

LAMPIRAN-LAMPIRAN

CURRICULUM VITAE

Nama : Waliatus Saidah
NIM : 201569110043
Tempat, Tanggal Lahir : Pasuruan, 07 Maret 1996
Pendidikan : - MI Miftahul Khoir I Karangrejo
- MTs. Miftahul Khoir I Karangrejo
- MA Ma'arif Sukorejo
Pekerjaan : Karyawan Swasta dan Ibu Rumah Tangga
Karya Ilmiah : -

PERNYATAAN KEASLIAN TULISAN

Saya yang bertanda tangan dibawah ini:

Nama : Waliatus Saidah

NIM : 201569110043

Program Studi : Psikologi

Fakultas : Psikologi

Menyatakan dengan sebenar-benarnya bahawa skripsi yang saya tulis ini benar-benar merupakan hasil karya saya sendiri, bukan merupakan pengambilan tulisan atau pikiran orang lain yang saya akui sebagai hasil tulisan atau pikiran saya sendiri.

Apabila dikemudian hari terbukti atau dapat dibuktikan skripsi ini hasil jiplakan, maka saya bersedia menerima sanksi atas perbuatan tersebut.

Pasuruan, 23 Agustus 2019

Yang membuat pernyataan,



Waliatus Saidah

Lampiran Skala Penyesuaian Diri

1. Identitas Responden

Nama :

Jenis kelamin :

Usia :

2. Petunjuk Pengisian

- Pilihlah satu jawaban yang anda anggap paling sesuai atau yang menggambarkan diri anda
- Berikan tanda (√) pada salahsatu kolom lembar jawaban yang telah disediakan.
- Disetiap pernyataan terdapat 5 jawaban yang menyatakan :
 - SS** : Sangat Setuju
 - S** : Setuju
 - N** : Netral
 - TS** : Tidak Setuju
 - STS** : Sangat Tidak Setuju

| NO | PERNYATAAN | SS | S | N | TS | STS |
|----|--|----|---|---|----|-----|
| 1 | Saya merasa bangga pada diri saya sendiri, karena saya selalu cekatan dan benar dalam melakukan pekerjaan apapun | | | | | |
| 2 | Saya adalah pribadi yang kuat, meskipun pekerjaan yang saya lakukan itu berat | | | | | |
| 3 | Jika saya melakukan kesalahan saat bekerja, saya akan langsung bicara dengan atasan | | | | | |
| 4 | Saya selalu mampu menghadapi berbagai masalah saat saya bekerja | | | | | |
| 5 | Saya yakin bahwa karyawan lain banyak yang menyukai saya | | | | | |
| 6 | Saya berpandangan buruk tentang diri saya sendiri | | | | | |
| 7 | Saya minder saat melihat karyawan lain jauh lebih baik dari saya dalam hal apapun | | | | | |
| 8 | Saya merasa kehilangan harapan saat ditimpa masalah | | | | | |
| 9 | Saya sulit berhubungan baik dengan siapapun | | | | | |
| 10 | Saya sulit dekat dengan teman-teman saya, meskipun setiap hari bersama-sama dengan mereka | | | | | |
| 11 | Saya bisa merespon pembicaraan orang lain meskipun baru saya kenal | | | | | |
| 12 | Saya sulit beradaptasi dilingkungan baru | | | | | |

| NO | PERNYATAAN | SS | S | N | TS | STS |
|-----------|--|-----------|----------|----------|-----------|------------|
| 13 | Saya merasa sulit berkomunikasi dengan orang baru | | | | | |
| 14 | Saya bersikap sopan santun terhadap orang lain | | | | | |
| 15 | Saya suka menolak saran dari orang lain terhadap pekerjaan yang saya lakukan | | | | | |
| 16 | Saya memiliki sikap penolong yang tinggi terhadap siapapun | | | | | |
| 17 | Saya sulit dalam mencari teman | | | | | |
| 18 | Saya bisa berteman baik dengan orang yang baru saya kenal | | | | | |
| 19 | Saya bisa bekerjasama dengan baik dengan siapapun | | | | | |
| 20 | Saya pesimis saat menghadapi situasi-situasi yang sulit | | | | | |
| 21 | Saya suka menyapa karyawan-karyawan lain | | | | | |
| 22 | Saat pertama kali masuk bekerja, saya sudah mulai membayangkan yang tidak-tidak didalam pabrik | | | | | |
| 23 | Saya mudah menyerah saat menghadapi masalah dalam pekerjaan | | | | | |
| 24 | Saya mempunyai potensi yang rendah dalam bidang pekerjaan dibandingkan teman saya | | | | | |
| 25 | Saya mencari-cari alasan agar atasan tidak marah karena kesalahan saya | | | | | |
| 26 | Saya merasa putus asa, saat ditempatkan dibagian yang tidak saya inginkan | | | | | |
| 27 | Saya selalu yakin dengan hasil pekerjaan saya | | | | | |
| 28 | Saya takut ketika belum kunjung mahir dalam pekerjaan saya | | | | | |
| 29 | Saya fokus dengan pekerjaan saya, dimanapun saya ditempatkan | | | | | |
| 30 | Saya merasa takut dan bingung saat atasan marah-marhal karena suatu hal | | | | | |

Lampiran Skala Regulasi Diri

1. Identitas Responden

Nama :

Jenis kelamin :

Usia :

2. Petunjuk Pengisian

- Pilihlah satu jawaban yang anda anggap paling sesuai atau yang menggambarkan diri anda
- Berikan tanda (√) pada salahsatu kolom lembar jawaban yang telah disediakan.
- Disetiap pernyataan terdapat 5 jawaban yang menyatakan :
SS : Sangat Setuju
S : Setuju
N : Netral
TS : Tidak Setuju
STS : Sangat Tidak Setuju

| NO | PERNYATAAN | SS | S | N | TS | STS |
|----|--|----|---|---|----|-----|
| 1 | Saya adalah pribadi yang pandai menyusun strategi dalam pekerjaan | | | | | |
| 2 | Saya sulit menetapkan tujuan masa depan saya | | | | | |
| 3 | Saya mampu berinteraksi dengan baik dengan kelompok baru | | | | | |
| 4 | Saya mampu mengatur kegiatan apapun dengan baik | | | | | |
| 5 | Saya sulit mengambil pemikiran-pemikiran kreatif untuk kemajuan perusahaan | | | | | |
| 6 | Saya mampu menata kehidupan sehari-hari saya dengan baik | | | | | |
| 7 | Saya selalu antusias membenahi diri menjadi lebih baik | | | | | |
| 8 | Saya mampu menguasai diri terhadap situasi yang menekan saya | | | | | |
| 9 | Saya selalu bersemangat dalam bekerja | | | | | |
| 10 | Saya merasa orang lain lebih baik dari pada saya dalam berbagai hal | | | | | |
| 11 | Saya selalu berupaya menyelesaikan tugas apapun dengan sebaik-baiknya | | | | | |
| 12 | Saya mampu mengerjakan pekerjaan sendiri dengan tepat waktu | | | | | |
| 13 | Saya sering menyia-nyiakan waktu untuk hal yang tidak penting | | | | | |

| NO | PERNYATAAN | SS | S | N | TS | STS |
|-----------|---|-----------|----------|----------|-----------|------------|
| 14 | Saya suka bersantai meskipun banyak hal yang harus dikerjakan | | | | | |
| 15 | Saya berkerja keras agar mendapatkan apa yang saya inginkan | | | | | |
| 16 | Saya merasa mampu mengembangkan diri menjadi lebih baik lagi | | | | | |
| 17 | Saya akan lebih focus dalam bekerja, jika hanya ada atasan | | | | | |
| 18 | Saya gampang putus asa saat dihadapkan dengan masalah | | | | | |
| 19 | Saya mudah menyerah atas suatu permasalahan | | | | | |
| 20 | Saya merasa sulit mengajukan pemikiran yang bisa disetujui banyak orang | | | | | |
| 21 | Saya merasa bisa menjadi pemimpin yang baik | | | | | |
| 22 | Saya melakukan sesuatu tanpa memikirkan akibatnya | | | | | |
| 23 | Saya mampu menolak ajakan buruk teman | | | | | |
| 24 | Saya sulit dalam memecahkan sendiri masalah yang dihadapi | | | | | |
| 25 | Saya selalu meminta bantuan orang lain dalam mengerjakan tugas apapun | | | | | |
| 26 | Saya selalu pesimis dengan hasil apapun yang telah saya kerjakan | | | | | |
| 27 | Saya minder saat disuruh memimpin rapat | | | | | |
| 28 | Saya suka memperhatikan sikap saya agar tidak menyakiti orang lain | | | | | |
| 29 | Saya merasa memiliki suatu kelebihan yang bisa untuk dikembangkan | | | | | |
| 30 | Saya bisa mengutarakan pendapat saya didepan banyak orang | | | | | |

Lampiran Data Induk Skala Penyesuaian Diri

| No Subyek | No Item | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------|---------|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| | 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 |
| 1 | 3 | 3 | 2 | 2 | 1 | 1 | 2 | 2 | 1 | 2 | 3 | 1 | 1 | 2 | 1 | 3 | 1 | 1 | 2 | 1 | 1 | 3 | 2 | 2 | 2 | 1 | 3 | 3 | 2 | 1 |
| 2 | 1 | 3 | 2 | 1 | 2 | 1 | 3 | 3 | 1 | 2 | 3 | 3 | 2 | 1 | 2 | 1 | 2 | 2 | 1 | 2 | 1 | 2 | 1 | 1 | 2 | 1 | 3 | 2 | 1 | 3 |
| 3 | 4 | 4 | 3 | 3 | 2 | 3 | 4 | 1 | 4 | 2 | 2 | 3 | 3 | 3 | 4 | 3 | 4 | 2 | 2 | 1 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 1 |
| 4 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 4 | 2 | 4 | 4 | 3 | 4 | 4 | 3 | 4 | 3 | 3 | 2 | 4 | 3 | 3 | 2 | 4 | 3 | 4 | 3 | 3 | 3 |
| 5 | 0 | 1 | 0 | 0 | 1 | 2 | 4 | 4 | 3 | 2 | 4 | 3 | 3 | 3 | 2 | 2 | 3 | 4 | 3 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 2 | 1 | 3 | 4 |
| 6 | 4 | 3 | 2 | 3 | 4 | 3 | 3 | 1 | 3 | 2 | 4 | 3 | 3 | 2 | 3 | 3 | 0 | 3 | 4 | 1 | 4 | 1 | 3 | 3 | 4 | 4 | 3 | 2 | 4 | 3 |
| 7 | 2 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 4 | 4 | 4 | 4 | 3 | 3 | 2 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 3 | 3 |
| 8 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 3 | 4 | 3 | 2 | 3 | 2 | 4 | 2 | 1 | 2 | 3 | 3 | 3 | 4 | 4 | 3 | 2 | 1 | 3 | 1 |
| 9 | 1 | 3 | 3 | 4 | 3 | 3 | 2 | 3 | 3 | 4 | 3 | 2 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 2 | 2 | 3 | 3 | 4 | 3 | 2 | 3 |
| 10 | 3 | 3 | 2 | 3 | 2 | 4 | 4 | 3 | 0 | 4 | 4 | 2 | 4 | 4 | 2 | 4 | 3 | 0 | 3 | 1 | 2 | 4 | 4 | 4 | 4 | 0 | 0 | 0 | 0 | 4 |
| 11 | 3 | 3 | 2 | 1 | 1 | 3 | 2 | 3 | 1 | 2 | 3 | 3 | 2 | 3 | 1 | 3 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 1 | 3 | 2 | 2 | 1 | 2 | 2 |
| 12 | 4 | 3 | 3 | 2 | 4 | 3 | 3 | 4 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 2 | 3 | 2 |
| 13 | 3 | 3 | 2 | 3 | 3 | 4 | 2 | 2 | 3 | 2 | 2 | 1 | 3 | 3 | 0 | 4 | 4 | 3 | 0 | 3 | 4 | 3 | 3 | 3 | 4 | 1 | 2 | 2 | 3 | 3 |
| 14 | 3 | 3 | 1 | 3 | 3 | 3 | 4 | 3 | 2 | 3 | 2 | 3 | 3 | 4 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 |
| 15 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 1 | 3 | 3 | 1 | 0 | 2 | 3 | 0 | 3 | 2 | 3 | 1 | 3 | 1 | 3 | 4 | 3 | 3 | 2 | 4 | 2 | 3 | 2 |
| 16 | 4 | 3 | 4 | 4 | 3 | 3 | 3 | 1 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 1 | 2 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 1 | 3 | 3 |
| 17 | 4 | 3 | 2 | 4 | 4 | 3 | 4 | 2 | 2 | 3 | 1 | 4 | 4 | 4 | 2 | 1 | 4 | 4 | 4 | 2 | 2 | 3 | 2 | 2 | 2 | 3 | 4 | 3 | 4 | 2 |
| 18 | 3 | 4 | 3 | 2 | 2 | 4 | 4 | 3 | 4 | 1 | 4 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 2 | 3 |
| 19 | 4 | 2 | 4 | 2 | 3 | 4 | 4 | 1 | 0 | 4 | 0 | 1 | 1 | 0 | 2 | 4 | 1 | 1 | 1 | 4 | 1 | 3 | 2 | 2 | 1 | 0 | 1 | 4 | 1 | 0 |
| 20 | 4 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 4 | 3 | 3 | 1 | 4 | 4 |
| 21 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 1 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 1 | 4 | 1 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 1 | 3 | 2 | 1 | 1 |
| 22 | 2 | 3 | 3 | 3 | 3 | 3 | 1 | 2 | 2 | 3 | 2 | 1 | 2 | 2 | 1 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 3 | 2 | 1 | 1 | 2 | 2 | 2 |
| 23 | 4 | 4 | 3 | 2 | 2 | 4 | 2 | 2 | 1 | 3 | 4 | 3 | 3 | 4 | 2 | 3 | 4 | 4 | 0 | 3 | 2 | 2 | 1 | 3 | 4 | 1 | 3 | 4 | 2 | 2 |
| 24 | 4 | 3 | 4 | 4 | 4 | 3 | 4 | 2 | 3 | 3 | 1 | 4 | 4 | 3 | 3 | 4 | 1 | 1 | 0 | 3 | 0 | 2 | 3 | 1 | 4 | 3 | 2 | 2 | 1 | 1 |
| 25 | 4 | 3 | 2 | 3 | 3 | 4 | 2 | 2 | 3 | 3 | 4 | 3 | 3 | 4 | 2 | 3 | 4 | 3 | 0 | 3 | 2 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 2 | 2 |
| 26 | 4 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 2 | 3 | 2 | 2 | 4 | 1 | 2 | 3 | 3 | 3 | 2 | 3 | 3 | 2 | 3 | 1 | 2 | 3 |
| 27 | 2 | 3 | 2 | 2 | 3 | 4 | 2 | 2 | 4 | 3 | 4 | 3 | 3 | 4 | 3 | 3 | 4 | 4 | 0 | 3 | 2 | 3 | 3 | 3 | 2 | 3 | 2 | 3 | 2 | 2 |
| 28 | 3 | 3 | 2 | 2 | 2 | 3 | 2 | 1 | 4 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 4 | 0 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 2 | 2 | 2 | 1 |
| 29 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 2 | 3 | 4 | 2 | 2 | 2 | 3 | 3 | 3 | 1 | 2 | 2 | 2 | 3 |
| 30 | 4 | 4 | 4 | 4 | 3 | 2 | 2 | 1 | 3 | 3 | 3 | 2 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 2 | 3 | 4 | 3 | 3 | 4 | 3 | 3 | 2 | 2 | 4 |

| No Subyek | No Item | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------|---------|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|
| | 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 | 4 | 4 | 3 | 4 | 3 | 2 | 2 | 2 | 3 | 2 | 4 | 2 | 4 | 3 | 3 | 4 | 4 | 4 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 2 | 3 | 3 | |
| 32 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 2 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 4 | 2 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 2 | 2 | 4 | |
| 33 | 4 | 0 | 1 | 0 | 4 | 1 | 0 | 3 | 3 | 0 | 2 | 4 | 3 | 3 | 4 | 3 | 1 | 0 | 1 | 3 | 1 | 2 | 0 | 3 | 3 | 3 | 2 | 3 | 1 | 1 | |
| 34 | 3 | 3 | 2 | 3 | 2 | 2 | 2 | 3 | 3 | 0 | 3 | 2 | 1 | 2 | 1 | 3 | 2 | 3 | 3 | 3 | 2 | 3 | 1 | 3 | 3 | 3 | 2 | 1 | 2 | 3 | |
| 35 | 2 | 3 | 3 | 3 | 2 | 3 | 4 | 2 | 3 | 3 | 2 | 3 | 3 | 4 | 3 | 3 | 4 | 3 | 2 | 3 | 3 | 2 | 3 | 4 | 4 | 3 | 4 | 3 | 3 | 2 | |
| 36 | 3 | 2 | 1 | 3 | 2 | 1 | 2 | 3 | 2 | 3 | 3 | 3 | 4 | 3 | 2 | 3 | 2 | 1 | 1 | 3 | 2 | 2 | 2 | 3 | 1 | 2 | 3 | 2 | 0 | 1 | |
| 37 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 2 | 3 | 4 | 2 | 2 | 2 | 3 | 3 | 3 | 1 | 1 | 1 | 3 | 3 | |
| 38 | 4 | 0 | 1 | 0 | 4 | 1 | 0 | 3 | 3 | 0 | 2 | 4 | 3 | 3 | 4 | 3 | 1 | 0 | 1 | 1 | 1 | 2 | 0 | 3 | 3 | 3 | 3 | 2 | 3 | 1 | 1 |
| 39 | 3 | 3 | 2 | 3 | 3 | 4 | 4 | 2 | 0 | 1 | 3 | 3 | 3 | 3 | 2 | 2 | 4 | 1 | 1 | 1 | 3 | 2 | 2 | 3 | 4 | 1 | 2 | 2 | 3 | 1 | |
| 40 | 3 | 3 | 2 | 3 | 3 | 4 | 4 | 2 | 0 | 1 | 3 | 4 | 4 | 4 | 2 | 2 | 4 | 1 | 1 | 1 | 3 | 2 | 2 | 2 | 4 | 1 | 2 | 2 | 3 | 1 | |
| 41 | 2 | 3 | 3 | 1 | 2 | 3 | 1 | 1 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 1 | 1 | 2 | 3 | 2 | 2 | 3 | 2 | 3 | 3 | 3 | 1 | |
| 42 | 3 | 3 | 2 | 2 | 1 | 2 | 3 | 3 | 1 | 3 | 1 | 1 | 1 | 2 | 1 | 3 | 1 | 3 | 1 | 3 | 3 | 1 | 2 | 3 | 1 | 1 | 3 | 2 | 1 | 1 | |
| 43 | 4 | 2 | 3 | 4 | 1 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 4 | 3 | 2 | 4 | 4 | 4 | 1 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 2 | 3 | 3 | |
| 44 | 4 | 3 | 2 | 3 | 2 | 2 | 2 | 1 | 3 | 0 | 4 | 2 | 2 | 3 | 2 | 3 | 4 | 3 | 2 | 2 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 1 | 3 | 4 | |
| 45 | 4 | 2 | 4 | 4 | 1 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 2 | 3 | 3 | 3 | 0 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 2 | 3 | 3 | |
| 46 | 4 | 2 | 2 | 1 | 2 | 1 | 3 | 2 | 1 | 3 | 1 | 4 | 4 | 4 | 1 | 3 | 0 | 2 | 2 | 3 | 1 | 2 | 2 | 2 | 1 | 0 | 4 | 4 | 0 | 1 | |
| 47 | 2 | 3 | 2 | 3 | 3 | 2 | 2 | 3 | 1 | 2 | 3 | 3 | 3 | 2 | 3 | 3 | 2 | 3 | 1 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 2 | |
| 48 | 4 | 1 | 2 | 3 | 3 | 3 | 4 | 3 | 3 | 4 | 3 | 4 | 4 | 3 | 3 | 2 | 3 | 4 | 4 | 1 | 3 | 3 | 4 | 4 | 3 | 3 | 4 | 3 | 4 | 3 | |
| 49 | 3 | 4 | 2 | 1 | 1 | 4 | 4 | 3 | 1 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 1 | 3 | 1 | 2 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | |
| 50 | 2 | 3 | 3 | 4 | 2 | 4 | 4 | 3 | 1 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 2 | |
| 51 | 0 | 3 | 1 | 2 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 2 | 1 | |
| 52 | 3 | 0 | 1 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 3 | 3 | 4 | 3 | 2 | 4 | 3 | 3 | 1 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 3 | 4 | 3 | |
| 53 | 3 | 3 | 3 | 4 | 4 | 4 | 3 | 2 | 3 | 2 | 1 | 4 | 3 | 3 | 4 | 3 | 1 | 1 | 2 | 2 | 3 | 3 | 2 | 3 | 4 | 2 | 3 | 2 | 2 | 2 | |
| 54 | 4 | 4 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 1 | 3 | 4 | 3 | 2 | 3 | 3 | 3 | 3 | 4 | 0 | 3 | 2 | 4 | 1 | 2 | 3 | 3 | 0 | 3 | |
| 55 | 2 | 2 | 2 | 1 | 1 | 3 | 2 | 2 | 1 | 3 | 2 | 1 | 1 | 1 | 3 | 3 | 2 | 1 | 1 | 2 | 1 | 1 | 3 | 3 | 1 | 1 | 3 | 2 | 3 | 3 | |
| 56 | 1 | 3 | 2 | 1 | 0 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 2 | 2 | 1 | |
| 57 | 1 | 3 | 1 | 3 | 2 | 3 | 2 | 3 | 1 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 2 | 3 | 1 | |
| 58 | 4 | 2 | 2 | 1 | 3 | 2 | 3 | 3 | 2 | 3 | 2 | 3 | 2 | 2 | 1 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | |
| 59 | 4 | 1 | 0 | 3 | 3 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 4 | 2 | 3 | 4 | 4 | 2 | 4 | 3 | 3 | 3 | 3 | 4 | 2 | 4 | 4 | | |
| 60 | 1 | 3 | 1 | 1 | 2 | 3 | 3 | 3 | 3 | 2 | 4 | 4 | 4 | 4 | 1 | 3 | 2 | 1 | 1 | 2 | 2 | 3 | 3 | 3 | 3 | 4 | 3 | 2 | 3 | | |

| No Subyek | No Item | | | | | | | | | | | | | | | | | | | |
|-----------|---------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 |
| 1 | 3 | 1 | 3 | 3 | 3 | 3 | 1 | 1 | 3 | 2 | 3 | 1 | 2 | 1 | 1 | 1 | 0 | 2 | 2 | 3 |
| 2 | 1 | 3 | 3 | 2 | 2 | 3 | 1 | 1 | 2 | 1 | 3 | 3 | 0 | 1 | 2 | 1 | 0 | 1 | 2 | 2 |
| 3 | 1 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 1 | 3 | 2 | 1 | 3 | 1 | 1 | 3 | 3 |
| 4 | 2 | 3 | 2 | 2 | 3 | 3 | 2 | 2 | 4 | 4 | 4 | 1 | 3 | 2 | 1 | 3 | 2 | 1 | 3 | 3 |
| 5 | 3 | 2 | 0 | 2 | 4 | 4 | 4 | 1 | 4 | 2 | 2 | 0 | 2 | 1 | 0 | 3 | 2 | 1 | 3 | 1 |
| 6 | 0 | 3 | 0 | 3 | 2 | 4 | 3 | 0 | 3 | 3 | 3 | 1 | 2 | 1 | 0 | 0 | 0 | 2 | 3 | 2 |
| 7 | 2 | 2 | 4 | 3 | 2 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 0 | 3 | 3 | 1 | 2 | 2 |
| 8 | 1 | 2 | 4 | 1 | 2 | 3 | 1 | 0 | 1 | 3 | 2 | 2 | 2 | 1 | 2 | 0 | 0 | 1 | 2 | 3 |
| 9 | 2 | 3 | 4 | 3 | 3 | 2 | 3 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 0 | 3 | 3 | 2 | 3 | 3 |
| 10 | 2 | 4 | 0 | 2 | 3 | 3 | 0 | 0 | 0 | 1 | 4 | 4 | 4 | 0 | 2 | 2 | 0 | 4 | 4 | 4 |
| 11 | 1 | 2 | 3 | 2 | 2 | 1 | 2 | 1 | 3 | 3 | 1 | 3 | 3 | 2 | 2 | 1 | 1 | 3 | 1 | 2 |
| 12 | 2 | 3 | 2 | 3 | 1 | 3 | 3 | 3 | 0 | 2 | 4 | 2 | 2 | 3 | 1 | 3 | 1 | 1 | 3 | 3 |
| 13 | 1 | 3 | 2 | 0 | 1 | 3 | 2 | 1 | 3 | 3 | 2 | 3 | 3 | 1 | 1 | 0 | 1 | 1 | 3 | 2 |
| 14 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 1 | 3 | 2 | 3 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 2 | 3 |
| 15 | 2 | 2 | 3 | 2 | 3 | 3 | 1 | 1 | 1 | 3 | 3 | 2 | 3 | 2 | 2 | 3 | 1 | 2 | 3 | 3 |
| 16 | 1 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 1 | 3 | 2 | 1 | 4 | 1 | 1 | 4 | 3 |
| 17 | 1 | 1 | 0 | 4 | 2 | 2 | 2 | 2 | 4 | 2 | 4 | 2 | 1 | 2 | 1 | 1 | 1 | 1 | 2 | 2 |
| 18 | 1 | 4 | 2 | 0 | 3 | 3 | 3 | 2 | 1 | 3 | 3 | 3 | 4 | 3 | 1 | 3 | 1 | 3 | 3 | 4 |
| 19 | 0 | 4 | 4 | 3 | 0 | 2 | 2 | 2 | 1 | 3 | 2 | 3 | 3 | 0 | 0 | 1 | 2 | 2 | 1 | 4 |
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| 23 | 1 | 3 | 2 | 1 | 4 | 3 | 3 | 2 | 2 | 4 | 3 | 4 | 4 | 3 | 2 | 4 | 1 | 1 | 4 | 4 |
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| 26 | 2 | 3 | 3 | 0 | 1 | 3 | 2 | 1 | 2 | 3 | 3 | 2 | 1 | 2 | 1 | 2 | 0 | 1 | 3 | 3 |
| 27 | 1 | 3 | 2 | 3 | 4 | 3 | 3 | 3 | 2 | 4 | 3 | 3 | 4 | 3 | 2 | 4 | 3 | 1 | 4 | 4 |
| 28 | 1 | 3 | 2 | 1 | 4 | 3 | 2 | 2 | 2 | 4 | 3 | 3 | 4 | 2 | 2 | 4 | 2 | 1 | 4 | 4 |
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| No Subyek | No Aitem | | | | | | | | | | | | | | | | | | | |
|--------------|----------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 |
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| 37 | 1 | 2 | 3 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 3 | 1 | 0 | 0 | 0 | 1 | 3 | 1 | 2 |
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| 42 | 1 | 2 | 3 | 1 | 3 | 2 | 1 | 1 | 3 | 1 | 4 | 1 | 2 | 1 | 2 | 1 | 1 | 2 | 3 | 2 |
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| 45 | 3 | 2 | 4 | 4 | 2 | 2 | 4 | 1 | 3 | 3 | 2 | 3 | 3 | 2 | 1 | 1 | 1 | 0 | 3 | 3 |
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| 60 | 0 | 3 | 0 | 3 | 4 | 4 | 1 | 0 | 4 | 2 | 3 | 2 | 2 | 1 | 0 | 0 | 1 | 2 | 3 | 2 |

Lampiran Data Induk Skala Regulasi Diri

| No Subyek | No Item | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------|---------|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|
| | 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 | |
| 1 | 1 | 2 | 2 | 1 | 3 | 2 | 3 | 3 | 1 | 2 | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 3 | 2 | 2 | 1 | 1 | 2 | 1 | 3 | 1 | 2 | 2 | 1 | 1 | |
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| No Subyek | No Item | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------|---------|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|
| | 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 | |
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| No Subyek | No Item | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--------------|---------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|---|
| | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | | |
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| 23 | 2 | 4 | 2 | 2 | 2 | 4 | 3 | 3 | 3 | 4 | 2 | 4 | 4 | 3 | 3 | 3 | 4 | 1 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 1 | | |
| 24 | 3 | 0 | 3 | 4 | 2 | 4 | 1 | 3 | 2 | 3 | 2 | 3 | 4 | 3 | 3 | 3 | 4 | 4 | 0 | 0 | 4 | 3 | 4 | 4 | 2 | 4 | 2 | 3 | 3 | 2 | | |
| 25 | 3 | 4 | 2 | 2 | 2 | 4 | 3 | 3 | 3 | 1 | 3 | 3 | 4 | 3 | 2 | 3 | 3 | 1 | 3 | 3 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 4 | 3 | 1 | | |
| 26 | 2 | 4 | 2 | 2 | 3 | 3 | 2 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 2 | 1 | 2 | 3 | 3 | 2 | 3 | 0 | | |
| 27 | 3 | 4 | 3 | 2 | 2 | 4 | 4 | 3 | 3 | 1 | 4 | 4 | 4 | 3 | 2 | 3 | 4 | 1 | 3 | 3 | 2 | 3 | 2 | 2 | 2 | 3 | 3 | 4 | 3 | 0 | | |
| 28 | 3 | 4 | 2 | 2 | 2 | 4 | 3 | 3 | 3 | 2 | 4 | 3 | 3 | 4 | 3 | 2 | 3 | 3 | 1 | 3 | 3 | 3 | 2 | 2 | 2 | 4 | 4 | 4 | 3 | 2 | | |
| 29 | 1 | 3 | 1 | 1 | 1 | 2 | 2 | 1 | 1 | 1 | 0 | 0 | 3 | 1 | 4 | 1 | 3 | 2 | 4 | 2 | 3 | 3 | 1 | 3 | 1 | 2 | 1 | 3 | 3 | 0 | | |
| 30 | 3 | 3 | 1 | 3 | 3 | 4 | 4 | 4 | 4 | 1 | 3 | 4 | 4 | 4 | 4 | 2 | 2 | 3 | 3 | 4 | 1 | 4 | 4 | 3 | 2 | 4 | 3 | 3 | 4 | 4 | | |

| No Subyek | No Item | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--------------|---------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|
| | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | |
| 31 | 3 | 3 | 1 | 3 | 3 | 4 | 4 | 3 | 4 | 1 | 3 | 4 | 4 | 4 | 4 | 2 | 3 | 3 | 4 | 3 | 4 | 4 | 4 | 3 | 4 | 4 | 3 | 3 | 4 | 4 | |
| 32 | 2 | 4 | 2 | 2 | 3 | 4 | 4 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 2 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 2 | 3 | 4 | 4 | 4 | 4 | 4 | |
| 33 | 0 | 3 | 1 | 2 | 3 | 3 | 1 | 1 | 3 | 3 | 3 | 2 | 1 | 1 | 3 | 3 | 1 | 1 | 1 | 1 | 3 | 0 | 2 | 1 | 2 | 3 | 2 | 2 | 3 | 4 | |
| 34 | 1 | 4 | 2 | 1 | 1 | 3 | 2 | 3 | 2 | 0 | 3 | 3 | 3 | 3 | 3 | 1 | 3 | 2 | 4 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 0 | 3 | 3 | 1 | |
| 35 | 3 | 4 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 4 | 3 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | |
| 36 | 3 | 2 | 0 | 3 | 0 | 3 | 1 | 3 | 2 | 3 | 4 | 0 | 2 | 2 | 3 | 3 | 2 | 2 | 2 | 4 | 2 | 3 | 2 | 2 | 3 | 3 | 2 | 1 | 4 | 0 | |
| 37 | 1 | 3 | 1 | 1 | 1 | 2 | 2 | 1 | 1 | 1 | 0 | 0 | 3 | 1 | 4 | 1 | 3 | 2 | 4 | 2 | 3 | 3 | 1 | 3 | 1 | 2 | 1 | 3 | 3 | 0 | |
| 38 | 2 | 1 | 2 | 2 | 1 | 2 | 3 | 2 | 2 | 1 | 2 | 1 | 3 | 4 | 4 | 0 | 2 | 1 | 1 | 1 | 0 | 1 | 2 | 1 | 3 | 2 | 1 | 0 | 3 | 2 | |
| 39 | 2 | 3 | 1 | 1 | 1 | 3 | 1 | 1 | 3 | 1 | 2 | 3 | 3 | 3 | 3 | 1 | 3 | 2 | 3 | 3 | 3 | 4 | 1 | 2 | 2 | 2 | 4 | 3 | 2 | 2 | |
| 40 | 2 | 3 | 1 | 1 | 1 | 3 | 1 | 1 | 3 | 1 | 2 | 3 | 3 | 3 | 3 | 1 | 3 | 2 | 3 | 3 | 3 | 4 | 1 | 2 | 2 | 2 | 4 | 3 | 2 | 2 | |
| 41 | 1 | 3 | 2 | 2 | 1 | 2 | 2 | 1 | 2 | 1 | 3 | 4 | 2 | 2 | 3 | 1 | 2 | 1 | 0 | 2 | 2 | 3 | 2 | 3 | 1 | 3 | 2 | 3 | 3 | 1 | |
| 42 | 1 | 3 | 2 | 3 | 1 | 2 | 1 | 1 | 1 | 2 | 3 | 3 | 2 | 2 | 2 | 1 | 3 | 0 | 2 | 3 | 3 | 3 | 1 | 2 | 1 | 3 | 3 | 1 | 3 | 1 | |
| 43 | 4 | 1 | 1 | 3 | 2 | 3 | 3 | 3 | 4 | 1 | 3 | 3 | 4 | 4 | 3 | 2 | 2 | 3 | 4 | 4 | 4 | 4 | 1 | 4 | 4 | 3 | 4 | 4 | 4 | 4 | |
| 44 | 1 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 2 | 0 | 3 | 3 | 3 | 3 | 4 | 1 | 3 | 3 | 4 | 3 | 4 | 3 | 2 | 3 | 2 | 2 | 3 | 3 | 3 | 2 | |
| 45 | 3 | 1 | 1 | 3 | 2 | 3 | 3 | 3 | 3 | 1 | 4 | 3 | 4 | 4 | 3 | 2 | 2 | 3 | 4 | 3 | 4 | 4 | 4 | 1 | 4 | 4 | 3 | 2 | 2 | 3 | 4 |
| 46 | 2 | 2 | 1 | 0 | 2 | 2 | 1 | 3 | 2 | 2 | 3 | 3 | 4 | 2 | 2 | 2 | 1 | 1 | 0 | 3 | 2 | 3 | 2 | 1 | 3 | 2 | 1 | 1 | 2 | 3 | |
| 47 | 2 | 4 | 2 | 2 | 0 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 1 | 3 | 2 | 2 | 3 | 3 | 3 | 2 | 3 | 2 | 3 | 3 | 3 | 3 | 1 | |
| 48 | 3 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 3 | 1 | 3 | 3 | 3 | 4 | 4 | 2 | 3 | 4 | 4 | 4 | 4 | 4 | 1 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | |
| 49 | 1 | 2 | 1 | 3 | 2 | 4 | 1 | 3 | 3 | 1 | 3 | 4 | 4 | 3 | 4 | 1 | 3 | 2 | 2 | 3 | 4 | 4 | 1 | 2 | 2 | 2 | 3 | 3 | 4 | 1 | |
| 50 | 2 | 4 | 1 | 3 | 2 | 3 | 3 | 3 | 3 | 1 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 1 | 2 | 3 | 2 | 3 | 3 | 1 | 1 | 3 | 3 | 3 | 3 | 2 | |
| 51 | 3 | 3 | 1 | 2 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 4 | 3 | 4 | 4 | 2 | 3 | 2 | 3 | 3 | 3 | 3 | 2 | 1 | 2 | 3 | 3 | 3 | 3 | 2 | |
| 52 | 2 | 3 | 3 | 2 | 4 | 3 | 4 | 4 | 4 | 1 | 3 | 4 | 4 | 4 | 4 | 2 | 4 | 3 | 3 | 4 | 4 | 4 | 1 | 3 | 4 | 4 | 4 | 2 | 4 | 4 | |
| 53 | 2 | 3 | 2 | 2 | 3 | 4 | 2 | 2 | 3 | 2 | 2 | 1 | 4 | 3 | 3 | 3 | 2 | 3 | 4 | 2 | 3 | 3 | 2 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | |
| 54 | 3 | 3 | 0 | 4 | 3 | 4 | 1 | 0 | 3 | 2 | 1 | 4 | 4 | 3 | 4 | 1 | 3 | 1 | 1 | 0 | 3 | 4 | 4 | 3 | 0 | 4 | 1 | 3 | 4 | 0 | |
| 55 | 1 | 3 | 1 | 1 | 2 | 3 | 1 | 3 | 3 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 3 | 1 | 3 | 3 | 3 | 3 | 3 | 1 | 3 | 2 | 3 | 2 | 3 | 2 | |
| 56 | 3 | 2 | 1 | 2 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 4 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 1 | 3 | 2 | 2 | 3 | 4 | 2 | |
| 57 | 3 | 4 | 1 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 4 | 3 | 2 | 3 | 3 | 3 | 4 | 4 | 3 | |
| 58 | 1 | 3 | 2 | 3 | 3 | 4 | 4 | 4 | 2 | 1 | 1 | 1 | 4 | 3 | 4 | 2 | 2 | 4 | 4 | 4 | 4 | 4 | 2 | 2 | 4 | 4 | 3 | 3 | 3 | 3 | |
| 59 | 3 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 1 | 3 | 3 | 4 | 4 | 4 | 2 | 2 | 4 | 3 | 3 | 4 | 4 | 1 | 3 | 4 | 4 | 0 | 3 | 4 | 4 | |
| 60 | 1 | 1 | 3 | 1 | 1 | 3 | 1 | 2 | 3 | 0 | 3 | 4 | 4 | 3 | 4 | 1 | 2 | 2 | 4 | 4 | 2 | 4 | 4 | 1 | 2 | 2 | 2 | 2 | 4 | 1 | |

Lampiran Hasil Uji Validitas Skala Penyesuaian Diri

| No Item | X | X2 | Y | Y2 | XY | Rxy | Keterangan |
|---------|-----|-----|------|--------|-------|--------|------------|
| 1 | 182 | 624 | 7425 | 937501 | 22679 | 0,1351 | Gugur |
| 2 | 166 | 512 | 7425 | 937501 | 20808 | 0,268 | Gugur |
| 3 | 141 | 387 | 7425 | 937501 | 17816 | 0,3604 | Valide |
| 4 | 151 | 455 | 7425 | 937501 | 19404 | 0,607 | Valide |
| 5 | 153 | 449 | 7425 | 937501 | 19188 | 0,2426 | Gugur |
| 6 | 174 | 554 | 7425 | 937501 | 22010 | 0,497 | Valide |
| 7 | 169 | 537 | 7425 | 937501 | 21263 | 0,327 | Valide |
| 8 | 148 | 408 | 7425 | 937501 | 18309 | -0,007 | Gugur |
| 9 | 145 | 431 | 7425 | 937501 | 18650 | 0,576 | Valide |
| 10 | 153 | 451 | 7425 | 937501 | 19340 | 0,381 | Valide |
| 11 | 165 | 507 | 7425 | 937501 | 20710 | 0,2922 | Gugur |
| 12 | 166 | 512 | 7425 | 937501 | 20758 | 0,2173 | Gugur |
| 13 | 170 | 524 | 7425 | 937501 | 21401 | 0,409 | Valide |
| 14 | 180 | 586 | 7425 | 937501 | 22727 | 0,488 | Valide |
| 15 | 146 | 414 | 7425 | 937501 | 18611 | 0,519 | Valide |
| 16 | 164 | 480 | 7425 | 937501 | 20408 | 0,147 | Gugur |
| 17 | 163 | 525 | 7425 | 937501 | 20906 | 0,593 | Valide |
| 18 | 152 | 460 | 7425 | 937501 | 19425 | 0,5201 | Valide |
| 19 | 126 | 356 | 7425 | 937501 | 16077 | 0,371 | Valide |
| 20 | 136 | 352 | 7425 | 937501 | 16790 | -0,044 | Gugur |
| 21 | 150 | 432 | 7425 | 937501 | 19103 | 0,524 | Valide |
| 22 | 167 | 495 | 7425 | 937501 | 21084 | 0,557 | Valide |
| 23 | 153 | 429 | 7425 | 937501 | 19352 | 0,491 | Valide |
| 24 | 168 | 498 | 7425 | 937501 | 21043 | 0,353 | Valide |
| 25 | 178 | 580 | 7425 | 937501 | 22450 | 0,429 | Valide |
| 26 | 141 | 395 | 7425 | 937501 | 18098 | 0,596 | Valide |
| 27 | 174 | 558 | 7425 | 937501 | 22000 | 0,468 | Valide |
| 28 | 138 | 360 | 7425 | 937501 | 17168 | 0,102 | Gugur |
| 29 | 141 | 397 | 7425 | 937501 | 17921 | 0,427 | Valide |
| 30 | 137 | 379 | 7425 | 937501 | 17431 | 0,429 | Valide |
| 31 | 101 | 227 | 7425 | 937501 | 12924 | 0,412 | Valide |
| 32 | 151 | 425 | 7425 | 937501 | 18864 | 0,194 | Gugur |
| 33 | 144 | 440 | 7425 | 937501 | 18099 | 0,2102 | Gugur |
| 34 | 148 | 430 | 7425 | 937501 | 18605 | 0,2635 | Gugur |
| 35 | 156 | 462 | 7425 | 937501 | 19597 | 0,2847 | Gugur |
| 36 | 165 | 485 | 7425 | 937501 | 20683 | 0,346 | Valide |
| 37 | 147 | 425 | 7425 | 937501 | 18895 | 0,6398 | Valide |
| 38 | 99 | 213 | 7425 | 937501 | 12652 | 0,416 | Valide |

| | | | | | | | |
|----|-----|-----|------|--------|-------|--------|--------|
| 39 | 152 | 470 | 7425 | 937501 | 19449 | 0,508 | Valide |
| 40 | 166 | 510 | 7425 | 937501 | 21212 | 0,688 | Valide |
| 41 | 186 | 618 | 7425 | 937501 | 23381 | 0,414 | Valide |
| 42 | 135 | 361 | 7425 | 937501 | 16871 | 0,159 | Gugur |
| 43 | 149 | 427 | 7425 | 937501 | 19028 | 0,571 | Valide |
| 44 | 112 | 270 | 7425 | 937501 | 14232 | 0,349 | Valide |
| 45 | 73 | 141 | 7425 | 937501 | 8819 | -0,218 | Gugur |
| 46 | 122 | 352 | 7425 | 937501 | 15875 | 0,558 | Valide |
| 47 | 86 | 180 | 7425 | 937501 | 10916 | 0,266 | Gugur |
| 48 | 103 | 233 | 7425 | 937501 | 12499 | -0,241 | Gugur |
| 49 | 158 | 486 | 7425 | 937501 | 19978 | 0,373 | Valide |
| 50 | 175 | 549 | 7425 | 937501 | 21992 | 0,396 | Valide |

Total Valid : 33 Aitem

Total Gugur : 17 Aitem

Lampiran Hasil Uji Validitas Skala Regulasi diri

| No item | ΣX | ΣX^2 | ΣY | ΣY^2 | ΣXY | R_{xy} | Keterangan |
|---------|------------|--------------|------------|--------------|-------------|----------|------------|
| 1 | 163 | 489 | 9159 | 1438999 | 25584 | 0,511 | Valid |
| 2 | 160 | 468 | 9159 | 1438999 | 24772 | 0,268 | Gugur |
| 3 | 148 | 420 | 9159 | 1438999 | 23449 | 0,572 | Valid |
| 4 | 148 | 412 | 9159 | 1438999 | 22966 | 0,2699 | Gugur |
| 5 | 153 | 445 | 9159 | 1438999 | 23654 | 0,199 | Gugur |
| 6 | 154 | 454 | 9159 | 1438999 | 24163 | 0,423 | Valid |
| 7 | 133 | 359 | 9159 | 1438999 | 20641 | 0,209 | Gugur |
| 8 | 170 | 530 | 9159 | 1438999 | 26670 | 0,512 | Valid |
| 9 | 147 | 413 | 9159 | 1438999 | 23424 | 0,6698 | Valid |
| 10 | 157 | 453 | 9159 | 1438999 | 24499 | 0,406 | Gugur |
| 11 | 148 | 416 | 9159 | 1438999 | 23374 | 0,542 | Valid |
| 12 | 159 | 481 | 9159 | 1438999 | 25225 | 0,611 | Valid |
| 13 | 163 | 489 | 9159 | 1438999 | 25307 | 0,309 | Valid |
| 14 | 143 | 387 | 9159 | 1438999 | 22156 | 0,238 | Gugur |
| 15 | 139 | 365 | 9159 | 1438999 | 21695 | 0,3596 | Valid |
| 16 | 144 | 406 | 9159 | 1438999 | 22568 | 0,3732 | Valid |
| 17 | 124 | 334 | 9159 | 1438999 | 20034 | 0,6201 | Valid |
| 18 | 135 | 395 | 9159 | 1438999 | 21523 | 0,474 | Valid |
| 19 | 171 | 539 | 9159 | 1438999 | 26859 | 0,5202 | Valid |
| 20 | 168 | 512 | 9159 | 1438999 | 26385 | 0,567 | Valid |
| 21 | 155 | 477 | 9159 | 1438999 | 24622 | 0,543 | Valid |
| 22 | 128 | 340 | 9159 | 1438999 | 20170 | 0,3814 | Valid |
| 23 | 149 | 425 | 9159 | 1438999 | 23164 | 0,2796 | Gugur |
| 24 | 162 | 486 | 9159 | 1438999 | 25386 | 0,466 | Valid |
| 25 | 154 | 440 | 9159 | 1438999 | 24200 | 0,5117 | Valid |
| 26 | 128 | 326 | 9159 | 1438999 | 20335 | 0,541 | Valid |
| 27 | 134 | 380 | 9159 | 1438999 | 20968 | 0,2823 | Gugur |
| 28 | 135 | 371 | 9159 | 1438999 | 21640 | 0,6226 | Valid |
| 29 | 156 | 466 | 9159 | 1438999 | 24546 | 0,4662 | Valid |
| 30 | 150 | 478 | 9159 | 1438999 | 23381 | 0,236 | Gugur |
| 31 | 124 | 318 | 9159 | 1438999 | 19805 | 0,552 | Valid |
| 32 | 183 | 615 | 9159 | 1438999 | 28366 | 0,2828 | Gugur |
| 33 | 108 | 244 | 9159 | 1438999 | 16935 | 0,3152 | Valid |
| 34 | 124 | 306 | 9159 | 1438999 | 19454 | 0,3685 | Valid |
| 35 | 132 | 356 | 9159 | 1438999 | 21186 | 0,6328 | Valid |
| 36 | 191 | 645 | 9159 | 1438999 | 29704 | 0,446 | Valid |
| 37 | 157 | 481 | 9159 | 1438999 | 25179 | 0,7161 | Valid |
| 38 | 155 | 465 | 9159 | 1438999 | 24788 | 0,6938 | Valid |
| 39 | 156 | 454 | 9159 | 1438999 | 24729 | 0,651 | Valid |
| 40 | 103 | 229 | 9159 | 1438999 | 15787 | 0,044 | Gugur |

| | | | | | | | |
|----|-----|-----|------|---------|-------|--------|-------|
| 41 | 165 | 501 | 9159 | 1438999 | 25815 | 0,4517 | Valid |
| 42 | 187 | 647 | 9159 | 1438999 | 29138 | 0,3658 | Valid |
| 43 | 193 | 655 | 9159 | 1438999 | 30132 | 0,567 | Valid |
| 44 | 173 | 553 | 9159 | 1438999 | 27395 | 0,663 | Valid |
| 45 | 194 | 650 | 9159 | 1438999 | 30025 | 0,426 | Valid |
| 46 | 120 | 282 | 9159 | 1438999 | 18886 | 0,4335 | Valid |
| 47 | 151 | 419 | 9159 | 1438999 | 23317 | 0,211 | Gugur |
| 48 | 130 | 344 | 9159 | 1438999 | 20690 | 0,5296 | Valid |
| 49 | 167 | 549 | 9159 | 1438999 | 26378 | 0,4773 | Valid |
| 50 | 164 | 514 | 9159 | 1438999 | 25920 | 0,5401 | Valid |
| 51 | 183 | 599 | 9159 | 1438999 | 28507 | 0,4427 | Valid |
| 52 | 201 | 707 | 9159 | 1438999 | 31351 | 0,5699 | Valid |
| 53 | 129 | 337 | 9159 | 1438999 | 20081 | 0,2495 | Gugur |
| 54 | 141 | 377 | 9159 | 1438999 | 22044 | 0,3809 | Valid |
| 55 | 141 | 387 | 9159 | 1438999 | 22374 | 0,5638 | Valid |
| 56 | 179 | 567 | 9159 | 1438999 | 28113 | 0,6792 | Valid |
| 57 | 156 | 478 | 9159 | 1438999 | 24691 | 0,5101 | Valid |
| 58 | 173 | 549 | 9159 | 1438999 | 27121 | 0,497 | Valid |
| 59 | 192 | 646 | 9159 | 1438999 | 30011 | 0,6178 | Valid |
| 60 | 112 | 306 | 9159 | 1438999 | 18317 | 0,613 | Valid |

Total Valid : 47 Aitem

Total Gugur : 13 Aitem

Lampiran Hasil Uji Reliabilitas Skala Penyesuaian Diri

Diketahui :

$$\begin{array}{ll} n & = 60 & \sum i^2 & = 13650 \\ k & = 30 & \sum X^2 & = 362882 \\ \sum i & = 4582 & \sum Y^2 & = 713068 \end{array}$$

$$Se^2 = \frac{\sum i^2 - (\sum X^2) / k - (\sum Y^2) / n + (\sum i)^2 / nk}{(n-1)(k-1)}$$

$$= \frac{13650 - (362882) / 30 - (713068) / 60 + (4582)^2 / 60.30}{(60-1)(30-1)}$$

$$\begin{aligned} &= \frac{1774,67}{1711} \\ &= 1,037212 \end{aligned}$$

$$Ss^2 = \frac{(\sum X^2) / k - (\sum i)^2 / nk}{n-1}$$

$$= \frac{362882 / 30 - (4582)^2 / 60.30}{60-1}$$

$$\begin{aligned} &= \frac{432,27}{59} \\ &= 7,3266 \end{aligned}$$

$$r_{xx'} = 1 - Se^2 / Ss^2$$

$$\begin{aligned} &= 1 - 1,037212 / 7,3266 \\ &= 1 - 0,141567 \\ &= 0,8584 \end{aligned}$$

Lampiran Hasil Uji Reliabilitas Skala Regulasi Diri

Diketahui :

$$\begin{array}{ll} n & = 60 & \sum i^2 & = 14502 \\ k & = 30 & \sum X^2 & = 392268 \\ \sum i & = 4758 & \sum Y^2 & = 769676 \end{array}$$

$$\begin{aligned} Se^2 &= \frac{\sum i^2 - (\sum X^2) / k - (\sum Y^2) / n + (\sum i)^2 / nk}{(n-1)(k-1)} \\ &= \frac{14502 - (392268) / 30 - (769676) / 60 + (4758)^2 / 60.30}{(60-1)(30-1)} \\ &= \frac{1678,34}{1711} \\ &= 0,9809 \end{aligned}$$

$$\begin{aligned} Ss^2 &= \frac{(\sum X^2) / k - (\sum i)^2 / nk}{n-1} \\ &= \frac{392268 / 30 - (4758)^2 / 60.30}{60-1} \\ &= \frac{498,62}{59} \\ &= 8,45118 \end{aligned}$$

$$\begin{aligned} r_{xx'} &= 1 - Se^2 / Ss^2 \\ &= 1 - 0,9809 / 8,45118 \\ &= 1 - 0,11606 \\ &= 0,88394 \end{aligned}$$

Lampiran Perhitungan Norma Penyesuaian Diri

Diketahui:

Jumlah Aitem = 30

Skor Terendah = 0

Skor Tertinggi = 100

$$\text{Mean} = \frac{0 + 100}{2} = \frac{100}{2} = 50$$

$$\text{SD} = \frac{100}{6} = 16,6$$

$$M + 1,5 \text{ SD} = 50 + (1,5 \times 16,6) = 50 + 24,9 = 74,9$$

$$M + 0,5 \text{ SD} = 50 + (0,5 \times 16,6) = 50 + 8,3 = 58,3$$

$$M - 0,5 \text{ SD} = 50 - (0,5 \times 16,6) = 50 - 8,3 = 41,7$$

$$M - 1,5 \text{ SD} = 50 - (1,5 \times 16,6) = 50 - 24,9 = 25,1$$

Norma:

0 - 25,1 = Sangat Rendah

26 - 33,4 = Rendah

34 - 58,3 = Cukup

58 - 74,9 = Tinggi

75 - 100 = Sangat Tinggi

Lampiran Perhitungan Norma Regulasi Diri

Diketahui:

Jumlah Aitem = 30

Skor Terendah = 0

Skor Tertinggi = 104

$$\text{Mean} = \frac{0 + 104}{2} = \frac{104}{2} = 52$$

$$\text{SD} = \frac{52}{6} = 8,66$$

$$M + 1,5 \text{ SD} = 52 + (1,5 \times 8,66) = 52 + 12,99 = 64,99$$

$$M + 0,5 \text{ SD} = 52 + (0,5 \times 8,66) = 52 + 4,33 = 56,33$$

$$M - 0,5 \text{ SD} = 52 - (0,5 \times 8,66) = 52 - 4,33 = 47,6$$

$$M - 1,5 \text{ SD} = 52 - (1,5 \times 8,66) = 52 - 12,99 = 39$$

Norma:

0 – 39 = Sangat Rendah

26 – 47,67 = Rendah

34 – 56,33 = Cukup

58 – 64,99 = Tinggi

75 – 104 = Sangat Tinggi

Lampiran Data Induk Skala Penyesuaian Diri Setelah Penelitian

| No Subyek | No Aitem | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------|----------|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| | 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 |
| 1 | 3 | 3 | 2 | 3 | 3 | 2 | 1 | 0 | 3 | 3 | 3 | 2 | 2 | 2 | 4 | 3 | 3 | 3 | 4 | 0 | 3 | 0 | 3 | 2 | 3 | 3 | 3 | 1 | 4 | 1 |
| 2 | 3 | 4 | 2 | 2 | 3 | 2 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 2 | 4 | 4 | 3 | 3 | 2 | 3 | 3 | 4 | 3 | 2 | 3 | 3 | 2 | 3 | 2 |
| 3 | 3 | 3 | 2 | 2 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 2 |
| 4 | 3 | 2 | 3 | 3 | 4 | 2 | 1 | 3 | 3 | 2 | 3 | 2 | 3 | 4 | 3 | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 3 | 3 | 2 | 4 | 2 | 3 | 3 | 3 |
| 5 | 2 | 3 | 4 | 2 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 2 | 2 | 1 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 |
| 6 | 3 | 2 | 2 | 3 | 1 | 4 | 2 | 2 | 3 | 4 | 4 | 3 | 3 | 4 | 4 | 4 | 3 | 2 | 2 | 4 | 4 | 4 | 4 | 2 | 1 | 1 | 4 | 1 | 3 | 0 |
| 7 | 4 | 1 | 1 | 2 | 0 | 4 | 1 | 2 | 1 | 4 | 4 | 1 | 2 | 4 | 4 | 4 | 3 | 1 | 2 | 3 | 3 | 4 | 3 | 3 | 4 | 4 | 4 | 1 | 2 | 1 |
| 8 | 4 | 2 | 1 | 2 | 1 | 3 | 1 | 4 | 3 | 2 | 4 | 1 | 0 | 3 | 2 | 1 | 4 | 0 | 1 | 0 | 4 | 0 | 4 | 2 | 2 | 4 | 4 | 0 | 2 | 1 |
| 9 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 2 | 4 | 4 | 3 | 4 | 2 | 3 | 0 | 4 | 2 | 3 | 1 | 4 | 0 | 4 | 1 |
| 10 | 2 | 2 | 2 | 3 | 2 | 2 | 3 | 3 | 2 | 4 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 2 | 4 | 3 | 3 | 2 | 3 | 2 | 2 | 3 | 4 | 2 | 3 | 3 |
| 11 | 3 | 2 | 0 | 2 | 3 | 3 | 1 | 2 | 3 | 3 | 3 | 1 | 3 | 4 | 3 | 4 | 4 | 2 | 2 | 3 | 3 | 4 | 3 | 2 | 3 | 4 | 3 | 1 | 4 | 2 |
| 12 | 4 | 1 | 3 | 2 | 2 | 4 | 1 | 3 | 2 | 3 | 2 | 2 | 3 | 4 | 3 | 3 | 2 | 2 | 2 | 4 | 3 | 4 | 3 | 2 | 4 | 3 | 4 | 2 | 2 | 1 |
| 13 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 1 | 1 | 2 | 2 | 1 | 1 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 3 | 2 | 3 | 2 | 1 | 2 | 3 | 3 | 1 |
| 14 | 3 | 3 | 1 | 3 | 3 | 2 | 2 | 1 | 2 | 2 | 3 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 3 | 2 | 3 | 3 | 3 | 3 | 1 | 2 | 2 | 2 | 3 | 1 |
| 15 | 1 | 2 | 3 | 3 | 2 | 2 | 1 | 3 | 1 | 2 | 2 | 1 | 1 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 1 | 3 | 2 | 1 | 3 | 1 |
| 16 | 3 | 3 | 0 | 2 | 2 | 3 | 0 | 4 | 3 | 1 | 3 | 1 | 1 | 3 | 3 | 1 | 3 | 1 | 0 | 3 | 4 | 0 | 4 | 2 | 2 | 4 | 4 | 1 | 2 | 2 |
| 17 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 2 | 1 | 4 | 3 | 3 | 4 | 3 | 1 | 3 | 0 |
| 18 | 3 | 3 | 1 | 2 | 2 | 4 | 0 | 4 | 3 | 2 | 1 | 1 | 1 | 3 | 1 | 4 | 3 | 1 | 1 | 3 | 0 | 0 | 4 | 4 | 4 | 4 | 4 | 1 | 2 | 2 |
| 19 | 3 | 3 | 2 | 4 | 3 | 2 | 0 | 0 | 1 | 2 | 3 | 0 | 2 | 4 | 3 | 4 | 2 | 3 | 3 | 2 | 2 | 0 | 1 | 1 | 3 | 2 | 2 | 1 | 3 | 1 |
| 20 | 3 | 3 | 3 | 2 | 2 | 4 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 4 | 2 | 4 | 4 | 3 | 3 | 3 | 4 | 3 | 2 | 3 | 3 | 1 | 3 | 2 | 4 | 0 |
| 21 | 3 | 3 | 3 | 3 | 2 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 1 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 |
| 22 | 3 | 3 | 3 | 2 | 3 | 3 | 1 | 3 | 3 | 2 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 1 | 3 | 3 | 2 | 1 | 2 | 1 | 2 | 1 |
| 23 | 2 | 3 | 2 | 3 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 1 | 1 | 3 | 2 | 2 | 2 | 2 | 3 | 2 | 3 | 1 | 3 | 2 | 2 | 2 | 3 | 1 | 2 | 1 |
| 24 | 2 | 3 | 3 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 2 | 2 | 2 | 4 | 3 | 2 | 3 | 3 | 3 | 3 | 4 | 2 | 3 | 3 | 2 | 2 | 3 | 1 | 2 | 2 |
| 25 | 1 | 4 | 2 | 0 | 2 | 0 | 0 | 1 | 3 | 1 | 3 | 3 | 1 | 2 | 0 | 4 | 4 | 0 | 4 | 0 | 4 | 3 | 3 | 0 | 0 | 1 | 1 | 0 | 4 | 4 |
| 26 | 3 | 3 | 2 | 2 | 4 | 3 | 1 | 3 | 3 | 4 | 3 | 3 | 2 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 2 | 2 | 2 | 3 | 3 | 3 | 4 | 2 |
| 27 | 2 | 3 | 2 | 3 | 4 | 3 | 3 | 2 | 3 | 4 | 3 | 3 | 3 | 3 | 2 | 4 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 2 |
| 28 | 4 | 3 | 3 | 2 | 4 | 3 | 0 | 1 | 2 | 1 | 3 | 1 | 2 | 4 | 2 | 3 | 2 | 3 | 3 | 2 | 3 | 0 | 1 | 1 | 2 | 3 | 3 | 1 | 4 | 2 |
| 29 | 3 | 4 | 2 | 3 | 4 | 2 | 1 | 0 | 3 | 2 | 3 | 0 | 1 | 4 | 3 | 4 | 3 | 4 | 4 | 1 | 3 | 0 | 1 | 2 | 3 | 3 | 4 | 0 | 4 | 1 |
| 30 | 3 | 2 | 3 | 4 | 2 | 3 | 1 | 3 | 3 | 2 | 4 | 3 | 2 | 4 | 2 | 3 | 4 | 4 | 4 | 2 | 2 | 4 | 4 | 2 | 4 | 2 | 3 | 1 | 4 | 0 |
| 31 | 3 | 4 | 2 | 3 | 3 | 3 | 1 | 0 | 2 | 1 | 3 | 0 | 3 | 4 | 3 | 3 | 2 | 3 | 4 | 1 | 4 | 0 | 3 | 3 | 3 | 3 | 1 | 4 | 1 | 1 |
| 32 | 3 | 4 | 4 | 1 | 3 | 3 | 3 | 2 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 2 | 3 | 3 | 0 | 2 | 4 | 4 | 0 | 3 | 0 | 4 | 0 |
| 33 | 2 | 1 | 1 | 2 | 2 | 4 | 3 | 1 | 4 | 3 | 4 | 4 | 3 | 4 | 2 | 4 | 4 | 3 | 2 | 1 | 2 | 0 | 2 | 3 | 3 | 1 | 4 | 1 | 1 | 1 |

| No Subyek | Aitem | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--------------|-------|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| | 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 |
| 34 | 4 | 3 | 4 | 4 | 3 | 1 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 4 | 1 | 4 | 4 | 1 | 3 | 0 | 2 | 1 | 1 | 2 | 4 | 1 | 2 | 2 |
| 35 | 1 | 1 | 1 | 1 | 3 | 2 | 1 | 1 | 2 | 1 | 1 | 1 | 1 | 2 | 1 | 2 | 1 | 1 | 1 | 2 | 1 | 0 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 |
| 36 | 3 | 3 | 3 | 3 | 1 | 1 | 0 | 1 | 3 | 3 | 3 | 1 | 1 | 4 | 3 | 4 | 3 | 3 | 3 | 1 | 3 | 1 | 3 | 1 | 1 | 3 | 3 | 1 | 3 | 1 |
| 37 | 3 | 1 | 3 | 1 | 1 | 1 | 1 | 3 | 3 | 3 | 3 | 1 | 0 | 4 | 3 | 3 | 1 | 4 | 4 | 4 | 1 | 3 | 1 | 3 | 3 | 1 | 2 | 0 | 1 | 4 |
| 38 | 4 | 3 | 1 | 3 | 1 | 4 | 1 | 0 | 3 | 3 | 2 | 1 | 0 | 2 | 4 | 2 | 1 | 3 | 4 | 1 | 1 | 4 | 4 | 0 | 0 | 1 | 1 | 2 | 0 | 3 |
| 39 | 4 | 3 | 3 | 1 | 2 | 4 | 4 | 2 | 3 | 3 | 3 | 3 | 3 | 4 | 2 | 3 | 3 | 3 | 2 | 2 | 2 | 1 | 2 | 3 | 3 | 1 | 4 | 1 | 1 | 1 |
| 40 | 3 | 4 | 2 | 3 | 4 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 4 | 3 |
| 41 | 2 | 3 | 2 | 2 | 4 | 2 | 3 | 3 | 3 | 4 | 3 | 2 | 2 | 4 | 3 | 4 | 2 | 3 | 3 | 3 | 2 | 2 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 |
| 42 | 2 | 2 | 3 | 3 | 4 | 2 | 3 | 1 | 3 | 4 | 3 | 2 | 3 | 4 | 3 | 4 | 2 | 3 | 4 | 3 | 3 | 2 | 3 | 4 | 3 | 3 | 3 | 1 | 4 | 2 |
| 43 | 2 | 2 | 2 | 3 | 4 | 2 | 1 | 3 | 3 | 4 | 3 | 3 | 2 | 4 | 3 | 4 | 3 | 3 | 4 | 3 | 2 | 2 | 3 | 3 | 1 | 3 | 4 | 2 | 3 | 2 |
| 44 | 2 | 3 | 4 | 3 | 4 | 2 | 1 | 3 | 2 | 3 | 3 | 2 | 2 | 4 | 2 | 4 | 3 | 3 | 2 | 3 | 2 | 1 | 3 | 1 | 2 | 3 | 3 | 3 | 3 | 3 |
| 45 | 2 | 3 | 2 | 3 | 4 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 4 | 2 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 2 | 3 | 4 | 3 | 3 | 2 |
| 46 | 2 | 4 | 4 | 3 | 4 | 3 | 2 | 4 | 4 | 4 | 3 | 3 | 3 | 4 | 3 | 4 | 4 | 3 | 3 | 3 | 4 | 4 | 2 | 3 | 2 | 3 | 4 | 2 | 3 | 3 |
| 47 | 2 | 2 | 1 | 2 | 2 | 3 | 1 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 2 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 3 | 1 | 4 | 2 | 3 | 3 |
| 48 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 1 | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 3 | 2 | 2 | 3 | 2 | 3 | 3 | 1 | 3 | 3 | 1 | 3 | 3 |
| 49 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 4 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 4 | 2 | 4 | 1 |
| 50 | 3 | 3 | 2 | 3 | 4 | 3 | 2 | 3 | 3 | 4 | 3 | 3 | 2 | 4 | 2 | 4 | 3 | 3 | 3 | 2 | 3 | 2 | 3 | 3 | 3 | 2 | 4 | 3 | 4 | 2 |
| 51 | 2 | 3 | 2 | 3 | 3 | 4 | 3 | 3 | 2 | 4 | 3 | 2 | 3 | 4 | 3 | 4 | 2 | 3 | 2 | 3 | 3 | 2 | 2 | 2 | 1 | 2 | 4 | 1 | 4 | 3 |
| 52 | 1 | 3 | 1 | 2 | 2 | 2 | 2 | 2 | 3 | 4 | 3 | 2 | 2 | 4 | 3 | 4 | 3 | 3 | 2 | 2 | 3 | 2 | 1 | 2 | 2 | 3 | 3 | 1 | 3 | 1 |

Lampiran Data Induk Skala Regulasi Diri Setelah Penelitian

| No Subyek | Aitem | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|-----------|-------|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|
| | 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 | |
| 1 | 2 | 2 | 4 | 4 | 2 | 2 | 4 | 2 | 4 | 0 | 4 | 2 | 1 | 2 | 4 | 4 | 2 | 1 | 2 | 2 | 3 | 2 | 2 | 0 | 1 | 1 | 0 | 4 | 3 | 3 | |
| 2 | 2 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 2 | 3 | 4 | 3 | 3 | 2 | 3 | 3 | 2 | 4 | 3 | 2 | 2 | 3 | 2 | 4 | 3 | 2 | |
| 3 | 3 | 3 | 3 | 2 | 2 | 3 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 2 | 4 | 3 | 2 | 2 | 3 | 2 | 4 | 3 | 2 | |
| 4 | 3 | 2 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 2 | 2 | 3 | 3 | 2 | 1 | 3 | 3 | 4 | 3 | 1 | 4 | 4 | 3 | 1 | 3 | 3 | 2 | 3 | |
| 5 | 3 | 3 | 4 | 3 | 2 | 2 | 2 | 2 | 3 | 4 | 4 | 4 | 3 | 2 | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 4 | 2 | |
| 6 | 4 | 4 | 2 | 2 | 3 | 3 | 3 | 3 | 4 | 2 | 3 | 4 | 2 | 3 | 4 | 3 | 4 | 3 | 3 | 2 | 4 | 4 | 0 | 2 | 2 | 4 | 2 | 4 | 3 | 3 | |
| 7 | 3 | 3 | 2 | 3 | 2 | 3 | 4 | 3 | 4 | 2 | 4 | 2 | 4 | 4 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 3 | 2 | 3 | 3 | 2 | 4 | 3 | 3 | |
| 8 | 4 | 3 | 1 | 3 | 3 | 2 | 2 | 3 | 2 | 3 | 4 | 3 | 2 | 4 | 0 | 3 | 2 | 3 | 4 | 0 | 2 | 2 | 4 | 4 | 2 | 4 | 3 | 4 | 3 | 3 | |
| 9 | 4 | 2 | 1 | 4 | 4 | 3 | 4 | 1 | 3 | 3 | 4 | 3 | 4 | 4 | 4 | 0 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 2 | 4 | 4 | 2 | 4 | 4 | 4 | |
| 10 | 2 | 4 | 3 | 2 | 2 | 4 | 2 | 4 | 4 | 4 | 3 | 1 | 3 | 4 | 4 | 2 | 2 | 2 | 2 | 1 | 1 | 3 | 3 | 2 | 2 | 2 | 1 | 3 | 3 | 2 | |
| 11 | 3 | 3 | 2 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 2 | 4 | 3 | 4 | 3 | 4 | 3 | 3 | 2 | 3 | 4 | 3 | 2 | 3 | 3 | 2 | 3 | 3 | 2 | |
| 12 | 3 | 3 | 2 | 2 | 3 | 2 | 4 | 3 | 3 | 2 | 4 | 2 | 4 | 3 | 4 | 3 | 4 | 3 | 4 | 4 | 3 | 4 | 4 | 2 | 3 | 4 | 2 | 4 | 3 | 3 | |
| 13 | 2 | 3 | 3 | 2 | 2 | 2 | 3 | 2 | 3 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 1 | 2 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | |
| 14 | 3 | 2 | 3 | 2 | 3 | 3 | 2 | 3 | 3 | 2 | 3 | 3 | 1 | 1 | 3 | 3 | 1 | 2 | 3 | 3 | 1 | 2 | 1 | 4 | 3 | 2 | 1 | 1 | 3 | 2 | 3 |
| 15 | 2 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 1 | 3 | 3 | 2 | 3 | 1 | 3 | 1 | 1 | 2 | 2 | 3 | 2 | 2 | |
| 16 | 4 | 3 | 1 | 3 | 3 | 2 | 2 | 3 | 2 | 3 | 4 | 3 | 2 | 3 | 1 | 4 | 2 | 3 | 3 | 4 | 4 | 2 | 4 | 3 | 2 | 3 | 3 | 3 | 4 | 4 | |
| 17 | 3 | 3 | 1 | 4 | 4 | 3 | 3 | 0 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 0 | 2 | 3 | 3 | 4 | 4 | 3 | 4 | 3 | 4 | 4 | 1 | 3 | 4 | |
| 18 | 4 | 4 | 2 | 4 | 4 | 4 | 4 | 3 | 2 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 2 | 3 | 3 | 4 | 4 | 2 | 4 | 3 | 2 | 4 | 4 | 3 | 4 | 4 | |
| 19 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 4 | 2 | 4 | 3 | 2 | 2 | 4 | 3 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 3 | 2 | 1 | 0 | 4 | 3 | 2 |
| 20 | 2 | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 3 | 2 | 4 | 4 | 2 | 4 | 3 | 3 | 3 | 3 | 3 | |
| 21 | 2 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 1 | 3 | 2 | 3 | 2 | 3 | 3 | 2 | |
| 22 | 2 | 4 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 3 | 3 | 2 | 3 | 3 | 4 | 3 | 3 | 1 | 2 | 3 | 2 | 3 | 3 | 2 | 3 | 4 | 1 | 4 | 3 | 2 | |
| 23 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 3 | 3 | 2 | 3 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 3 | 2 | 4 | 3 | 2 | |
| 24 | 2 | 4 | 3 | 3 | 2 | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 2 | 2 | 3 | 3 | 2 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 3 | 3 | 2 | |
| 25 | 4 | 2 | 0 | 2 | 0 | 3 | 1 | 4 | 3 | 2 | 2 | 4 | 0 | 4 | 3 | 2 | 0 | 1 | 0 | 0 | 2 | 1 | 4 | 1 | 2 | 0 | 0 | 4 | 4 | 4 | |
| 26 | 2 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 4 | 2 | 4 | 2 | 3 | 3 | 4 | 3 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 4 | 3 | 2 | |
| 27 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 | 2 | 4 | 3 | 3 | 2 | 2 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 3 | 4 | 3 | 2 | |
| 28 | 2 | 3 | 3 | 3 | 2 | 4 | 3 | 2 | 3 | 0 | 3 | 2 | 1 | 2 | 3 | 2 | 2 | 1 | 3 | 0 | 2 | 3 | 1 | 1 | 2 | 2 | 0 | 4 | 2 | 2 | |
| 29 | 3 | 2 | 3 | 4 | 2 | 4 | 4 | 3 | 4 | 2 | 3 | 3 | 2 | 1 | 4 | 3 | 3 | 2 | 3 | 1 | 2 | 2 | 2 | 0 | 0 | 1 | 0 | 4 | 3 | 3 | |
| 30 | 3 | 3 | 4 | 4 | 1 | 3 | 3 | 3 | 4 | 1 | 4 | 3 | 4 | 4 | 4 | 4 | 2 | 2 | 3 | 1 | 3 | 2 | 2 | 2 | 3 | 1 | 0 | 4 | 2 | 1 | |
| 31 | 3 | 3 | 3 | 4 | 2 | 4 | 4 | 3 | 4 | 2 | 3 | 2 | 2 | 2 | 4 | 3 | 2 | 2 | 3 | 2 | 2 | 3 | 2 | 1 | 3 | 1 | 1 | 4 | 3 | 2 | |
| 32 | 3 | 3 | 0 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 0 | 3 | 3 | 3 | 3 | 4 | 3 | 1 | 3 | 3 | 4 | 3 | 1 | 4 | 4 | 4 | 4 | 3 | 3 | |
| 33 | 1 | 2 | 4 | 2 | 3 | 1 | 2 | 1 | 3 | 1 | 2 | 1 | 2 | 1 | 4 | 4 | 0 | 1 | 1 | 0 | 1 | 1 | 2 | 1 | 3 | 2 | 1 | 1 | 1 | 1 | |

| No Subyek | Aitem | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--------------|-------|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| | 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 |
| 34 | 1 | 3 | 3 | 2 | 2 | 3 | 3 | 4 | 4 | 0 | 3 | 3 | 1 | 2 | 4 | 2 | 2 | 1 | 2 | 2 | 3 | 1 | 4 | 1 | 0 | 1 | 2 | 4 | 2 | 2 |
| 35 | 3 | 1 | 1 | 3 | 0 | 1 | 2 | 3 | 3 | 0 | 2 | 1 | 1 | 4 | 2 | 3 | 0 | 2 | 4 | 2 | 3 | 0 | 2 | 3 | 4 | 1 | 3 | 2 | 3 | 4 |
| 36 | 1 | 1 | 1 | 3 | 1 | 3 | 3 | 1 | 3 | 1 | 3 | 3 | 1 | 3 | 3 | 3 | 3 | 3 | 3 | 1 | 1 | 3 | 3 | 1 | 1 | 1 | 0 | 4 | 1 | 1 |
| 37 | 4 | 1 | 4 | 4 | 0 | 3 | 1 | 1 | 2 | 1 | 4 | 4 | 3 | 3 | 4 | 4 | 0 | 2 | 1 | 3 | 1 | 3 | 3 | 2 | 4 | 3 | 3 | 3 | 2 | 4 |
| 38 | 4 | 1 | 1 | 3 | 1 | 3 | 4 | 4 | 3 | 1 | 3 | 0 | 2 | 2 | 1 | 2 | 3 | 3 | 2 | 1 | 3 | 3 | 3 | 2 | 2 | 4 | 2 | 3 | 1 | 4 |
| 39 | 4 | 3 | 1 | 4 | 4 | 4 | 4 | 2 | 4 | 4 | 4 | 1 | 4 | 4 | 4 | 4 | 3 | 2 | 2 | 4 | 3 | 3 | 4 | 2 | 3 | 3 | 3 | 3 | 4 | 4 |
| 40 | 2 | 3 | 3 | 2 | 2 | 4 | 4 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 4 | 3 | 2 | 3 | 3 | 2 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 3 |
| 41 | 2 | 3 | 3 | 3 | 2 | 3 | 4 | 3 | 4 | 3 | 4 | 3 | 3 | 4 | 4 | 3 | 2 | 3 | 3 | 2 | 1 | 4 | 3 | 3 | 2 | 3 | 2 | 4 | 3 | 2 |
| 42 | 1 | 3 | 4 | 4 | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 2 | 3 | 2 | 2 | 2 | 4 | 3 | 2 | 2 | 2 | 2 | 4 | 3 | 2 |
| 43 | 1 | 3 | 3 | 3 | 2 | 3 | 4 | 4 | 3 | 2 | 3 | 2 | 3 | 4 | 4 | 3 | 2 | 3 | 3 | 2 | 3 | 4 | 3 | 2 | 2 | 3 | 2 | 4 | 3 | 2 |
| 44 | 1 | 3 | 3 | 3 | 2 | 3 | 3 | 4 | 4 | 3 | 4 | 3 | 3 | 4 | 4 | 4 | 3 | 3 | 2 | 2 | 1 | 4 | 3 | 3 | 2 | 3 | 2 | 4 | 4 | 3 |
| 45 | 2 | 3 | 3 | 2 | 2 | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 4 | 4 | 2 | 2 | 3 | 3 | 2 | 2 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 3 | 1 |
| 46 | 1 | 3 | 3 | 3 | 2 | 3 | 4 | 4 | 4 | 3 | 4 | 2 | 3 | 4 | 4 | 3 | 3 | 2 | 3 | 1 | 2 | 4 | 3 | 3 | 3 | 3 | 1 | 4 | 4 | 2 |
| 47 | 1 | 3 | 3 | 2 | 2 | 3 | 4 | 4 | 3 | 3 | 4 | 2 | 3 | 4 | 3 | 3 | 2 | 3 | 2 | 1 | 1 | 4 | 3 | 2 | 2 | 4 | 2 | 4 | 4 | 3 |
| 48 | 3 | 3 | 4 | 4 | 3 | 3 | 4 | 3 | 4 | 3 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 3 | 4 | 1 | 3 | 4 | 3 | 3 | 3 | 1 | 1 | 4 | 3 | 3 |
| 49 | 1 | 3 | 3 | 3 | 2 | 3 | 3 | 4 | 4 | 3 | 4 | 3 | 3 | 4 | 4 | 3 | 3 | 3 | 3 | 2 | 1 | 4 | 3 | 2 | 3 | 3 | 1 | 4 | 4 | 2 |
| 50 | 2 | 3 | 3 | 2 | 2 | 3 | 4 | 3 | 3 | 3 | 3 | 2 | 2 | 3 | 4 | 3 | 3 | 3 | 3 | 2 | 2 | 4 | 2 | 3 | 2 | 3 | 2 | 4 | 3 | 3 |
| 51 | 1 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 3 | 2 | 2 | 4 | 2 | 1 | 3 | 3 | 3 | 2 | 4 | 2 | 1 | 2 | 3 | 2 | 2 | 3 | 2 |
| 52 | 1 | 3 | 2 | 2 | 2 | 3 | 3 | 4 | 3 | 3 | 4 | 3 | 1 | 3 | 4 | 4 | 2 | 2 | 3 | 2 | 1 | 4 | 3 | 1 | 2 | 2 | 1 | 4 | 3 | 1 |

Lampiran Perhitungan Regresi Menggunakan SPSS

```

REGRESSION
  /MISSING LISTWISE
  /STATISTICS COEFF
OUTS R ANOVA

/CRITERIA=PIN(.05)
POUT(.10)

/NOORIGIN
/DEPENDENT Y
/METHOD=ENTER X
    
```

Regression

[DataSet0]

Variables Entered/Removed(b)

| Model | Variables Entered | Variables Removed | Method |
|-------|-------------------|-------------------|--------|
| 1 | Regulasi Diri(a) | . | Enter |

- a. All requested variables entered.
 b. Dependent Variable: Penyesuaian Diri

Model Summary

| Model | R | R Square | Adjusted R Square | Std. Error of the Estimate |
|-------|---------|----------|-------------------|----------------------------|
| 1 | .615(a) | 0.379 | 0.366 | 9.47590 |

- a. Predictors: (Constant), Regulasi Diri

ANOVA(b)

| Model | | Sum of Squares | df | Mean Square | F | Sig. |
|-------|------------|----------------|----|-------------|--------|---------|
| 1 | Regression | 2,737.599 | 1 | 2,737.599 | 30.488 | .000(a) |
| | Residual | 4,489.632 | 50 | 89.793 | | |
| | Total | 7,227.231 | 51 | | | |

- a. Predictors: (Constant), Regulasi Diri
 b. Dependent Variable: Penyesuaian Diri

Coefficients(a)

| Model | | Unstandardized Coefficients | | Standardized Coefficients | t | Sig. |
|-------|---------------|-----------------------------|------------|---------------------------|-------|-------|
| | | B | Std. Error | Beta | | |
| 1 | (Constant) | 23.226 | 9.786 | | 2.373 | 0.022 |
| | Regulasi Diri | 0.656 | 0.119 | 0.615 | 5.522 | 0.000 |

- a. Dependent Variable: Penyesuaian Diri

Lampiran Kartu Bimbingan Skripsi



UNIVERSITAS YUDHARTA PASURUAN
TAHUN AKADEMIK 2018-2019
LEMBAR BIMBINGAN SKRIPSI

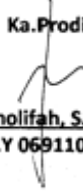
| | |
|----------------|--|
| Nama | : WALIATUS SAIDAH |
| NIM | : 201569110043 |
| Prodi/Fakultas | : Psikologi/Psikologi |
| Konsentrasi | : |
| Judul Skripsi | : Pengaruh Regulasi Diri Terhadap Kemampuan Menyesuaikan Diri Karyawan |

| NO | Hari/Tanggal | Uraian | Tanda Tangan Pembimbing |
|----|-----------------------|------------------------------------|-------------------------|
| 1 | 25/03/19 Senin | Bimbingan Bab 1 | ✓ |
| 2 | 30/03/19 Sabtu | Bimbingan Bab 1 | ✓ |
| 3 | Kamis 11/04/19 | " Bab II | ✓ |
| 4 | Kamis 18/04/19 | " Bab III | ✓ |
| 5 | Selasa 23/04/19 | " Bab III | ✓ |
| 6 | Senin 29/05/19 | " Skala | ✓ |
| 7 | Selasa 30/05/19 | " Skala X, Y | ✓ |
| 8 | Kamis Senin, 13/06/19 | " Skala X, Y | ✓ |
| 9 | Selasa, 18/06/19 | " Validitas, reabilitas (uji coba) | ✓ |
| 10 | Rabu 19/06/19 | " Penelitian | ✓ |
| 11 | Senin 1/07/19 | " Analisis data | ✓ |
| 12 | Kamis 9/07/19 | " BAB 4 dan 5 | ✓ |
| 13 | Senin 8/07/19 | " BAB 1, 2, 3, 4, 5 | ✓ |
| 14 | Rabu 10/07/19 | " BAB 1, 2, 3, 4, 5 | ✓ |
| 15 | Kamis 18/07/19 | keseluruhan. | ✓ |

Pasuruan, 07-2019

Mengetahui,

Ka.Prodi


Nanik Kholifah, S.Psi., M.Si.
NIP.Y 0691109022

Pembimbing


Dra. Estalita Kelly, M.Si.
NIP.Y 0690204003