nyaman mengikuti kegiatan di pondok |  |  |  |  |
| 8 | Saya benci saat mengantri ketika mengambil makan |  |  |  |  |
| 9 | Saya membiasaan diri untuk mentaati peraturan di pondok |  |  |  |  |
| 10 | Berbohong sudah menjadi kebiasaan saya agar terhindar dari hukuman |  |  |  |  |
| 11 | Melaksanakan tata tertib sudah menjadi kebiasaan yang saya lakukan |  |  |  |  |
| 12 | Saya tidak mempunyai jadwal rutinitas yang teratur |  |  |  |  |
| 13 | Saya akann bertanggung jawab dengan tugas yang diberikan pengurus pondok |  |  |  |  |
| 14 | Jadwal kegiatan harian saya sering berantakan |  |  |  |  |
| 15 | Ketika mendapat teguran, saya terima dengan lapang dada |  |  |  |  |
| 16 | Ketika banyak tugas, saya merasa putus asa |  |  |  |  |
| 17 | Saya menargetkan menambah hafalan dalam seminggu |  |  |  |  |
| 18 | Saya benci dengan pengurus yang suka menyuruh |  |  |  |  |
| 19 | Saya membuat catatan untuk agenda esok hari |  |  |  |  |
| 20 | Ketika diberi hukuman oleh pengurus, saya akan memberontak |  |  |  |  |
| 21 | Ketika bertemu dengan teman, saya tersenyum |  |  |  |  |
| 22 | Saya kabur ketika ada masalah untuk menghindarinya |  |  |  |  |
| 23 | Ketika bersalah, saya akan instropeksi diri |  |  |  |  |
| 24 | Saya stress jika mendapatkan suatu konflik |  |  |  |  |
| 25 | Ketika ada konflik, saya menanggapinya dengan penuh rasa tanggung jawab |  |  |  |  |
| 26 | Saya sulit memikirkan solusi atas permasalahan yang ada |  |  |  |  |
| 27 | Saya menerima pendapat orang lain |  |  |  |  |
| 28 | Saya kesal jika ada orang lain yang berbeda pendapat |  |  |  |  |
| 29 | Saya berusaha memahami sikap orang lain |  |  |  |  |
| 30 | Saya tidak peduli dengan orang lain |  |  |  |  |
| 31 | Saya mudah menerima masukan dari orang lain |  |  |  |  |
| 32 | Semua orang harus setuju dengan pendapat saya |  |  |  |  |
| 33 | Saya mampu beradaptasi di lingkungan baru |  |  |  |  |
| 34 | Saya kesal jika ada teman yang tidak menuruti keinginan |  |  |  |  |
| 35 | Saya benci dengan pengurus yang tidak ramah |  |  |  |  |

**CURRICULUM VITAE PENULIS**

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