

Lampiran 01

**PERNYATAAN KESEDIAAN UNTUK IKUT PENELITIAN  
(INFORMED CONSENT)**

Yang bertanda tangan dibawah ini, saya:

Nama :

Alamat :

Setelah mendapat penjelasan tentang maksud dan tujuan serta memahami penelitian yang dilakukan dengan judul: “Pemberian Aromaterapi Lavender Berpengaruh terhadap Tingkat Stres dan Motivasi Belajar Peserta Didik di SMA Negeri 4 Singaraja” yang dibuat oleh:

Nama : Marcel Adiwibawa

NIM : 1613041057

Dengan ini saya menyatakan kesediaan untuk berperan serta menjadi subyek penelitian dan bersedia melakukan pemeriksaan sesuai data yang diperlukan. Demikian pernyataan ini dibuat dengan penuh kesadaran tanpa ada paksaan dari pihak manapun.

Singaraja,

2020

Pembuat Pernyataan.

## Lampiran 02

**FORM IDENTIFIKASI RIWAYAT HIDUP SUBJEK**

Dimohon saudara mengisi dan menjawab pertanyaan kuesioner ini apa adanya sesuai dengan riwayat hidup saudara. Kami ucapkan terima kasih atas kesediaan saudara yang telah meluangkan waktu dan tenaga untuk menjawab pertanyaan dan mengisi kuesioner ini.

1. Nama :
2. Umur :
3. Jenis Kelamin :
4. Kelas :
5. Riwayat Kesehatan :
6. Apakah anda memiliki kelainan pada organ penghidu?
7. Apakah anda memiliki alergi terhadap aromaterapi lavender?



## Lampiran 03

**DAFTAR NAMA SAMPEL PENELITIAN****Kelas : XI MIPA 2 / Kelas Kontrol**

| <b>No</b> | <b>NIS</b> | <b>Nama</b>                     | <b>Jenis Kelamin</b> |
|-----------|------------|---------------------------------|----------------------|
| 1         | 7380       | A A Ngurah Odi Artayana         | L                    |
| 2         | 7385       | Akhmad Fahru Nizar              | L                    |
| 3         | 7388       | Anak Agung Aditya Nugraha       | L                    |
| 4         | 7406       | Dewa Ketut Alit Mahaputra       | L                    |
| 5         | 7413       | Gede Audy Pratama               | L                    |
| 6         | 7415       | Gede Cahya Wicaksana            | L                    |
| 7         | 7426       | Gede Satria Perdana Lastana     | L                    |
| 8         | 7441       | I Gede Bayu Adi Prabawa         | L                    |
| 9         | 7735       | I Gede Tegar Wira Yudha         | L                    |
| 10        | 7462       | I Komang Adi Widiatmika         | L                    |
| 11        | 7474       | I Putu Gede Angga Wiliana Putra | L                    |
| 12        | 7476       | I Putu Ivananda Indra Artadana  | L                    |
| 13        | 7477       | I Putu Shri Krishna Caitanya    | L                    |
| 14        | 7493       | Kadek Ayu Tirta Dewi            | P                    |
| 15        | 7495       | Kadek Deamanda Asih Kusuma      | P                    |
| 16        | 7499       | Kadek Diego Dwinanda Sanjaya    | L                    |
| 17        | 7542       | Ketut Erlina Andriyanti         | P                    |
| 18        | 7574       | Komang Ratna Darma Cantika      | P                    |
| 19        | 7582       | Komang Trisma Berlianthi Astary | P                    |
| 20        | 7589       | Luh Intan Chandriyani           | P                    |
| 21        | 7590       | Luh Kade Dewi Rahayu            | P                    |
| 22        | 7600       | Made Ayu Kusumawati             | P                    |
| 23        | 7615       | Made Talyana Ursula             | P                    |
| 24        | 7619       | Made Widarmajaya Putra          | L                    |
| 25        | 7621       | Moh Rafli Wahyudi               | L                    |
| 26        | 7625       | Ni Kadek Astri Nirmala Dita W   | p                    |
| 27        | 7626       | Ni Kadek Astrina Desiana        | P                    |
| 28        | 7630       | Ni Ketut Suka Aryani            | P                    |
| 29        | 7639       | Ni Made Ayu Ananda Alicia Putri | P                    |
| 30        | 7641       | Ni Made Sri Pratiwi             | P                    |
| 31        | 7642       | Ni Nyoman Ana Yulia Putri       | P                    |
| 32        | 7670       | Putu Ayu Nita Agustini A.M      | P                    |
| 33        | 7678       | Putu Gita Putri Wulandari       | P                    |
| 34        | 7680       | Putu Indah Wulan Pratiwi Dewi   | P                    |
| 35        | 7684       | Putu Keyla Putri Sumawan        | P                    |
| 36        | 7685       | Putu Mei Saputra                | L                    |

| No | NIS  | Nama                      | Jenis Kelamin |
|----|------|---------------------------|---------------|
| 37 | 7690 | Putu Raka Adiartha Wiguna | L             |
| 38 | 7708 | Putu Zeva Angelina        | P             |
| 39 | 7716 | Syahfani Novia Ramadhani  | P             |
| 40 | 7723 | Yuni Rusmanda             | P             |

**Kelas : XI MIPA 3 / Kelas Eksperimen**

| No | NIS  | Nama                                  | Jenis Kelamin |
|----|------|---------------------------------------|---------------|
| 1  | 7383 | Adelaide Patricia Kahumbu             | P             |
| 2  | 7389 | Andre Dwi Nova Wijaya                 | L             |
| 3  | 7390 | Aulia Putri Maharani                  | P             |
| 4  | 7402 | Dewa Gede Bhaskara Pramudya           | L             |
| 5  | 7734 | Gede Risky Dharma Jaya                | L             |
| 6  | 7452 | I Gusti Bagus Yogi Asmara Yuana Putra | L             |
| 7  | 7737 | I Kt Bagus Giri Pragitha Yoga         | L             |
| 8  | 7479 | Ida Ayu Sawitri Dewita Sari           | P             |
| 9  | 7488 | Kadek Agina Purwanita                 | p             |
| 10 | 7492 | Kadek Anggri Wira Utami               | P             |
| 11 | 7496 | Kadek Dede Wiratama Sudiarsa          | L             |
| 12 | 7498 | Kadek Desika Natalia                  | P             |
| 13 | 7500 | Kadek Dwi Mulyana                     | L             |
| 14 | 7515 | Kadek Mika Priska Yanti               | P             |
| 15 | 7732 | Kadek Rudy Satya Wira Dharma          | L             |
| 16 | 7524 | Kadek Septia Andia Risty              | P             |
| 17 | 7531 | Kadek Vijananda Garba Yuga            | L             |
| 18 | 7539 | Ketut Ari Widyarini                   | P             |
| 19 | 7597 | Made Agus Raditya Natih               | L             |
| 20 | 7605 | Made Diva Nicyutama                   | L             |
| 21 | 7613 | Made Putri Andini                     | P             |
| 22 | 7616 | Made Utari Parama Iswari              | P             |
| 23 | 7620 | Meylani Angelita Suyanto              | P             |
| 24 | 7634 | Ni Luh Artami Darmi Indrayani         | P             |
| 25 | 7635 | Ni Luh Ayunisha Riswaray              | P             |
| 26 | 7644 | Ni Nyoman Pande Satya Prema Nandini   | P             |
| 27 | 7646 | Ni Putu Agastiya Darmayani            | P             |
| 28 | 7731 | Ni Putu Eva Pradnya Wulandari         | L             |
| 29 | 7667 | Putu Arya Kusuma Sharya               | L             |
| 30 | 7671 | Putu Ayu Putri Cahyani                | P             |
| 31 | 7673 | Putu Chelsea Ranjani                  | P             |
| 32 | 7681 | Putu Indra Shandika Wiguna            | L             |
| 33 | 7687 | Putu Nanda Putra Utama Wirnatha       | L             |
| 34 | 7691 | Putu Ratria Sesariani                 | P             |

| No | NIS  | Nama                     | Jenis Kelamin |
|----|------|--------------------------|---------------|
| 35 | 7694 | Putu Satria Beratha      | L             |
| 36 | 7703 | Putu Swadinda Cistaswari | P             |
| 37 | 7709 | Ria Ulfa                 | P             |
| 38 | 7715 | Syafitri Al Chatib       | P             |
| 39 | 7719 | Trihana Santhi           | P             |



## Lampiran 04

**KUESIONER STRES BELAJAR**

Petunjuk:

- 1) Jawablah seluruh butir pernyataan berikut secara spontan dan jujur, sesuai dengan pengalaman yang anda rasakan ketika pertama kali anda membaca butir pernyataan
- 2) Berikan tanda checklist (√) untuk tiap pernyataan pada kolom penilaian sikap yang paling sesuai untuk diri anda sendiri
- 3) Keterangan pilihan sikap: SS = Sangat Sering (5); S = Sering (4); J = Jarang (3); SJ = Sangat Jarang (2); TP = Tidak Pernah (1)

| No | Pernyataan                                                                               | SS<br>(5) | S<br>(4) | J<br>(3) | SJ<br>(2) | TP<br>(1) |
|----|------------------------------------------------------------------------------------------|-----------|----------|----------|-----------|-----------|
| 1  | Saya merasa tertekan dengan suasana pembelajaran di kelas                                |           |          |          |           |           |
| 2  | Saya cenderung tidak sabar dengan sesuatu yang ditunda-tunda                             |           |          |          |           |           |
| 3  | Saya mudah tersinggung terhadap sindiran teman                                           |           |          |          |           |           |
| 4  | Saya mudah merasa takut tanpa alasan yang jelas saat menjawab pertanyaan guru di kelas   |           |          |          |           |           |
| 5  | Saya merasa mudah panik dalam segala bentuk interaksi dengan guru                        |           |          |          |           |           |
| 6  | Saya merasa khawatir tidak mampu untuk mengerjakan tugas yang diberikan oleh guru        |           |          |          |           |           |
| 7  | Saya sulit mentoleransi kegaduhan saat proses pembelajaran                               |           |          |          |           |           |
| 8  | Saya merasa sulit untuk memulai melakukan sesuatu                                        |           |          |          |           |           |
| 9  | Saya cenderung bereaksi berlebihan terhadap situasi yang tidak sesuai dengan harapan     |           |          |          |           |           |
| 10 | Saya menyadari bahwa diri saya sulit untuk bersantai                                     |           |          |          |           |           |
| 11 | Saya merasa tidak berguna bagi orang lain                                                |           |          |          |           |           |
| 12 | Saya merasa sulit berhati-hati dalam melakukan sesuatu                                   |           |          |          |           |           |
| 13 | Saya tidak antusias terhadap materi-materi pembelajaran                                  |           |          |          |           |           |
| 14 | Saya mengalami kesulitan bernapas saat diberi pertanyaan oleh guru                       |           |          |          |           |           |
| 15 | Saya merasa berdebar-debar saat melakukan sesuatu                                        |           |          |          |           |           |
| 16 | Saya merasa telah menggunakan banyak energi untuk berpikir dalam mengerjakan tugas-tugas |           |          |          |           |           |
| 17 | Saya mudah berkeringat saat mengerjakan sesuatu                                          |           |          |          |           |           |

| No | Pernyataan                                                                            | SS<br>(5) | S<br>(4) | J<br>(3) | SJ<br>(2) | TP<br>(1) |
|----|---------------------------------------------------------------------------------------|-----------|----------|----------|-----------|-----------|
| 18 | Saya merasa setiap tindakan yang saya lakukan berpengaruh terhadap kondisi fisik saya |           |          |          |           |           |
| 19 | Tangan saya gemetar ketika diberi kesempatan menjawab pertanyaan                      |           |          |          |           |           |
| 20 | Tangan saya terasa dingin selama proses pembelajaran berlangsung                      |           |          |          |           |           |

(Diadaptasi: Dwipayana, 2018)

#### Kategori Stres Belajar

Skor 20 : kategori tidak stres  
 Skor 21 s.d. 40 : stres kategori rendah  
 Skor 41 s.d. 60 : stres kategori sedang  
 Skor 61 s.d. 80 : stres kategori tinggi  
 Skor  $\geq 81$  : stres kategori sangat tinggi



### Kisi-Kisi Kuesioner Stres Belajar

| Variabel      | Indikator | Item                        | Jumlah |
|---------------|-----------|-----------------------------|--------|
| Stres Belajar | Emosi     | 1, 3, 4, 5, 6, 9            | 6      |
|               | Perilaku  | 2, 7, 8, 10, 11, 12, 13, 18 | 8      |
|               | Fisik     | 14, 15, 16, 17, 19, 20      | 6      |
| Jumlah        |           |                             | 20     |

### Hasil Analisis Uji Coba Kuesioner Stres Belajar Peserta Didik

| Item | Validitas          |         |             | Keterangan |
|------|--------------------|---------|-------------|------------|
|      | Nilai Korelasi (r) | Nilai p | Kualifikasi |            |
| 1    | 0,546              | 0,002   | Valid       | Digunakan  |
| 2    | 0,463              | 0,010   | Valid       | Digunakan  |
| 3    | 0,483              | 0,007   | Valid       | Digunakan  |
| 4    | 0,632              | 0,001   | Valid       | Digunakan  |
| 5    | 0,715              | 0,001   | Valid       | Digunakan  |
| 6    | 0,565              | 0,001   | Valid       | Digunakan  |
| 7    | 0,698              | 0,001   | Valid       | Digunakan  |
| 8    | 0,584              | 0,001   | Valid       | Digunakan  |
| 9    | 0,597              | 0,001   | Valid       | Digunakan  |
| 10   | 0,574              | 0,001   | Valid       | Digunakan  |
| 11   | 0,608              | 0,001   | Valid       | Digunakan  |
| 12   | 0,592              | 0,001   | Valid       | Digunakan  |
| 13   | 0,649              | 0,001   | Valid       | Digunakan  |
| 14   | 0,530              | 0,003   | Valid       | Digunakan  |
| 15   | 0,683              | 0,001   | Valid       | Digunakan  |
| 16   | 0,460              | 0,011   | Valid       | Digunakan  |
| 17   | 0,500              | 0,005   | Valid       | Digunakan  |
| 18   | 0,554              | 0,002   | Valid       | Digunakan  |
| 19   | 0,628              | 0,001   | Valid       | Digunakan  |
| 20   | 0,583              | 0,001   | Valid       | Digunakan  |

Reliabilitas Kuesioner Stres Belajar berdasarkan hasil uji Cronbach adalah sebesar 0,897 (Sangat Tinggi)

#### Kategori Reliabilitas Kuesioner

0,00 s.d. 0,20 : Sangat Rendah  
 0,20 s.d. 0,40 : Rendah  
 0,40 s.d. 0,60 : Sedang  
 0,60 s.d. 0,80 : Tinggi  
 0,80 s.d. 1,00 : Sangat Tinggi

## Lampiran 05

**KUESIONER MOTIVASI BELAJAR**

Petunjuk:

- 1) Jawablah seluruh butir pernyataan berikut secara spontan dan jujur, sesuai dengan pengalaman yang anda rasakan ketika pertama kali anda membaca butir pernyataan
- 2) Berikan tanda checklist (√) untuk tiap pernyataan pada kolom penilaian sikap yang paling sesuai untuk diri anda sendiri
- 3) Keterangan pilihan sikap: SS = Sangat Setuju (5); S = Setuju (4); RR = Ragu-Ragu (3); TS = Tidak Setuju (2); STS = Sangat Tidak Setuju (1)

| No | Pernyataan                                                                                               | SS<br>(5) | S<br>(4) | RR<br>(3) | TS<br>(2) | STS<br>(1) |
|----|----------------------------------------------------------------------------------------------------------|-----------|----------|-----------|-----------|------------|
| 1  | Saya selalu berkonsentrasi terhadap mata pelajaran yang sedang berlangsung                               |           |          |           |           |            |
| 2  | Saya berusaha untuk selalu hadir di sekolah                                                              |           |          |           |           |            |
| 3  | Saya memperhatikan materi pelajaran yang diajarkan guru dengan seksama                                   |           |          |           |           |            |
| 4  | Saya berusaha keras untuk dapat mencapai prestasi yang tinggi dalam belajar                              |           |          |           |           |            |
| 5  | Saya berpartisipasi untuk bertanya maupun menjawab ketika ada diskusi materi pelajaran di kelas          |           |          |           |           |            |
| 6  | Saya berusaha untuk tidak malas belajar lebih lanjut walaupun saya merasa sering kesulitan dalam belajar |           |          |           |           |            |
| 7  | Saya merasa tidak bosan jika guru mengajar di kelas sampai jam pelajaran berakhir                        |           |          |           |           |            |
| 8  | Saya berusaha untuk bertanya kepada guru ketika ada materi pelajaran yang agak sulit dipahami            |           |          |           |           |            |
| 9  | Saya menerima bagaimana pun hasil yang saya peroleh dalam belajar                                        |           |          |           |           |            |
| 10 | Saya tidak akan menyerah ketika mengalami kesulitan dalam belajar                                        |           |          |           |           |            |
| 11 | Saya memiliki niat yang besar untuk mengikuti proses pembelajaran di kelas                               |           |          |           |           |            |
| 12 | Saya mengerjakan tugas-tugas yang diberikan oleh guru dengan mandiri                                     |           |          |           |           |            |
| 13 | Siapun guru yang mengajar di kelas, saya tetap mengikuti pelajaran dengan baik                           |           |          |           |           |            |

| No | Pernyataan                                                                                                                                     | SS<br>(5) | S<br>(4) | RR<br>(3) | TS<br>(2) | STS<br>(1) |
|----|------------------------------------------------------------------------------------------------------------------------------------------------|-----------|----------|-----------|-----------|------------|
| 14 | Saya mengajak teman untuk berdiskusi tentang permasalahan-permasalahan yang belum terpecahkan dalam pelajaran                                  |           |          |           |           |            |
| 15 | Saya memiliki keinginan untuk dapat mencapai prestasi yang tinggi dalam belajar                                                                |           |          |           |           |            |
| 16 | Saya berusaha untuk tidak membicarakan topik lain diluar materi pelajaran bersama teman sebangku ketika guru sedang menjelaskan di depan kelas |           |          |           |           |            |
| 17 | Jika mengerjakan tugas yang sulit, saya akan bertanya kepada teman saya yang memahami tugas tersebut                                           |           |          |           |           |            |
| 18 | Saya berusaha untuk aktif saat sedang melakukan kerja kelompok di kelas                                                                        |           |          |           |           |            |
| 19 | Saya berusaha untuk tidak bolos mengikuti pelajaran di kelas walaupun sudah lelah untuk belajar                                                |           |          |           |           |            |
| 20 | Saya berusaha untuk tidak putus asa bila tidak dapat menyelesaikan tugas dan pertanyaan yang sulit                                             |           |          |           |           |            |

(Diadaptasi: Mahayana, 2016)

#### Kategori Motivasi Belajar

Skor 20 : Motivasi Sangat Kurang  
 Skor 21 s.d. 40 : Motivasi Kurang  
 Skor 41 s.d. 60 : Motivasi Cukup  
 Skor 61 s.d. 80 : Motivasi Tinggi  
 Skor  $\geq 81$  : Motivasi Sangat Tinggi

### Kisi-Kisi Kuesioner Motivasi Belajar

| Variabel         | Aspek                                       | Indikator                           | Item     | Jumlah |
|------------------|---------------------------------------------|-------------------------------------|----------|--------|
| motivasi belajar | Ketekunan dalam belajar                     | Mengikuti PBM di kelas              | 1,2,19   | 3      |
|                  | Ulet dalam menghadapi kesulitan             | Sikap terhadap kesulitan            | 8,14,20  | 3      |
|                  |                                             | Usaha mengatasi kesulitan           | 6,16     | 2      |
|                  | Minat dan ketajaman perhatian dalam belajar | Kebiasaan dalam mengikuti pelajaran | 4,5,13   | 3      |
|                  |                                             | Semangat mengikuti pelajaran        | 3,7      | 2      |
|                  | Berprestasi dalam belajar                   | Keinginan untuk berprestasi         | 10,11,15 | 3      |
|                  |                                             | Kualitas hasil                      | 9,18     | 2      |
|                  | Mandiri dalam belajar                       | Penyelesaian tugas                  | 12,17    | 2      |
|                  | Jumlah                                      |                                     |          | 20     |

### Hasil Analisis Uji Coba Kuesioner Motivasi Belajar Peserta Didik

| Item | Validitas          |         |             | Keterangan |
|------|--------------------|---------|-------------|------------|
|      | Nilai Korelasi (R) | Nilai p | Kualifikasi |            |
| 1    | 0,725              | 0,001   | Valid       | Digunakan  |
| 2    | 0,642              | 0,001   | Valid       | Digunakan  |
| 3    | 0,828              | 0,001   | Valid       | Digunakan  |
| 4    | 0,873              | 0,001   | Valid       | Digunakan  |
| 5    | 0,655              | 0,001   | Valid       | Digunakan  |
| 6    | 0,607              | 0,001   | Valid       | Digunakan  |
| 7    | 0,583              | 0,001   | Valid       | Digunakan  |
| 8    | 0,362              | 0,049   | Valid       | Digunakan  |
| 9    | 0,653              | 0,001   | Valid       | Digunakan  |
| 10   | 0,685              | 0,001   | Valid       | Digunakan  |
| 11   | 0,823              | 0,001   | Valid       | Digunakan  |
| 12   | 0,431              | 0,017   | Valid       | Digunakan  |
| 13   | 0,601              | 0,001   | Valid       | Digunakan  |
| 14   | 0,720              | 0,001   | Valid       | Digunakan  |

|    |       |       |       |           |
|----|-------|-------|-------|-----------|
| 15 | 0,872 | 0,001 | Valid | Digunakan |
| 16 | 0,375 | 0,041 | Valid | Digunakan |
| 17 | 0,846 | 0,001 | Valid | Digunakan |
| 18 | 0,686 | 0,001 | Valid | Digunakan |
| 19 | 0,788 | 0,001 | Valid | Digunakan |
| 20 | 0,583 | 0,001 | Valid | Digunakan |

Reliabilitas Kuesioner Stres Belajar berdasarkan hasil uji Cronbach adalah sebesar 0,938 (Sangat Tinggi)

#### Kategori Reliabilitas Kuesioner

0,00 s.d. 0,20 : Sangat Rendah

0,20 s.d. 0,40 : Rendah

0,40 s.d. 0,60 : Sedang

0,60 s.d. 0,80 : Tinggi

0,80 s.d. 1,00 : Sangat Tinggi



## Lampiran 06

**Data Karkteristik Peserta Didik**

| <b>No</b> | <b>Kelas</b> | <b>Nama</b>                           | <b>Jenis Kelamin</b> | <b>Usia (th)</b> |
|-----------|--------------|---------------------------------------|----------------------|------------------|
| 1         | Kontrol      | A A Ngurah Odi Artayana               | L                    | 17               |
| 2         | Kontrol      | Anak Agung Aditya Nugraha             | L                    | 16               |
| 3         | Kontrol      | Dewa Ketut Alit Mahaputra             | L                    | 17               |
| 4         | Kontrol      | Gede Audy Pratama                     | L                    | 17               |
| 5         | Kontrol      | I Gede Bayu Adi Prabawa               | L                    | 16               |
| 6         | Kontrol      | I Gede Tegar Wira Yudha               | L                    | 17               |
| 7         | Kontrol      | I Putu Gede Angga Wiliana Putra       | L                    | 17               |
| 8         | Kontrol      | I Putu Ivananda Indra Artadana        | L                    | 17               |
| 9         | Kontrol      | I Putu Shri Krishna Caitanya          | L                    | 16               |
| 10        | Kontrol      | Kadek Ayu Tirta Dewi                  | P                    | 16               |
| 11        | Kontrol      | Kadek Deamanda Asih Kusuma            | P                    | 16               |
| 12        | Kontrol      | Komang Ratna Darma Cantika            | P                    | 17               |
| 13        | Kontrol      | Komang Trisma Berlianthi Astary       | P                    | 16               |
| 14        | Kontrol      | Luh Intan Chandriyani                 | P                    | 17               |
| 15        | Kontrol      | Luh Kade Dewi Rahayu                  | P                    | 16               |
| 16        | Kontrol      | Made Talyana Ursula                   | P                    | 16               |
| 17        | Kontrol      | Made Widarmajaya Putra                | L                    | 16               |
| 18        | Kontrol      | Moh Rafli Wahyudi                     | L                    | 16               |
| 19        | Kontrol      | Ni Kadek Astri Nirmala Dita W         | P                    | 17               |
| 20        | Kontrol      | Ni Ketut Suka Aryani                  | P                    | 17               |
| 21        | Kontrol      | Ni Made Sri Pratiwi                   | P                    | 16               |
| 22        | Kontrol      | Ni Nyoman Ana Yulia Putri             | P                    | 17               |
| 23        | Kontrol      | Putu Ayu Nita Agustini A.M            | P                    | 16               |
| 24        | Kontrol      | Putu Gita Putri Wulandari             | P                    | 16               |
| 25        | Kontrol      | Putu Indah Wulan Pratiwi Dewi         | P                    | 16               |
| 26        | Kontrol      | Putu Keyla Putri Sumawan              | P                    | 16               |
| 27        | Kontrol      | Putu Mei Saputra                      | L                    | 16               |
| 28        | Kontrol      | Putu Raka Adiartha Wiguna             | L                    | 16               |
| 29        | Kontrol      | Syahfani Novia Ramadhani              | P                    | 17               |
| 30        | Kontrol      | Yuni Rusmanda                         | P                    | 16               |
| 31        | Eksperimen   | Adelaide Patricia Kahumbu             | P                    | 16               |
| 32        | Eksperimen   | Andre Dwi Nova Wijaya                 | L                    | 17               |
| 33        | Eksperimen   | Aulia Putri Maharani                  | P                    | 16               |
| 34        | Eksperimen   | Dewa Gede Bhaskara Pramudya           | L                    | 17               |
| 35        | Eksperimen   | Gede Risky Dharma Jaya                | L                    | 16               |
| 36        | Eksperimen   | I Gusti Bagus Yogi Asmara Yuana Putra | L                    | 17               |
| 37        | Eksperimen   | I Kt Bagus Giri Pragitha Yoga         | L                    | 16               |

| No | Kelas      | Nama                                | Jenis Kelamin | Usia (th) |
|----|------------|-------------------------------------|---------------|-----------|
| 38 | Eksperimen | Ida Ayu Sawitri Dewita Sari         | P             | 16        |
| 39 | Eksperimen | Kadek Anggri Wira Utami             | P             | 16        |
| 40 | Eksperimen | Kadek Dede Wiratama Sudiarsa        | L             | 16        |
| 41 | Eksperimen | Kadek Desika Natalia                | P             | 17        |
| 42 | Eksperimen | Kadek Rudy Satya Wira Dharma        | L             | 17        |
| 43 | Eksperimen | Kadek Vijananda Garba Yuga          | L             | 16        |
| 44 | Eksperimen | Ketut Ari Widyarini                 | P             | 17        |
| 45 | Eksperimen | Made Agus Raditya Natih             | L             | 17        |
| 46 | Eksperimen | Made Diva Nicyutama                 | L             | 17        |
| 47 | Eksperimen | Made Utari Parama Iswari            | P             | 17        |
| 48 | Eksperimen | Meylani Angelita Suyanto            | P             | 16        |
| 49 | Eksperimen | Ni Luh Artami Darmi Indrayani       | P             | 16        |
| 50 | Eksperimen | Ni Nyoman Pande Satya Prema Nandini | P             | 16        |
| 51 | Eksperimen | Ni Putu Agastiya Darmayani          | P             | 16        |
| 52 | Eksperimen | Putu Arya Kusuma Sharya             | L             | 16        |
| 53 | Eksperimen | Putu Ayu Putri Cahyani              | P             | 16        |
| 54 | Eksperimen | Putu Chelsea Ranjani                | P             | 16        |
| 55 | Eksperimen | Putu Indra Shandika Wiguna          | L             | 17        |
| 56 | Eksperimen | Putu Nanda Putra Utama Wirnatha     | L             | 16        |
| 57 | Eksperimen | Putu Ratria Sesariani               | P             | 16        |
| 58 | Eksperimen | Ria Ulfa                            | P             | 17        |
| 59 | Eksperimen | Syafitri Al Chatib                  | P             | 17        |
| 60 | Eksperimen | Trihana Santhi                      | P             | 16        |



## Lampiran 07

**Data Kondisi Lingkungan Belajar Peserta Didik**

| No | Pengukuran | Suhu Kering (°C) | Suhu Basah (°C) | Kelembaban Relatif (%) | Intensitas Cahaya (Lux) | Kebisingan dB (A) |
|----|------------|------------------|-----------------|------------------------|-------------------------|-------------------|
| 1  | KK1-1      | 30,4             | 31,5            | 60                     | 318,8                   | 68,2              |
| 2  | KK1-2      | 31,5             | 32,1            | 67                     | 324                     | 71,4              |
| 3  | KK2-1      | 30               | 29,3            | 72                     | 319,2                   | 69,6              |
| 4  | KK2-2      | 32,5             | 33,4            | 68                     | 320,4                   | 72,5              |
| 5  | KK3-1      | 29,3             | 31,1            | 64                     | 319                     | 67,8              |
| 6  | KK3-2      | 31,5             | 33,5            | 69                     | 322                     | 69,9              |
| 7  | KE1-1      | 30,6             | 31,4            | 64                     | 334,6                   | 67,3              |
| 8  | KE1-2      | 31,7             | 32,2            | 66                     | 340                     | 70,5              |
| 9  | KE2-1      | 29,6             | 29,3            | 71                     | 336,2                   | 73,1              |
| 10 | KE2-2      | 32,4             | 33,4            | 69                     | 339,4                   | 69,8              |
| 11 | KE3-1      | 29,6             | 30,7            | 67                     | 336                     | 66,3              |
| 12 | KE3-2      | 32,3             | 33,4            | 70                     | 338,8                   | 69,9              |



## Lampiran 08

**Data Stres Belajar Peserta Didik**

## XI MIPA 2/ Kelas Kontrol

| <b>No</b> | <b>Subjek</b>                   | <b>Rerata <i>Pretest</i></b> | <b>Rerata <i>Posttest</i></b> |
|-----------|---------------------------------|------------------------------|-------------------------------|
| 1         | A A Ngurah Odi Artayana         | 67,33                        | 65,67                         |
| 2         | Anak Agung Aditya Nugraha       | 67,00                        | 67,00                         |
| 3         | Dewa Ketut Alit Mahaputra       | 53,67                        | 71,33                         |
| 4         | Gede Audy Pratama               | 53,33                        | 57,33                         |
| 5         | I Gede Bayu Adi Prabawa         | 34,00                        | 51,00                         |
| 6         | I Gede Tegar Wira Yudha         | 55,00                        | 70,00                         |
| 7         | I Putu Gede Angga Wiliana Putra | 53,00                        | 58,33                         |
| 8         | I Putu Ivananda Indra Artadana  | 62,00                        | 72,00                         |
| 9         | I Putu Shri Krishna Caitanya    | 57,33                        | 64,00                         |
| 10        | Kadek Ayu Tirta Dewi            | 80,00                        | 80,33                         |
| 11        | Kadek Deamanda Asih Kusuma      | 65,67                        | 66,00                         |
| 12        | Komang Ratna Darma Cantika      | 78,67                        | 81,67                         |
| 13        | Komang Trisma Berlianthi Astary | 68,00                        | 64,33                         |
| 14        | Luh Intan Chandriyani           | 50,67                        | 50,00                         |
| 15        | Luh Kade Dewi Rahayu            | 52,33                        | 52,67                         |
| 16        | Made Talyana Ursula             | 42,67                        | 45,67                         |
| 17        | Made Widarmajaya Putra          | 37,67                        | 36,67                         |
| 18        | Moh Rafli Wahyudi               | 54,67                        | 60,67                         |
| 19        | Ni Kadek Astri Nirmala Dita W   | 59,00                        | 61,33                         |
| 20        | Ni Ketut Suka Aryani            | 26,00                        | 30,67                         |
| 21        | Ni Made Sri Pratiwi             | 42,00                        | 43,33                         |
| 22        | Ni Nyoman Ana Yulia Putri       | 65,67                        | 70,00                         |
| 23        | Putu Ayu Nita Agustini A.M      | 52,00                        | 61,00                         |
| 24        | Putu Gita Putri Wulandari       | 60,33                        | 64,67                         |
| 25        | Putu Indah Wulan Pratiwi Dewi   | 78,33                        | 78,33                         |
| 26        | Putu Keyla Putri Sumawan        | 52,00                        | 56,33                         |
| 27        | Putu Mei Saputra                | 46,33                        | 51,67                         |
| 28        | Putu Raka Adiartha Wiguna       | 55,00                        | 65,00                         |
| 29        | Syahfani Novia Ramadhani        | 69,33                        | 75,33                         |
| 30        | Yuni Rusmanda                   | 51,67                        | 66,00                         |

## Kelas XI MIPA 3/ Kelas Eksperimen

| No | Subjek                                | Rerata <i>Pretest</i> | Rerata <i>Posttest</i> |
|----|---------------------------------------|-----------------------|------------------------|
| 1  | Adelaide Patricia Kahumbu             | 53,00                 | 53,67                  |
| 2  | Andre Dwi Nova Wijaya                 | 52,00                 | 45,33                  |
| 3  | Aulia Putri Maharani                  | 57,33                 | 58,33                  |
| 4  | Dewa Gede Bhaskara Pramudya           | 55,33                 | 54,33                  |
| 5  | Gede Risky Dharma Jaya                | 66,00                 | 31,33                  |
| 6  | I Gusti Bagus Yogi Asmara Yuana Putra | 52,67                 | 59,33                  |
| 7  | I Kt Bagus Giri Pragitha Yoga         | 55,00                 | 56,00                  |
| 8  | Ida Ayu Sawitri Dewita Sari           | 46,33                 | 34,67                  |
| 9  | Kadek Anggri Wira Utami               | 49,33                 | 57,33                  |
| 10 | Kadek Dede Wiratama Sudiarsa          | 53,33                 | 51,00                  |
| 11 | Kadek Desika Natalia                  | 36,67                 | 38,33                  |
| 12 | Kadek Rudy Satya Wira Dharma          | 61,33                 | 70,67                  |
| 13 | Kadek Vijananda Garba Yuga            | 52,00                 | 35,00                  |
| 14 | Ketut Ari Widyarini                   | 74,67                 | 55,33                  |
| 15 | Made Agus Raditya Natih               | 62,00                 | 71,33                  |
| 16 | Made Diva Nicyutama                   | 47,00                 | 38,00                  |
| 17 | Made Utari Parama Iswari              | 46,33                 | 54,00                  |
| 18 | Meylani Angelita Suyanto              | 82,67                 | 53,00                  |
| 19 | Ni Luh Artami Darmi Indrayani         | 59,00                 | 54,33                  |
| 20 | Ni Nyoman Pande Satya Prema Nandini   | 55,00                 | 43,00                  |
| 21 | Ni Putu Agastiya Darmayani            | 81,33                 | 55,33                  |
| 22 | Putu Arya Kusuma Sharya               | 66,33                 | 64,67                  |
| 23 | Putu Ayu Putri Cahyani                | 40,00                 | 41,33                  |
| 24 | Putu Chelsea Ranjani                  | 53,33                 | 37,00                  |
| 25 | Putu Indra Shandika Wiguna            | 56,33                 | 46,00                  |
| 26 | Putu Nanda Putra Utama Wirnatha       | 68,33                 | 73,67                  |
| 27 | Putu Ratria Sesariani                 | 41,00                 | 33,67                  |
| 28 | Ria Ulfa                              | 46,67                 | 41,33                  |
| 29 | Syafitri Al Chatib                    | 47,67                 | 35,67                  |
| 30 | Trihana Santhi                        | 58,33                 | 54,67                  |

## Lampiran 09

**Data Motivasi Belajar Peserta Didik**

## XI MIPA 2/ Kelas Kontrol

| <b>No</b> | <b>Subjek</b>                   | <b>Rerata <i>Pretest</i></b> | <b>Rerata <i>Posttest</i></b> |
|-----------|---------------------------------|------------------------------|-------------------------------|
| 1         | A A Ngurah Odi Artayana         | 67,00                        | 67,00                         |
| 2         | Anak Agung Aditya Nugraha       | 79,67                        | 81,67                         |
| 3         | Dewa Ketut Alit Mahaputra       | 74,33                        | 73,00                         |
| 4         | Gede Audy Pratama               | 74,67                        | 76,67                         |
| 5         | I Gede Bayu Adi Prabawa         | 70,67                        | 71,67                         |
| 6         | I Gede Tegar Wira Yudha         | 70,00                        | 72,33                         |
| 7         | I Putu Gede Angga Wiliana Putra | 78,33                        | 80,00                         |
| 8         | I Putu Ivananda Indra Artadana  | 78,33                        | 74,00                         |
| 9         | I Putu Shri Krishna Caitanya    | 76,00                        | 75,00                         |
| 10        | Kadek Ayu Tirta Dewi            | 74,00                        | 72,33                         |
| 11        | Kadek Deamanda Asih Kusuma      | 70,00                        | 69,33                         |
| 12        | Komang Ratna Darma Cantika      | 67,67                        | 68,00                         |
| 13        | Komang Trisma Berlianthi Astary | 71,67                        | 70,00                         |
| 14        | Luh Intan Chandriyani           | 81,00                        | 80,33                         |
| 15        | Luh Kade Dewi Rahayu            | 70,67                        | 69,33                         |
| 16        | Made Talyana Ursula             | 78,67                        | 75,00                         |
| 17        | Made Widarmajaya Putra          | 78,00                        | 77,00                         |
| 18        | Moh Rafli Wahyudi               | 75,67                        | 74,00                         |
| 19        | Ni Kadek Astri Nirmala Dita W   | 71,67                        | 78,00                         |
| 20        | Ni Ketut Suka Aryani            | 79,33                        | 77,67                         |
| 21        | Ni Made Sri Pratiwi             | 71,33                        | 70,67                         |
| 22        | Ni Nyoman Ana Yulia Putri       | 71,33                        | 68,33                         |
| 23        | Putu Ayu Nita Agustini A.M      | 74,33                        | 77,67                         |
| 24        | Putu Gita Putri Wulandari       | 67,67                        | 66,00                         |
| 25        | Putu Indah Wulan Pratiwi Dewi   | 71,67                        | 72,67                         |
| 26        | Putu Keyla Putri Sumawan        | 82,00                        | 82,67                         |
| 27        | Putu Mei Saputra                | 77,67                        | 71,33                         |
| 28        | Putu Raka Adiartha Wiguna       | 72,33                        | 71,67                         |
| 29        | Syahfani Novia Ramadhani        | 64,67                        | 64,33                         |
| 30        | Yuni Rusmanda                   | 78,00                        | 77,67                         |

## Kelas XI MIPA 3/ Kelas Eksperimen

| No | Subjek                                | Rerata <i>Pretest</i> | Rerata <i>Posttest</i> |
|----|---------------------------------------|-----------------------|------------------------|
| 1  | Adelaide Patricia Kahumbu             | 67,00                 | 67,67                  |
| 2  | Andre Dwi Nova Wijaya                 | 76,67                 | 80,33                  |
| 3  | Aulia Putri Maharani                  | 72,00                 | 72,33                  |
| 4  | Dewa Gede Bhaskara Pramudya           | 73,00                 | 74,33                  |
| 5  | Gede Risky Dharma Jaya                | 80,33                 | 82,67                  |
| 6  | I Gusti Bagus Yogi Asmara Yuana Putra | 79,33                 | 78,33                  |
| 7  | I Kt Bagus Giri Pragitha Yoga         | 72,33                 | 81,33                  |
| 8  | Ida Ayu Sawitri Dewita Sari           | 70,33                 | 77,00                  |
| 9  | Kadek Anggri Wira Utami               | 71,33                 | 73,67                  |
| 10 | Kadek Dede Wiratama Sudiarsa          | 80,33                 | 82,00                  |
| 11 | Kadek Desika Natalia                  | 79,33                 | 84,00                  |
| 12 | Kadek Rudy Satya Wira Dharma          | 76,00                 | 80,67                  |
| 13 | Kadek Vijananda Garba Yuga            | 77,00                 | 80,67                  |
| 14 | Ketut Ari Widyarini                   | 70,00                 | 70,67                  |
| 15 | Made Agus Raditya Natih               | 70,33                 | 72,00                  |
| 16 | Made Diva Nicyutama                   | 76,67                 | 88,33                  |
| 17 | Made Utari Parama Iswari              | 77,33                 | 81,33                  |
| 18 | Meylani Angelita Suyanto              | 66,00                 | 75,67                  |
| 19 | Ni Luh Artami Darmi Indrayani         | 71,00                 | 74,00                  |
| 20 | Ni Nyoman Pande Satya Prema Nandini   | 72,67                 | 81,00                  |
| 21 | Ni Putu Agastiya Darmayani            | 66,67                 | 81,00                  |
| 22 | Putu Arya Kusuma Sharya               | 72,67                 | 75,33                  |
| 23 | Putu Ayu Putri Cahyani                | 79,67                 | 85,00                  |
| 24 | Putu Chelsea Ranjani                  | 68,67                 | 83,33                  |
| 25 | Putu Indra Shandika Wiguna            | 76,00                 | 81,00                  |
| 26 | Putu Nanda Putra Utama Wirnatha       | 72,33                 | 73,33                  |
| 27 | Putu Ratria Sesariani                 | 82,67                 | 89,00                  |
| 28 | Ria Ulfa                              | 81,00                 | 80,00                  |
| 29 | Syafitri Al Chatib                    | 76,00                 | 77,67                  |
| 30 | Trihana Santhi                        | 70,67                 | 70,00                  |

## Lampiran 10

**Output Uji Deskriptif dengan Menggunakan SPSS 21 for Windows**

## 1. Tabel Uji Deskriptif Karakteristik Peserta Didik di SMA Negeri 4 Singaraja

| Descriptive Statistics |    |         |         |         |                |
|------------------------|----|---------|---------|---------|----------------|
|                        | N  | Minimum | Maximum | Mean    | Std. Deviation |
| PrKKStresRingan        | 3  | 26.00   | 37.67   | 32.5567 | 5.96738        |
| PrKKStresSedang        | 16 | 42.00   | 59.00   | 51.9169 | 4.68451        |
| PrKKStresTinggi        | 11 | 60.33   | 80.00   | 69.3027 | 6.74384        |
| PrKEStresRingan        | 2  | 36.67   | 40.00   | 38.3350 | 2.35467        |
| PrKEStresSedang        | 20 | 41.00   | 59.00   | 51.8490 | 4.78171        |
| PrKEStresTinggi        | 6  | 61.33   | 74.67   | 66.4433 | 4.84430        |
| PrKEStresSangatTinggi  | 2  | 81.33   | 82.67   | 82.0000 | .94752         |
| PsKKStresRingan        | 2  | 30.67   | 36.67   | 33.6700 | 4.24264        |
| PsKKStresSedang        | 9  | 43.33   | 58.33   | 51.8144 | 5.09549        |
| PsKKStresTinggi        | 17 | 60.67   | 78.33   | 67.2153 | 4.97659        |
| PsKKStresSangatTinggi  | 2  | 80.33   | 81.67   | 81.0000 | .94752         |
| PsKEStresRingan        | 8  | 31.33   | 38.33   | 35.4588 | 2.33608        |
| PsKEStresSedang        | 18 | 41.33   | 59.33   | 51.8689 | 5.82104        |
| PsKEStresTinggi        | 4  | 64.67   | 73.67   | 70.0850 | 3.83261        |
| PrKKMotTinggi          | 28 | 64.67   | 79.67   | 73.4054 | 4.15704        |
| PrKKMotSangatTinggi    | 2  | 81.00   | 82.00   | 81.5000 | .70711         |
| PrKEMotTinggi          | 26 | 66.00   | 79.67   | 73.1154 | 3.97178        |
| PrKEMotSangatTinggi    | 4  | 80.33   | 82.67   | 81.0825 | 1.10446        |
| PsKKMotTinggi          | 27 | 64.33   | 80.00   | 72.6174 | 4.06969        |
| PsKKMotSangatTinggi    | 3  | 80.33   | 82.67   | 81.5567 | 1.17411        |
| PsKEMotTinggi          | 15 | 67.67   | 80.00   | 74.1333 | 3.33940        |
| PsKEMotSangatTinggi    | 15 | 80.33   | 89.00   | 82.7773 | 2.74444        |
| Usia                   | 60 | 16.00   | 17.00   | 16.4000 | .49403         |
| Valid N (listwise)     | 2  |         |         |         |                |

## 2. Tabel Uji Deskriptif Kondisi Lingkungan di SMA Negeri 4 Singaraja

| Descriptive Statistics |   |         |         |         |                |
|------------------------|---|---------|---------|---------|----------------|
|                        | N | Minimum | Maximum | Mean    | Std. Deviation |
| SuhuBasahKE            | 6 | 29.60   | 32.40   | 31.0333 | 1.28167        |
| SuhuKeringKE           | 6 | 29.30   | 33.40   | 31.7333 | 1.60458        |

|                    |   |        |        |          |         |
|--------------------|---|--------|--------|----------|---------|
| KelembabanKE       | 6 | 64.00  | 71.00  | 67.8333  | 2.63944 |
| IntensitasCahayaKE | 6 | 334.60 | 340.00 | 337.5000 | 2.18632 |
| KebisinganKE       | 6 | 66.30  | 73.10  | 69.4833  | 2.42026 |
| Valid N (listwise) | 6 |        |        |          |         |

### 3. Tabel Uji Deskriptif Stres Belajar Peserta Didik

**Descriptive Statistics**

|                    | N  | Minimum | Maximum | Mean    | Std. Deviation |
|--------------------|----|---------|---------|---------|----------------|
| PreStresKK         | 30 | 26.00   | 80.00   | 56.3556 | 12.74926       |
| PostStresKK        | 30 | 30.67   | 81.67   | 61.2778 | 12.22086       |
| PreStresKE         | 30 | 36.67   | 82.67   | 55.8778 | 11.03755       |
| PostStresKE        | 30 | 31.33   | 73.67   | 49.9222 | 11.78273       |
| Valid N (listwise) | 30 |         |         |         |                |

### 4. Tabel Uji Deskriptif Motivasi Belajar Peserta Didik

**Descriptive Statistics**

|                    | N  | Minimum | Maximum | Mean    | Std. Deviation |
|--------------------|----|---------|---------|---------|----------------|
| PreMotvKK          | 30 | 64.67   | 82.00   | 73.9444 | 4.50890        |
| PostMotvKK         | 30 | 64.33   | 82.67   | 73.5111 | 4.73006        |
| PreMotvKE          | 30 | 66.00   | 82.67   | 74.1778 | 4.61692        |
| PostMotvKE         | 30 | 67.67   | 89.00   | 78.4556 | 5.32433        |
| Valid N (listwise) | 30 |         |         |         |                |

## Lampiran 11

**Output Uji Prasyarat dengan Menggunakan SPSS 21 for Windows**1. Uji Normalitas Data (*Kolmogorov Smirnov*) Stres Belajar Peserta Didik

| One-Sample Kolmogorov-Smirnov Test |                |            |             |            |             |
|------------------------------------|----------------|------------|-------------|------------|-------------|
|                                    |                | PreStresKK | PostStresKK | PreStresKE | PostStresKE |
| N                                  |                | 30         | 30          | 30         | 30          |
| Normal Parameters <sup>a,b</sup>   | Mean           | 56.3556    | 61.2778     | 55.8778    | 49.9222     |
|                                    | Std. Deviation | 12.74926   | 12.22086    | 11.03755   | 11.78273    |
| Most Extreme Differences           | Absolute       | .128       | .121        | .122       | .136        |
|                                    | Positive       | .109       | .057        | .122       | .104        |
|                                    | Negative       | -.128      | -.121       | -.094      | -.136       |
| Kolmogorov-Smirnov Z               |                | .700       | .665        | .668       | .747        |
| Asymp. Sig. (2-tailed)             |                | .712       | .768        | .764       | .632        |

a. Test distribution is Normal.

b. Calculated from data.

2. Uji Normalitas Data (*Kolmogorov Smirnov*) Motivasi Belajar Peserta Didik

| One-Sample Kolmogorov-Smirnov Test |                |           |            |           |            |
|------------------------------------|----------------|-----------|------------|-----------|------------|
|                                    |                | PreMotvKK | PostMotvKK | PreMotvKE | PostMotvKE |
| N                                  |                | 30        | 30         | 30        | 30         |
| Normal Parameters <sup>a,b</sup>   | Mean           | 73.9444   | 73.5111    | 74.1778   | 78.4556    |
|                                    | Std. Deviation | 4.50890   | 4.73006    | 4.61692   | 5.32433    |
| Most Extreme Differences           | Absolute       | .129      | .081       | .134      | .147       |
|                                    | Positive       | .127      | .076       | .134      | .081       |
|                                    | Negative       | -.129     | -.081      | -.120     | -.147      |
| Kolmogorov-Smirnov Z               |                | .705      | .444       | .734      | .808       |
| Asymp. Sig. (2-tailed)             |                | .702      | .989       | .654      | .532       |

a. Test distribution is Normal.

b. Calculated from data.

## Lampiran 12

**Output Uji Hipotesis dengan Menggunakan SPSS 21 for Windows**1. Uji *T Group (Independent Sample T Test)* Stres Belajar Peserta Didik**Group Statistics**

| Kelas          |                  | N  | Mean    | Std. Deviation | Std. Error Mean |
|----------------|------------------|----|---------|----------------|-----------------|
| Pretest Stres  | Kelas Kontrol    | 30 | 56.3556 | 12.74926       | 2.32769         |
|                | Kelas Eksperimen | 30 | 55.8778 | 11.03755       | 2.01517         |
| Posttest Stres | Kelas Kontrol    | 30 | 61.2778 | 12.22086       | 2.23121         |
|                | Kelas Eksperimen | 30 | 49.9222 | 11.78273       | 2.15122         |

**Independent Samples Test**

|                |                             | Levene's Test for Equality of Variances |      | t-test for Equality of Means |        |                 |                 |                       |                                           |          |
|----------------|-----------------------------|-----------------------------------------|------|------------------------------|--------|-----------------|-----------------|-----------------------|-------------------------------------------|----------|
|                |                             | F                                       | Sig. | t                            | df     | Sig. (2-tailed) | Mean Difference | Std. Error Difference | 95% Confidence Interval of the Difference |          |
|                |                             |                                         |      |                              |        |                 |                 |                       | Lower                                     | Upper    |
| Pretest Stres  | Equal variances assumed     | .600                                    | .442 | .155                         | 58     | .877            | .47778          | 3.07880               | -5.68512                                  | 6.64067  |
|                | Equal variances not assumed |                                         |      | .155                         | 56.835 | .877            | .47778          | 3.07880               | -5.68781                                  | 6.64336  |
| Posttest Stres | Equal variances assumed     | .069                                    | .793 | 3.664                        | 58     | .001            | 11.35556        | 3.09937               | 5.15150                                   | 17.55961 |
|                | Equal variances not assumed |                                         |      | 3.664                        | 57.923 | .001            | 11.35556        | 3.09937               | 5.15132                                   | 17.55979 |

## 2. Uji T Group (Independent Sample T-Test) Motivasi Belajar Peserta Didik

**Group Statistics**

| Kelompok |                  | N  | Mean    | Std. Deviation | Std. Error Mean |
|----------|------------------|----|---------|----------------|-----------------|
| Pretest  | Kelas Kontrol    | 30 | 73.9444 | 4.50890        | .82321          |
|          | Kelas Eksperimen | 30 | 74.1778 | 4.61692        | .84293          |
| Posttest | Kelas Kontrol    | 30 | 73.5111 | 4.73006        | .86359          |
|          | Kelas Eksperimen | 30 | 78.4556 | 5.32433        | .97209          |

**Independent Samples Test**

|                   |                             | Levene's Test for Equality of Variances |      | t-test for Equality of Means |        |                 |                 |                       |                                           |          |
|-------------------|-----------------------------|-----------------------------------------|------|------------------------------|--------|-----------------|-----------------|-----------------------|-------------------------------------------|----------|
|                   |                             | F                                       | Sig. | t                            | df     | Sig. (2-tailed) | Mean Difference | Std. Error Difference | 95% Confidence Interval of the Difference |          |
|                   |                             |                                         |      |                              |        |                 |                 |                       | Lower                                     | Upper    |
| Pretest Motivasi  | Equal variances assumed     | .113                                    | .738 | -.198                        | 58     | .844            | -.23333         | 1.17822               | -2.59180                                  | 2.12513  |
|                   | Equal variances not assumed |                                         |      | -.198                        | 57.968 | .844            | -.23333         | 1.17822               | -2.59183                                  | 2.12516  |
| Posttest Motivasi | Equal variances assumed     | .602                                    | .441 | -3.803                       | 58     | .000            | -4.94444        | 1.30028               | -7.54724                                  | -2.34165 |
|                   | Equal variances not assumed |                                         |      | -3.803                       | 57.206 | .000            | -4.94444        | 1.30028               | -7.54801                                  | -2.34088 |



|             |                            |          |            |            |            |            |          |            |            |            |            |            |            |            |            |           |            |           |            |           |            |            |
|-------------|----------------------------|----------|------------|------------|------------|------------|----------|------------|------------|------------|------------|------------|------------|------------|------------|-----------|------------|-----------|------------|-----------|------------|------------|
| item<br>_6  | Pearson<br>Correlatio<br>n | .15<br>0 | .43<br>1*  | .04<br>8   | .48<br>1** | .64<br>9** | 1        | .29<br>4   | .33<br>5   | .25<br>1   | .20<br>1   | .26<br>3   | .09<br>7   | .18<br>8   | .21<br>7   | .36<br>9* | .30<br>2   | .36<br>4* | .16<br>4   | .43<br>5* | .24<br>8   | .565*<br>* |
|             | Sig. (2-<br>tailed)        | .42<br>9 | .01<br>7   | .79<br>9   | .00<br>7   | .00<br>0   |          | .11<br>5   | .07<br>0   | .18<br>0   | .28<br>7   | .16<br>0   | .61<br>0   | .32<br>0   | .25<br>0   | .04<br>5  | .10<br>5   | .04<br>8  | .38<br>6   | .01<br>6  | .18<br>7   | .001       |
|             | N                          | 30       | 30         | 30         | 30         | 30         | 30       | 30         | 30         | 30         | 30         | 30         | 30         | 30         | 30         | 30        | 30         | 30        | 30         | 30        | 30         | 30         |
| item<br>_7  | Pearson<br>Correlatio<br>n | .33<br>0 | .22<br>3   | .60<br>5** | .21<br>6   | .51<br>6** | .29<br>4 | 1          | .65<br>1** | .11<br>9   | .93<br>8** | .33<br>1   | .55<br>4** | .29<br>0   | .13<br>9   | .30<br>4  | .53<br>8** | .19<br>4  | .20<br>9   | .37<br>9* | .20<br>4   | .698*<br>* |
|             | Sig. (2-<br>tailed)        | .07<br>5 | .23<br>6   | .00<br>0   | .25<br>2   | .00<br>3   | .11<br>5 |            | .00<br>0   | .53<br>0   | .00<br>0   | .07<br>4   | .00<br>1   | .12<br>1   | .46<br>4   | .10<br>2  | .00<br>2   | .30<br>4  | .26<br>8   | .03<br>9  | .27<br>9   | .000       |
|             | N                          | 30       | 30         | 30         | 30         | 30         | 30       | 30         | 30         | 30         | 30         | 30         | 30         | 30         | 30         | 30        | 30         | 30        | 30         | 30        | 30         | 30         |
| item<br>_8  | Pearson<br>Correlatio<br>n | .27<br>0 | .24<br>6   | .46<br>8** | .17<br>2   | .22<br>0   | .33<br>5 | .65<br>1** | 1          | .33<br>8   | .49<br>1** | .49<br>6** | .49<br>8** | .41<br>5*  | .07<br>1   | .23<br>9  | .41<br>8*  | .17<br>1  | .22<br>4   | .09<br>3  | -<br>.012  | .584*<br>* |
|             | Sig. (2-<br>tailed)        | .15<br>0 | .19<br>1   | .00<br>9   | .36<br>2   | .24<br>3   | .07<br>0 | .00<br>0   |            | .06<br>7   | .00<br>6   | .00<br>5   | .00<br>5   | .02<br>3   | .70<br>9   | .20<br>3  | .02<br>2   | .36<br>5  | .23<br>3   | .62<br>4  | .94<br>9   | .001       |
|             | N                          | 30       | 30         | 30         | 30         | 30         | 30       | 30         | 30         | 30         | 30         | 30         | 30         | 30         | 30         | 30        | 30         | 30        | 30         | 30        | 30         | 30         |
| item<br>_9  | Pearson<br>Correlatio<br>n | .18<br>7 | .51<br>8** | .06<br>2   | .54<br>8** | .25<br>7   | .25<br>1 | .11<br>9   | .33<br>8   | 1          | .03<br>9   | .64<br>8** | .45<br>8*  | .68<br>8** | .50<br>9** | .34<br>4  | -<br>.139  | .17<br>7  | .60<br>0** | .10<br>5  | .43<br>6*  | .597*<br>* |
|             | Sig. (2-<br>tailed)        | .32<br>3 | .00<br>3   | .74<br>3   | .00<br>2   | .17<br>0   | .18<br>0 | .53<br>0   | .06<br>7   |            | .83<br>9   | .00<br>0   | .01<br>1   | .00<br>0   | .00<br>4   | .06<br>2  | .46<br>3   | .35<br>0  | .00<br>0   | .58<br>0  | .01<br>6   | .000       |
|             | N                          | 30       | 30         | 30         | 30         | 30         | 30       | 30         | 30         | 30         | 30         | 30         | 30         | 30         | 30         | 30        | 30         | 30        | 30         | 30        | 30         | 30         |
| item<br>_10 | Pearson<br>Correlatio<br>n | .27<br>1 | .13<br>0   | .48<br>8** | .16<br>9   | .49<br>7** | .20<br>1 | .93<br>8** | .49<br>1** | .03<br>9   | 1          | .25<br>1   | .56<br>7** | .18<br>3   | .06<br>4   | .17<br>8  | .33<br>9   | .11<br>1  | .17<br>2   | .34<br>8  | .12<br>1   | .574*<br>* |
|             | Sig. (2-<br>tailed)        | .14<br>7 | .49<br>4   | .00<br>6   | .37<br>2   | .00<br>5   | .28<br>7 | .00<br>0   | .00<br>6   | .83<br>9   |            | .18<br>1   | .00<br>1   | .33<br>3   | .73<br>7   | .34<br>7  | .06<br>7   | .55<br>9  | .36<br>3   | .05<br>9  | .52<br>3   | .001       |
|             | N                          | 30       | 30         | 30         | 30         | 30         | 30       | 30         | 30         | 30         | 30         | 30         | 30         | 30         | 30         | 30        | 30         | 30        | 30         | 30        | 30         | 30         |
| item<br>_11 | Pearson<br>Correlatio<br>n | .31<br>9 | .11<br>7   | .04<br>6   | .41<br>5*  | .23<br>5   | .26<br>3 | .33<br>1   | .49<br>6** | .64<br>8** | .25<br>1   | 1          | .41<br>7*  | .63<br>0** | .49<br>4** | .34<br>5  | -<br>.100  | .07<br>1  | .30<br>9   | .34<br>1  | .48<br>8** | .608*<br>* |
|             | Sig. (2-<br>tailed)        | .08<br>5 | .53<br>7   | .81<br>0   | .02<br>3   | .21<br>1   | .16<br>0 | .07<br>4   | .00<br>5   | .00<br>0   | .18<br>1   |            | .02<br>2   | .00<br>0   | .00<br>5   | .06<br>2  | .60<br>0   | .71<br>0  | .09<br>6   | .06<br>5  | .00<br>6   | .000       |
|             | N                          | 30       | 30         | 30         | 30         | 30         | 30       | 30         | 30         | 30         | 30         | 30         | 30         | 30         | 30         | 30        | 30         | 30        | 30         | 30        | 30         | 30         |
| item<br>_12 | Pearson<br>Correlatio<br>n | .25<br>3 | .25<br>7   | .44<br>9*  | .17<br>0   | .27<br>5   | .09<br>7 | .55<br>4** | .49<br>8** | .45<br>8*  | .56<br>7** | .41<br>7*  | 1          | .54<br>9** | .03<br>3   | .19<br>3  | .29<br>2   | .11<br>8  | .57<br>1** | .10<br>8  | .13<br>6   | .592*<br>* |
|             | Sig. (2-<br>tailed)        | .17<br>8 | .17<br>0   | .01<br>3   | .37<br>0   | .14<br>2   | .61<br>0 | .00<br>1   | .00<br>5   | .01<br>1   | .00<br>1   | .02<br>2   |            | .00<br>2   | .86<br>2   | .30<br>8  | .11<br>8   | .53<br>6  | .00<br>1   | .57<br>1  | .47<br>5   | .001       |

|             |                        |            |          |            |           |            |           |            |           |               |          |               |            |           |               |            |               |            |            |            |            |            |
|-------------|------------------------|------------|----------|------------|-----------|------------|-----------|------------|-----------|---------------|----------|---------------|------------|-----------|---------------|------------|---------------|------------|------------|------------|------------|------------|
|             | N                      | 30         | 30       | 30         | 30        | 30         | 30        | 30         | 30        | 30            | 30       | 30            | 30         | 30        | 30            | 30         | 30            | 30         | 30         | 30         | 30         | 30         |
| item<br>_13 | Pearson<br>Correlation | .53<br>6** | .35<br>2 | .17<br>4   | .44<br>2* | .34<br>4   | .18<br>8  | .29<br>0   | .41<br>5* | .68<br>8**    | .18<br>3 | .63<br>0**    | .54<br>9** | 1         | .37<br>6*     | .28<br>2   | .10<br>0      | .14<br>2   | .45<br>9*  | .13<br>9   | .42<br>3*  | .649*<br>* |
|             | Sig. (2-<br>tailed)    | .00<br>2   | .05<br>7 | .35<br>6   | .01<br>4  | .06<br>2   | .32<br>0  | .12<br>1   | .02<br>3  | .00<br>0      | .33<br>3 | .00<br>0      | .00<br>2   |           | .04<br>0      | .13<br>1   | .60<br>0      | .45<br>6   | .01<br>1   | .46<br>5   | .02<br>0   | .000       |
|             | N                      | 30         | 30       | 30         | 30        | 30         | 30        | 30         | 30        | 30            | 30       | 30            | 30         | 30        | 30            | 30         | 30            | 30         | 30         | 30         | 30         | 30         |
| item<br>_14 | Pearson<br>Correlation | .18<br>5   | .14<br>5 | .06<br>1   | .32<br>0  | .33<br>3   | .21<br>7  | .13<br>9   | .07<br>1  | .50<br>9**    | .06<br>4 | .49<br>4**    | .03<br>3   | .37<br>6* | 1             | .62<br>6** | -<br>.08<br>2 | .21<br>2   | .30<br>2   | .41<br>5*  | .75<br>9** | .530*<br>* |
|             | Sig. (2-<br>tailed)    | .32<br>8   | .44<br>5 | .74<br>9   | .08<br>5  | .07<br>2   | .25<br>0  | .46<br>4   | .70<br>9  | .00<br>4      | .73<br>7 | .00<br>5      | .86<br>2   | .04<br>0  |               | .00<br>0   | .66<br>6      | .26<br>1   | .10<br>5   | .02<br>2   | .00<br>0   | .003       |
|             | N                      | 30         | 30       | 30         | 30        | 30         | 30        | 30         | 30        | 30            | 30       | 30            | 30         | 30        | 30            | 30         | 30            | 30         | 30         | 30         | 30         | 30         |
| item<br>_15 | Pearson<br>Correlation | .28<br>9   | .11<br>3 | .19<br>6   | .45<br>7* | .48<br>9** | .36<br>9* | .30<br>4   | .23<br>9  | .34<br>4      | .17<br>8 | .34<br>5      | .19<br>3   | .28<br>2  | .62<br>6**    | 1          | .35<br>1      | .47<br>8** | .43<br>7*  | .60<br>9** | .58<br>2** | .683*<br>* |
|             | Sig. (2-<br>tailed)    | .12<br>1   | .55<br>4 | .29<br>9   | .01<br>1  | .00<br>6   | .04<br>5  | .10<br>2   | .20<br>3  | .06<br>2      | .34<br>7 | .06<br>2      | .30<br>8   | .13<br>1  | .00<br>0      |            | .05<br>7      | .00<br>8   | .01<br>6   | .00<br>0   | .00<br>1   | .000       |
|             | N                      | 30         | 30       | 30         | 30        | 30         | 30        | 30         | 30        | 30            | 30       | 30            | 30         | 30        | 30            | 30         | 30            | 30         | 30         | 30         | 30         | 30         |
| item<br>_16 | Pearson<br>Correlation | .34<br>9   | .20<br>9 | .63<br>2** | .04<br>2  | .32<br>1   | .30<br>2  | .53<br>8** | .41<br>8* | -<br>.13<br>9 | .33<br>9 | -<br>.10<br>0 | .29<br>2   | .10<br>0  | -<br>.08<br>2 | .35<br>1   | 1             | .34<br>0   | .13<br>0   | .29<br>4   | .00<br>0   | .460*<br>* |
|             | Sig. (2-<br>tailed)    | .05<br>9   | .26<br>8 | .00<br>0   | .82<br>5  | .08<br>4   | .10<br>5  | .00<br>2   | .02<br>2  | .46<br>3      | .06<br>7 | .60<br>0      | .11<br>8   | .60<br>0  | .66<br>6      | .05<br>7   |               | .06<br>6   | .49<br>2   | .11<br>5   | 1.0<br>00  | .011       |
|             | N                      | 30         | 30       | 30         | 30        | 30         | 30        | 30         | 30        | 30            | 30       | 30            | 30         | 30        | 30            | 30         | 30            | 30         | 30         | 30         | 30         | 30         |
| item<br>_17 | Pearson<br>Correlation | .26<br>3   | .05<br>4 | .18<br>3   | .26<br>7  | .28<br>3   | .36<br>4* | .19<br>4   | .17<br>1  | .17<br>7      | .11<br>1 | .07<br>1      | .11<br>8   | .14<br>2  | .21<br>2      | .47<br>8** | .34<br>0      | 1          | .52<br>7** | .47<br>4** | .30<br>9   | .500*<br>* |
|             | Sig. (2-<br>tailed)    | .16<br>0   | .77<br>5 | .33<br>4   | .15<br>3  | .13<br>0   | .04<br>8  | .30<br>4   | .36<br>5  | .35<br>0      | .55<br>9 | .71<br>0      | .53<br>6   | .45<br>6  | .26<br>1      | .00<br>8   | .06<br>6      |            | .00<br>3   | .00<br>8   | .09<br>7   | .005       |
|             | N                      | 30         | 30       | 30         | 30        | 30         | 30        | 30         | 30        | 30            | 30       | 30            | 30         | 30        | 30            | 30         | 30            | 30         | 30         | 30         | 30         | 30         |
| item<br>_18 | Pearson<br>Correlation | .13<br>9   | .28<br>7 | .05<br>6   | .22<br>2  | .13<br>7   | .16<br>4  | .20<br>9   | .22<br>4  | .60<br>0**    | .17<br>2 | .30<br>9      | .57<br>1** | .45<br>9* | .30<br>2      | .43<br>7*  | .13<br>0      | .52<br>7** | 1          | .17<br>2   | .49<br>8** | .554*<br>* |
|             | Sig. (2-<br>tailed)    | .46<br>5   | .12<br>4 | .76<br>9   | .23<br>8  | .47<br>1   | .38<br>6  | .26<br>8   | .23<br>3  | .00<br>0      | .36<br>3 | .09<br>6      | .00<br>1   | .01<br>1  | .10<br>5      | .01<br>6   | .49<br>2      | .00<br>3   |            | .36<br>5   | .00<br>5   | .002       |
|             | N                      | 30         | 30       | 30         | 30        | 30         | 30        | 30         | 30        | 30            | 30       | 30            | 30         | 30        | 30            | 30         | 30            | 30         | 30         | 30         | 30         | 30         |
| item<br>_19 | Pearson<br>Correlation | .42<br>1*  | .11<br>5 | .22<br>3   | .45<br>5* | .49<br>8** | .43<br>5* | .37<br>9*  | .09<br>3  | .10<br>5      | .34<br>8 | .34<br>1      | .10<br>8   | .13<br>9  | .41<br>5*     | .60<br>9** | .29<br>4      | .47<br>4** | .17<br>2   | 1          | .58<br>7** | .628*<br>* |

|            |                     |        |        |        |        |        |        |        |        |        |        |        |        |        |        |        |       |        |        |        |        |       |
|------------|---------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|-------|--------|--------|--------|--------|-------|
|            | Sig. (2-tailed)     | .021   | .545   | .235   | .011   | .005   | .016   | .039   | .624   | .580   | .059   | .065   | .571   | .465   | .022   | .000   | .115  | .008   | .365   |        | .001   | .000  |
|            | N                   | 30     | 30     | 30     | 30     | 30     | 30     | 30     | 30     | 30     | 30     | 30     | 30     | 30     | 30     | 30     | 30    | 30     | 30     | 30     | 30     | 30    |
| item_20    | Pearson Correlation | .253   | .117   | .060   | .265   | .342   | .248   | .204   | -.012  | .436*  | .121   | .488** | .136   | .423*  | .759** | .582** | .000  | .309   | .498** | .587** | 1      | .583* |
|            | Sig. (2-tailed)     | .178   | .538   | .751   | .157   | .064   | .187   | .279   | .949   | .016   | .523   | .006   | .475   | .020   | .000   | .001   | 1.000 | .097   | .005   | .001   |        | .001  |
|            | N                   | 30     | 30     | 30     | 30     | 30     | 30     | 30     | 30     | 30     | 30     | 30     | 30     | 30     | 30     | 30     | 30    | 30     | 30     | 30     | 30     | 30    |
| Skor_Total | Pearson Correlation | .546** | .463** | .483** | .632** | .715** | .565** | .698** | .584** | .597** | .574** | .608** | .592** | .649** | .530** | .683** | .460* | .500** | .554** | .628** | .583** | 1     |
|            | Sig. (2-tailed)     | .002   | .010   | .007   | .000   | .000   | .001   | .000   | .001   | .000   | .001   | .000   | .001   | .000   | .003   | .000   | .011  | .005   | .002   | .000   | .001   |       |
|            | N                   | 30     | 30     | 30     | 30     | 30     | 30     | 30     | 30     | 30     | 30     | 30     | 30     | 30     | 30     | 30     | 30    | 30     | 30     | 30     | 30     | 30    |

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

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

## 2. Uji Reliabilitas *Kuesioner* Stres Belajar

**Case Processing Summary**

|       |                       | N  | %     |
|-------|-----------------------|----|-------|
| Cases | Valid                 | 30 | 100.0 |
|       | Excluded <sup>a</sup> | 0  | .0    |
|       | Total                 | 30 | 100.0 |

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

**Reliability Statistics**

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .897             | 20         |

**Item-Total Statistics**

|        | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|--------|----------------------------|--------------------------------|----------------------------------|----------------------------------|
| Item_1 | 53.00                      | 143.517                        | .487                             | .893                             |
| item_2 | 52.57                      | 149.633                        | .426                             | .895                             |
| item_3 | 53.03                      | 142.723                        | .403                             | .896                             |
| item_4 | 52.97                      | 138.240                        | .568                             | .890                             |

|       |         |      |      |
|-------|---------|------|------|
| 53.47 | 138.809 | .634 | .889 |
| 52.57 | 145.357 | .393 | .895 |
| 53.20 | 143.338 | .429 | .894 |
| 53.13 | 142.533 | .491 | .893 |
| 53.33 | 140.575 | .573 | .890 |
| 54.27 | 141.995 | .524 | .892 |

Validitas *Kuesioner* Motivasi Belajar

**Correlations**

|       |         |      |      |
|-------|---------|------|------|
| 53.47 | 138.809 | .634 | .889 |
| 52.57 | 145.357 | .393 | .895 |
| 53.20 | 143.338 | .429 | .894 |
| 53.13 | 142.533 | .491 | .893 |
| 53.33 | 140.575 | .573 | .890 |
| 54.27 | 141.995 | .524 | .892 |

Validitas *Kuesioner* Motivasi Belajar

**Correlations**

[illegible]

|             |                        |            |            |            |            |            |            |            |           |            |            |            |               |            |            |            |               |            |               |            |            |            |
|-------------|------------------------|------------|------------|------------|------------|------------|------------|------------|-----------|------------|------------|------------|---------------|------------|------------|------------|---------------|------------|---------------|------------|------------|------------|
| item<br>_4  | Pearson<br>Correlation | .54<br>4** | .49<br>1** | .75<br>3** | 1          | .70<br>9** | .39<br>7*  | .64<br>7** | .22<br>3  | .43<br>0*  | .54<br>0** | .78<br>2** | .36<br>6*     | .40<br>9*  | .70<br>0** | .84<br>1** | .22<br>9      | .77<br>5** | .63<br>8**    | .62<br>1** | .61<br>8** | .873*<br>* |
|             | Sig. (2-<br>tailed)    | .00<br>2   | .00<br>6   | .00<br>0   |            | .00<br>0   | .03<br>0   | .00<br>0   | .23<br>6  | .01<br>8   | .00<br>2   | .00<br>0   | .04<br>7      | .02<br>5   | .00<br>0   | .00<br>0   | .22<br>4      | .00<br>0   | .00<br>0      | .00<br>0   | .000       |            |
|             | N                      | 30         | 30         | 30         | 30         | 30         | 30         | 30         | 30        | 30         | 30         | 30         | 30            | 30         | 30         | 30         | 30            | 30         | 30            | 30         | 30         | 30         |
| item<br>_5  | Pearson<br>Correlation | .27<br>4   | .21<br>5   | .41<br>4*  | .70<br>9** | 1          | .20<br>6   | .66<br>7** | .23<br>1  | .22<br>9   | .06<br>3   | .60<br>8** | .53<br>6**    | .31<br>0   | .73<br>2** | .61<br>0** | .40<br>1*     | .54<br>1** | .42<br>8*     | .33<br>8   | .25<br>7   | .655*<br>* |
|             | Sig. (2-<br>tailed)    | .14<br>3   | .25<br>3   | .02<br>3   | .00<br>0   |            | .27<br>5   | .00<br>0   | .21<br>9  | .22<br>3   | .74<br>2   | .00<br>0   | .00<br>2      | .09<br>5   | .00<br>0   | .00<br>0   | .02<br>8      | .00<br>2   | .01<br>8      | .06<br>8   | .17<br>1   | .000       |
|             | N                      | 30         | 30         | 30         | 30         | 30         | 30         | 30         | 30        | 30         | 30         | 30         | 30            | 30         | 30         | 30         | 30            | 30         | 30            | 30         | 30         | 30         |
| item<br>_6  | Pearson<br>Correlation | .42<br>6*  | .35<br>2   | .51<br>0** | .39<br>7*  | .20<br>6   | 1          | .14<br>1   | .00<br>0  | .98<br>2** | .57<br>2** | .42<br>6*  | -<br>.16<br>1 | .11<br>3   | .40<br>3*  | .41<br>7*  | .16<br>1      | .55<br>4** | .47<br>1**    | .54<br>7** | .50<br>8** | .607*<br>* |
|             | Sig. (2-<br>tailed)    | .01<br>9   | .05<br>6   | .00<br>4   | .03<br>0   | .27<br>5   |            | .45<br>7   | 1.0<br>00 | .00<br>0   | .00<br>1   | .01<br>9   | .39<br>6      | .55<br>1   | .02<br>7   | .02<br>2   | .39<br>7      | .00<br>1   | .00<br>9      | .00<br>2   | .00<br>4   | .000       |
|             | N                      | 30         | 30         | 30         | 30         | 30         | 30         | 30         | 30        | 30         | 30         | 30         | 30            | 30         | 30         | 30         | 30            | 30         | 30            | 30         | 30         | 30         |
| item<br>_7  | Pearson<br>Correlation | .32<br>8   | .21<br>2   | .45<br>6*  | .64<br>7** | .66<br>7** | .14<br>1   | .17<br>8   | .15<br>1  | .19<br>9   | .49<br>4** | .45<br>4*  | .27<br>6      | .52<br>6** | .41<br>4*  | .29<br>2   | .37<br>8*     | .41<br>7*  | .24<br>6      | .32<br>8   | .583*<br>* |            |
|             | Sig. (2-<br>tailed)    | .07<br>7   | .26<br>1   | .01<br>1   | .00<br>0   | .00<br>0   | .45<br>7   |            | .34<br>7  | .42<br>5   | .29<br>2   | .00<br>6   | .01<br>2      | .14<br>0   | .00<br>3   | .02<br>3   | .11<br>8      | .03<br>9   | .02<br>2      | .19<br>0   | .07<br>6   | .001       |
|             | N                      | 30         | 30         | 30         | 30         | 30         | 30         | 30         | 30        | 30         | 30         | 30         | 30            | 30         | 30         | 30         | 30            | 30         | 30            | 30         | 30         | 30         |
| item<br>_8  | Pearson<br>Correlation | .64<br>6** | .43<br>8*  | .44<br>3*  | .22<br>3   | .23<br>1   | .00<br>0   | .17<br>8   | 1<br>1    | .02<br>1   | .32<br>1   | .38<br>5*  | .28<br>6      | .40<br>3*  | .15<br>4   | .30<br>9   | .01<br>1      | .10<br>4   | -<br>.02<br>4 | .12<br>3   | .03<br>6   | .362*<br>* |
|             | Sig. (2-<br>tailed)    | .00<br>0   | .01<br>6   | .01<br>4   | .23<br>6   | .21<br>9   | 1.0<br>00  | .34<br>7   |           | .91<br>1   | .08<br>4   | .03<br>6   | .12<br>5      | .02<br>7   | .41<br>6   | .09<br>7   | .95<br>3      | .58<br>5   | .90<br>0      | .51<br>8   | .85<br>2   | .049       |
|             | N                      | 30         | 30         | 30         | 30         | 30         | 30         | 30         | 30        | 30         | 30         | 30         | 30            | 30         | 30         | 30         | 30            | 30         | 30            | 30         | 30         | 30         |
| item<br>_9  | Pearson<br>Correlation | .44<br>3*  | .41<br>5*  | .54<br>4** | .43<br>0*  | .22<br>9   | .98<br>2** | .15<br>1   | .02<br>1  | 1<br>3**   | .59<br>6*  | .44<br>13  | -<br>.5<br>5  | .16<br>2   | .42<br>0*  | .48<br>8** | .18<br>7      | .62<br>3** | .50<br>6**    | .60<br>7** | .53<br>5** | .653*<br>* |
|             | Sig. (2-<br>tailed)    | .01<br>4   | .02<br>3   | .00<br>2   | .01<br>8   | .22<br>3   | .00<br>0   | .42<br>5   | .91<br>1  |            | .00<br>1   | .01<br>4   | .47<br>6      | .39<br>3   | .02<br>1   | .00<br>6   | .32<br>4      | .00<br>0   | .00<br>4      | .00<br>0   | .00<br>2   | .000       |
|             | N                      | 30         | 30         | 30         | 30         | 30         | 30         | 30         | 30        | 30         | 30         | 30         | 30            | 30         | 30         | 30         | 30            | 30         | 30            | 30         | 30         | 30         |
| item<br>_10 | Pearson<br>Correlation | .77<br>0** | .58<br>7** | .82<br>1** | .54<br>0** | .06<br>3   | .57<br>2** | .19<br>9   | .32<br>1  | .59<br>3** | 1<br>8**   | .63<br>9   | .02<br>6*     | .38<br>6*  | .18<br>2   | .55<br>6** | -<br>.14<br>4 | .60<br>6** | .35<br>6      | .61<br>4** | .67<br>5** | .685*<br>* |
|             | Sig. (2-<br>tailed)    | .00<br>0   | .00<br>1   | .00<br>0   | .00<br>2   | .74<br>2   | .00<br>1   | .29<br>2   | .08<br>4  | .00<br>1   |            | .00<br>0   | .88<br>1      | .03<br>5   | .33<br>7   | .00<br>1   | .44<br>8      | .00<br>0   | .05<br>3      | .00<br>0   | .00<br>0   | .000       |
|             | N                      | 30         | 30         | 30         | 30         | 30         | 30         | 30         | 30        | 30         | 30         | 30         | 30            | 30         | 30         | 30         | 30            | 30         | 30            | 30         | 30         | 30         |
| item<br>_11 | Pearson<br>Correlation | .63<br>9** | .54<br>4** | .81<br>0** | .78<br>2** | .60<br>8** | .42<br>6*  | .49<br>4** | .38<br>5* | .44<br>6*  | .63<br>8** | 1<br>8**   | .34<br>3      | .43<br>6*  | .63<br>0** | .70<br>9** | .13<br>8      | .72<br>7** | .39<br>0*     | .56<br>4** | .48<br>9** | .823*<br>* |



|                    |                        |            |            |            |            |            |            |            |           |            |            |            |           |            |            |            |           |            |            |            |            |            |
|--------------------|------------------------|------------|------------|------------|------------|------------|------------|------------|-----------|------------|------------|------------|-----------|------------|------------|------------|-----------|------------|------------|------------|------------|------------|
| item<br>_19        | Pearson<br>Correlation | .58<br>9** | .78<br>2** | .61<br>2** | .62<br>1** | .33<br>8   | .54<br>7** | .24<br>6   | .12<br>3  | .60<br>7** | .61<br>4** | .56<br>4** | .12<br>4  | .62<br>1** | .37<br>0*  | .72<br>3** | .10<br>4  | .70<br>6** | .48<br>8** | 1<br>7**   | .79<br>7** | .788*<br>* |
|                    | Sig. (2-<br>tailed)    | .00<br>1   | .00<br>0   | .00<br>0   | .00<br>0   | .06<br>8   | .00<br>2   | .19<br>0   | .51<br>8  | .00<br>0   | .00<br>0   | .00<br>1   | .51<br>5  | .00<br>0   | .04<br>4   | .00<br>0   | .58<br>5  | .00<br>0   | .00<br>6   |            | .00<br>0   | .000       |
|                    | N                      | 30         | 30         | 30         | 30         | 30         | 30         | 30         | 30        | 30         | 30         | 30         | 30        | 30         | 30         | 30         | 30        | 30         | 30         | 30         | 30         | 30         |
| item<br>_20        | Pearson<br>Correlation | .53<br>4** | .53<br>1** | .59<br>9** | .61<br>8** | .25<br>7   | .50<br>8** | .32<br>8   | .03<br>6  | .53<br>5** | .67<br>5** | .48<br>9** | .10<br>2  | .47<br>7** | .34<br>9   | .64<br>3** | .17<br>4  | .67<br>8** | .61<br>9** | .79<br>7** | 1          | .743*<br>* |
|                    | Sig. (2-<br>tailed)    | .00<br>2   | .00<br>3   | .00<br>0   | .00<br>0   | .17<br>1   | .00<br>4   | .07<br>6   | .85<br>2  | .00<br>2   | .00<br>0   | .00<br>6   | .59<br>1  | .00<br>8   | .05<br>8   | .00<br>0   | .35<br>8  | .00<br>0   | .00<br>0   | .00<br>0   |            | .000       |
|                    | N                      | 30         | 30         | 30         | 30         | 30         | 30         | 30         | 30        | 30         | 30         | 30         | 30        | 30         | 30         | 30         | 30        | 30         | 30         | 30         | 30         | 30         |
| Skor<br>_Tot<br>al | Pearson<br>Correlation | .72<br>5** | .64<br>2** | .82<br>8** | .87<br>3** | .65<br>5** | .60<br>7** | .58<br>3** | .36<br>2* | .65<br>3** | .68<br>5** | .82<br>3** | .43<br>1* | .60<br>1** | .72<br>0** | .87<br>2** | .37<br>5* | .84<br>6** | .68<br>6** | .78<br>8** | .74<br>3** | 1          |
|                    | Sig. (2-<br>tailed)    | .00<br>0   | .00<br>0   | .00<br>0   | .00<br>0   | .00<br>0   | .00<br>0   | .00<br>1   | .04<br>9  | .00<br>0   | .00<br>0   | .00<br>0   | .01<br>7  | .00<br>0   | .00<br>0   | .00<br>0   | .04<br>1  | .00<br>0   | .00<br>0   | .00<br>0   | .00<br>0   |            |
|                    | N                      | 30         | 30         | 30         | 30         | 30         | 30         | 30         | 30        | 30         | 30         | 30         | 30        | 30         | 30         | 30         | 30        | 30         | 30         | 30         | 30         | 30         |

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

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

#### 4. Uji Reliabilitas Kuesioner Motivasi Belajar

Case Processing Summary

|       |                       | N  | %     |
|-------|-----------------------|----|-------|
| Cases | Valid                 | 30 | 100.0 |
|       | Excluded <sup>a</sup> | 0  | .0    |
|       | Total                 | 30 | 100.0 |

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

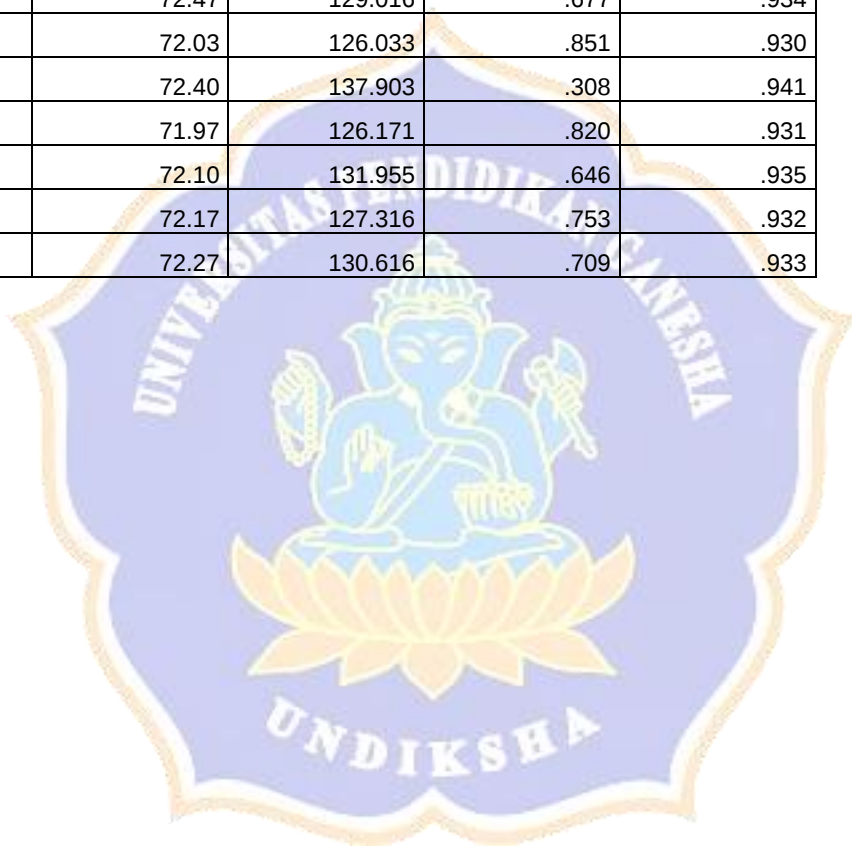
Reliability Statistics

| Cronbach's Alpha | N of Items |
|------------------|------------|
| .938             | 20         |

Item-Total Statistics

|        | Scale Mean if Item Deleted | Scale Variance if Item Deleted | Corrected Item-Total Correlation | Cronbach's Alpha if Item Deleted |
|--------|----------------------------|--------------------------------|----------------------------------|----------------------------------|
| Item_1 | 72.53                      | 131.085                        | .688                             | .934                             |
| item_2 | 71.73                      | 134.616                        | .604                             | .935                             |
| item_3 | 72.20                      | 130.234                        | .806                             | .932                             |

|         |       |         |      |      |
|---------|-------|---------|------|------|
| item_4  | 72.00 | 125.103 | .850 | .930 |
| item_5  | 72.47 | 132.120 | .610 | .935 |
| item_6  | 72.13 | 132.326 | .554 | .936 |
| item_7  | 72.77 | 131.840 | .522 | .937 |
| item_8  | 72.73 | 139.857 | .312 | .939 |
| item_9  | 72.17 | 131.040 | .603 | .935 |
| item_10 | 72.40 | 132.317 | .645 | .935 |
| item_11 | 72.53 | 130.602 | .801 | .932 |
| item_12 | 72.70 | 138.700 | .383 | .938 |
| item_13 | 72.77 | 132.254 | .546 | .936 |
| item_14 | 72.47 | 129.016 | .677 | .934 |
| item_15 | 72.03 | 126.033 | .851 | .930 |
| item_16 | 72.40 | 137.903 | .308 | .941 |
| item_17 | 71.97 | 126.171 | .820 | .931 |
| item_18 | 72.10 | 131.955 | .646 | .935 |
| item_19 | 72.17 | 127.316 | .753 | .932 |
| item_20 | 72.27 | 130.616 | .709 | .933 |



## Lampiran 14

## Dokumentasi Pelaksanaan Penelitian

|                                                                                              |                                                                                      |
|----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
|             |    |
| <p>Minyak esensial organik <i>French Lavender</i> merek Nusaroma buatan negara Indonesia</p> | <p>Mesin <i>aromatherapy diffuser</i> merek Taffware H-6 buatan negara Cina</p>      |
|            |   |
| <p>Suasana proses pembelajaran di kelas kontrol (XI MIPA 2)</p>                              | <p>Suasana proses pembelajaran di kelas eksperimen (XI MIPA 3)</p>                   |
|           |  |
| <p>Proses pemasangan mesin <i>aromateraphy diffuser</i> di kelas eksperimen</p>              | <p>Suasana ruangan kelas eksperimen saat diberikan aromaterapi lavender</p>          |

|                                                                                         |                                                                                            |
|-----------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
|        |          |
| Pengukuran kondisi lingkungan belajar peserta didik                                     | Proses pengisian <i>kuesioner</i> stres dan motivasi belajar                               |
|        |          |
| Pemberian kenang-kenangan kepada peserta didik yang berada di kelas kontrol (XI MIPA 2) | Pemberian kenang-kenangan kepada peserta didik yang berada di kelas eksperimen (XI MIPA 3) |



## Lampiran 15

**RIWAYAT HIDUP**

Marcel Adiwibawa lahir di Denpasar pada tanggal 16 Juni 1998. Penulis lahir dari pasangan suami istri Bapak I Ketut Putra Wiguna dan Ibu Rosita. Penulis berkebangsaan Indonesia dan beragama Hindu. Kini penulis beralamat di Jalan Jalak No. 04, Kaliuntu, Buleleng, Bali.

Penulis menyelesaikan Pendidikan dasar di SD Negeri 5 Sawojajar, Malang dan lulus pada tahun 2010. Penulis melanjutkan di SMP Negeri 15 Surakarta dan lulus pada tahun 2013. Pada tahun 2016 penulis lulus dari SMA Negeri 7 Surakarta. Pada tahun 2016 penulis melanjutkan studi S1 Program Studi Pendidikan Biologi, Jurusan Biologi dan Perikanan Kelautan Fakultas Matematika dan Ilmu Pengetahuan Alam Universitas Pendidikan Ganesha. Pada semester akhir tahun 2020, penulis telah menyelesaikan skripsi yang berjudul “Pemberian Aromaterapi Lavender Berpengaruh terhadap Tingkat Stres dan Motivasi Belajar Peserta Didik di SMA Negeri 4 Singaraja”.

## Lampiran 16

**PERNYATAAN**

Dengan ini saya menyatakan bahwa karya tulis yang berjudul “Pemberian Aromaterapi Lavender Berpengaruh terhadap Tingkat Stres dan Motivasi Belajar Peserta Didik di SMA Negeri 4 Singaraja” beserta seluruh isinya adalah benar-benar karya sendiri dan saya tidak melakukan penjiplakan dan pengutipan dengan cara-cara yang tidak sesuai dengan etika yang berlaku dalam masyarakat keilmuan. Atas pernyataan ini, saya siap menanggung risiko/sanksi yang dijatuhkan kepada saya apabila kemudian ditemukan adanya pelanggaran atas etika keilmuan dalam karya saya ini atau ada klaim terhadap keaslian karya saya ini.

Singaraja, 14 Februari 2020

Yang membuat pernyataan,



  
Marcel Adiwibawa