

LAMPIRAN

Lampiran 1 Kisi – Kisi Instrumen

Kisi – kisi Instrumen Pengembangan Skala coping Stress Akademik Pada Siswa SMA

Variabel	Indikator	Sub Indikator	NO Item		Total	
			+	-		
Coping stress Akademik	Emotional Focused Coping (coping yang berfokus pada emosi)	<i>Positive reappraisal</i> (Penilaian Ulang Positif)	1,2,3,4	5,6,7,8	8	
		<i>Distancing</i> (Menjauh)	9,10,11,12	13,14,15,16	8	
		<i>Self Control</i> (Kontrol Diri)	17,18,19,20	21,22,23,24	8	
		<i>Seking social emotional support</i> (Dukungan Sosial)	25,26,27,28	29,30,31,32	8	
		<i>Escape avoidance</i> (Menghindar/Lari)	33,34,35,36	37,38,39,40	8	
		<i>Accepleance responsibility</i> (Penerimaah)	41,42,43,44	45,46,47,48	8	
		Problem focused coping (Coping Yang Berfokus Pada Masalah)	<i>Planful problem solving</i> (Menganalisa Situasi yang Menimbulkan Stress)	49,50,51,52	53,54,55,56	8
		Coping Religius	Agama	57,58,59,60	61,62,63,64	8
Jumlah					64	

Lampiran 3 Data Angket DAS-21

No	Nama Siswa	Kelas	Jenis Kelamin	Nilai Butir DASS-21																				
				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
XI MIPA																								
1	Nazaina Zikra	XI MIPA	P	2	1	1	0	1	1	0	1	0	3	1	1	0	0	0	1	0	1	1	1	0
2	Putu Dean Pebri Adnyani	XI MIPA	P	0	0	1	2	2	2	1	0	2	2	2	0	1	0	1	1	1	0	3	1	1
3	Made Lediana Pratiwi	XI MIPA	P	1	1	1	0	1	1	0	1	2	0	2	1	1	1	0	1	0	1	2	1	0
4	Ni Made Uma Dewi	XI MIPA	P	2	1	1	1	1	1	0	2	1	1	1	1	0	0	0	0	0	1	0	0	0
5	Kadek Dinda Haria Laxmi	XI MIPA	P	2	0	0	3	0	3	3	0	3	0	3	0	0	3	0	0	0	0	3	3	0
6	Dewaki	XI MIPA	P	0	0	0	0	0	2	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0
7	Desak Putu Adinia Nathasya D	XI MIPA	P	1	1	1	0	1	1	1	2	1	1	1	1	1	0	0	0	0	1	0	1	0
8	Putu Yuri Aurlia Prabawa	XI MIPA	P	2	2	1	3	3	3	3	1	3	2	2	2	2	0	2	1	1	1	2	1	0
9	Ni Komang Wina Trisie	XI MIPA	P	0	0	0	0	0	0	0	0	1	0	0	0	0	2	0	2	0	0	0	1	0
10	Kadek Ayuk Rianti Dewi	XI MIPA	P	2	1	1	1	1	2	1	2	1	1	1	2	1	2	1	1	2	1	1	3	0
11	Adhelya Amanda P	XI MIPA	P	1	2	1	2	1	1	0	0	3	1	1	0	2	0	0	1	2	3	0	2	2
12	I Putu Agus Prayudha	XI MIPA	L	0	1	0	0	0	0	0	1	0	0	0	0	1	0	0	0	0	0	0	0	1
13	I Gede Eka Satya W	XI MIPA	L	2	2	1	1	2	1	2	1	3	0	2	1	0	0	0	1	0	2	3	1	0
14	Kadek Keshari Darma Patmi	XI MIPA	P	1	1	0	0	1	1	0	0	1	0	0	0	0	1	0	0	0	0	0	0	0
15	Chelsea Mery Andrea S	XI MIPA	P	3	3	0	0	0	0	1	3	3	3	3	3	0	3	0	0	0	0	0	0	0
16	Roy Aditya Kurniawan	XI MIPA	L	1	1	1	0	2	1	0	1	1	0	0	1	1	1	0	1	0	2	0	0	0
17	I Kadek Bayu Ardiana Saputra	XI MIPA	L	1	1	1	0	1	1	1	0	1	0	1	0	1	1	0	0	0	1	1	1	0
18	I Made Teguh Utama	XI MIPA	L	2	1	1	1	2	1	1	1	1	0	1	2	2	0	0	1	0	0	2	0	0
19	Martin Marantika Murti	XI MIPA	L	1	0	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0	1	0	0
20	Kadek Ngurah Reynata Kusuma	XI MIPA	L	0	0	0	0	0	0	1	2	3	0	1	2	3	0	0	0	0	0	1	1	1
21	Anjelina Nur Fitriani	XI MIPA	P	3	2	1	1	0	1	1	1	1	1	2	2	1	1	1	1	0	2	2	1	0
22	Kadek Rudolf Eduardo	XI MIPA	L	2	1	1	0	2	1	0	1	2	1	2	1	2	1	0	1	0	2	2	1	3
23	I Komang Oka Wirdana	XI MIPA	L	3	3	0	0	0	0	3	3	0	0	3	3	3	0	0	3	3	3	0	0	0
24	Made Dhira Satwika	XI MIPA	L	2	2	1	1	1	2	1	1	2	3	2	1	3	2	0	1	1	2	0	0	0
25	I Gusti Kadek Radha Krishna D	XI MIPA	L	2	2	1	0	2	0	0	1	0	0	1	1	0	1	0	0	0	0	0	0	0
26	Komang Gde Satria Wibawa	XI MIPA	L	3	0	0	0	1	0	0	0	0	0	0	0	1	0	0	0	1	0	1	0	0
27	Kadek Angela Irena Dewantari	XI MIPA	P	0	2	0	0	1	2	1	0	1	2	2	0	1	3	0	1	3	2	0	3	1
28	Made Ruben Saputra	XI MIPA	L	3	0	1	2	3	2	3	3	3	3	3	3	3	3	1	3	3	3	3	3	3
29	Ni Komang Dinda Mega Cahyani	XI MIPA	P	3	3	3	3	3	3	3	3	3	3	0	3	3	0	3	0	0	0	3	3	0
XI IIS																								
1	David Muhammad Rizki	XI IIS	L	2	0	0	0	3	0	0	0	3	0	0	0	0	2	0	0	3	3	0	0	0
2	Putu Reva Anggira	XI IIS	P	2	3	0	0	0	0	2	1	3	3	2	0	1	1	0	1	2	1	2	2	0
3	Dewa Gede Satria	XI IIS	L	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
4	Kadek Candra Divanendra	XI IIS	L	3	2	2	0	1	1	3	3	1	1	1	3	2	2	0	1	1	0	2	0	0
5	Luh Putu Cesy Ananta Putri	XI IIS	P	2	1	1	0	2	1	2	2	0	1	1	1	0	2	1	1	1	1	2	3	1
6	I Komang Agung Wibawa	XI IIS	L	1	1	1	0	1	2	1	0	2	0	1	1	1	1	0	1	1	2	3	2	2
7	Gede Dharma Weda Mutri	XI IIS	L	1	0	0	0	0	0	0	1	0	1	0	1	0	0	0	0	0	1	0	1	0
8	Gede Shindu Krisnawinata	XI IIS	L	2	2	1	0	0	1	0	2	1	0	1	1	1	0	0	0	0	1	0	0	0
9	Gede Putra Eka Cipta	XI IIS	L	0	2	0	0	1	1	0	0	0	0	0	0	0	1	0	1	0	1	0	0	0
10	I Gede Ardi Arteta	XI IIS	L	3	3	1	3	3	3	0	2	0	0	0	2	0	3	2	3	1	1	0	0	0
11	Hiroko Abi Alfalah Shahputra	XI IIS	L	3	3	1	0	1	2	1	3	3	2	0	0	0	0	1	0	2	2	0	0	3
12	Kadek Linda Widiastuti	XI IIS	P	3	2	2	1	1	1	1	2	2	1	1	2	1	1	1	0	0	1	1	1	0
13	Ni Kadek Listiani	XI IIS	P	3	2	2	2	2	1	3	2	3	2	2	3	1	2	0	2	1	1	1	1	1
14	Ketut Ari Saputra	XI IIS	L	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
XI IBB																								
1	Melyani Kezia Graciella Birehina	XI IBB	P	1	1	1	0	1	0	1	1	1	0	1	1	1	1	0	1	1	0	1	1	1
2	Kadek Nesa Nanda Mahade wi	XI IBB	P	1	0	0	0	2	0	0	2	2	2	0	2	3	3	0	0	1	1	0	0	3
3	Juliana Safitri	XI IBB	P	1	1	1	0	1	0	0	0	0	0	0	0	1	0	0	0	1	0	0	0	0
4	Made Endang Suprawan N.	XI IBB	L	2	1	1	0	1	1	2	2	3	2	3	2	2	1	0	2	2	2	0	3	1
5	Kadek Romi Pranata	XI IBB	L	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
6	Putu Jenny Rafella Andreana Putri	XI IBB	P	1	1	1	0	1	1	0	1	2	0	2	1	1	2	1	1	0	1	0	2	0
7	Putu Intan Maharani Bukian	XI IBB	P	1	1	1	1	2	2	0	2	3	2	0	1	2	3	0	2	2	3	3	1	1
8	Putu Nicholas Chandra T	XI IBB	L	0	0	0	0	1	1	0	0	3	0	0	0	0	0	0	0	1	0	2	1	1
9	Gede Soma Saputra	XI IBB	L	3	1	1	1	3	1	2	3	3	0	1	2	1	0	0	0	0	0	0	0	0
10	Rizkyta Sarjani Saraswati	XI IBB	P	3	3	2	2	3	2	1	1	2	2	2	2	3	3	3	3	3	3	2	2	3
11	Marceli Todip Indrawan	XI IBB	P	0	0	0	0	1	2	0	0	2	0	0	0	3	0	0	0	2	0	1	0	0
12	Dapa Prabawa	XI IBB	L	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
13	Tendy Pramarta	XI IBB	L	3	1	1	0	2	1	0	0	2	1	0	0	0	0	0	0	0	0	0	0	0
14	I Komang Angsa Ryan Arta D.	XI IBB	L	2	0	0	0	0	1	1	1	1	1	1	1	1	1	0	1	1	1	1	1	1
15	Gede Andy Agustyo Putra	XI IBB	L	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
16	Nathan Elnino	XI IBB	L	3	3	3	3	3	1	3	3	3	3	3	3	3	3	2	3	3	2	3	3	3
17	I Dewa Made Praditya W.S.	XI IBB	L	0	3	0	3	2	2	0	0	0	0	1	0	0	0	0	0	0	1	0	0	0
18	Putu Ribbi Cahya Dewi	XI IBB	P	1	1	1	1	0	0	1	0	0	0	1	1	0	1	1	0	1	1	0	0	0
19	Kadek Kireina Anggi D	XI IBB	P	1	3	1	1	2	2	1	1	2	1	1	1	1	2	1	1	1	2	0	1	1
20	I Gede Bawes Yadnayalkya Karang	XI IBB	L	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1