




# LAMPIRAN

## Lampiran 1 Surat Ijin Permohonan Internship



**UNIVERSITAS PENDIDIKAN GANESHA**  
**FAKULTAS ILMU PENDIDIKAN**  
**JURUSAN ILMU PENDIDIKAN PSIKOLOGI DAN BIMBINGAN**  
**PROGRAM STUDI BIMBINGAN KONSELING**  
*Jalan Udayana Nomor 12 C. Singaraja-Bali. Telepon 0362-22570;  
Facsimile : 0362-25735. Laman : <http://www.undiksha.ac.id>*

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No : 254/UN.48.10.28/2019  
Hal : Permohonan Izin Internship Mahasiswa BK  
Lampiran : *Terlampir*

Kepada,  
Yth. Kepala SMA Negeri 1 Sukasada  
di-  
Tempat

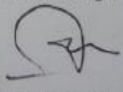
Dengan Hormat,

Bersama surat ini saya sampaikan permohonan ke hadapan Bapak/Ibu Kepala Sekolah untuk memberikan mahasiswa terlampir agar dapat diberikan kesempatan sebagai berikut :

1. Mahasiswa BK diberikan guru BK sebagai guru pamong dalam menjalankan Intensif di Sekolah.
2. Mahasiswa BK diberikan tempat pada ruang BK sebagai tempat kerja bersama guru BK atau guru pamong
3. Mahasiswa BK Intensif diberikan waktu dengan Guru BK dan Dosen Pembimbing serta Guru Mapel untuk dapat bekerjasama dalam menyelesaikan menyajikan RPBK.
4. Mahasiswa BK mohon diberikan waktu menjalankan Intensif penelitian dengan menggunakan Instrumen RPBK sebanyak 31 variabel yang akan dipresentasikan.

Demikian surat izin ini dibuat agar dapat dimaklumi, atas izin yang diberikan kami ucapkan terimakasih.

Singaraja, 01 Oktober 2019  
Koordinator Program Studi BK



Prof. Dr. Ketut Dharsana, M.Pd.,Kons.  
NIP. 19570801 198303 1 003

Tembusan :

1. Dosen BK
2. Arsip

## Lampiran 2 Surat Keterangan Telah Melakukan Penelitian



PEMERINTAH PROPINSI BALI  
DINAS PENDIDIKAN KEMUDAAN DAN OLAHRAGA  
**SEKOLAH MENENGAH ATAS (SMA) NEGERI 1 SUKASADA**  
ALAMAT : JL. JELANTIK GINGSIR 81 B, TELP.(0362) 32788, KODE POS : 81161  
Email : sman1sukasada@gmail.com website : www.sman1sukasada.sch.id



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### SURAT KETERANGAN

No.420/062902/SMAN1SKSD/2020

Yang bertanda tangan di bawah ini Kepala Sekolah Menengah Atas (SMA) Negeri 1 Sukasada Kabupaten Buleleng menerangkan :

N A M A : Kadek Adi Aditya Putra Pratama  
N I M : 1611011034  
JURUSAN : Bimbingan Konseling  
FAKULTAS : Ilmu Pendidikan  
UNIVERSITAS : Pendidikan Ganesha

Memang benar yang tersebut diatas telah melaksanakan Penelitian di SMA Negeri 1 Sukasada, dengan Judul "*Efektivitas Konseling Beharioral dengan Teknik Relaksasi untuk Meningkatkan Self Change Siswa*" dari tanggal 03 Oktober 2019 s/d 03 Februari 2020

Demikian Surat Keterangan ini dibuat dengan sebenarnya untuk dapat dipergunakan sebagaimana mestinya.

Sukasada, 29 Juni 2020  
Kepala SMA Negeri 1 Sukasada  
  
Ds. Putu Dana M.Si  
NIP. 19620818 198903 1 011

### Lampiran 3 Uji Pakar

#### PENILAIAN PAKAR I

| No. | Relevan | Tidak Relevan | Keterangan |
|-----|---------|---------------|------------|
| 1.  | ✓       |               |            |
| 2.  | ✓       |               |            |
| 3.  | ✓       |               |            |
| 4.  | ✓       |               |            |
| 5.  | ✓       |               |            |
| 6.  | ✓       |               |            |
| 7.  | ✓       |               |            |
| 8.  | ✓       |               |            |
| 9.  | ✓       |               |            |
| 10. | ✓       |               |            |
| 11. | ✓       |               |            |
| 12. | ✓       |               |            |
| 13. | ✓       |               |            |
| 14. | ✓       |               |            |
| 15. | ✓       |               |            |
| 16. | ✓       |               |            |
| 17. | ✓       |               |            |
| 18. | ✓       |               |            |

|     |   |  |  |
|-----|---|--|--|
| 19. | ✓ |  |  |
| 20. | ✓ |  |  |
| 21. | ✓ |  |  |
| 22. | ✓ |  |  |
| 23. | ✓ |  |  |
| 24. | ✓ |  |  |
| 25. | ✓ |  |  |
| 26. | ✓ |  |  |
| 27. | ✓ |  |  |
| 28. | ✓ |  |  |
| 29. | ✓ |  |  |
| 30. | ✓ |  |  |

Singaraja, 1  
Judges I,



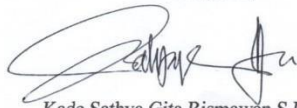
Prof. Dr. Ketut Dharsana, M.Pd., Kons  
NIP. 19570801 198303 1 003

PENILAIAN PAKAR II

| No. | Relevan | Tidak Relevan | Keterangan |
|-----|---------|---------------|------------|
| 1.  | ✓       |               |            |
| 2.  | ✓       |               |            |
| 3.  | ✓       |               |            |
| 4.  | ✓       |               |            |
| 5.  | ✓       |               |            |
| 6.  | ✓       |               |            |
| 7.  | ✓       |               |            |
| 8.  | ✓       |               |            |
| 9.  | ✓       |               |            |
| 10. | ✓       |               |            |
| 11. | ✓       |               |            |
| 12. | ✓       |               |            |
| 13. | ✓       |               |            |
| 14. | ✓       |               |            |
| 15. | ✓       |               |            |
| 16. | ✓       |               |            |
| 17. | ✓       |               |            |
| 18. | ✓       |               |            |

|     |   |  |  |
|-----|---|--|--|
| 19. | ✓ |  |  |
| 20. | ✓ |  |  |
| 21. | ✓ |  |  |
| 22. | ✓ |  |  |
| 23. | ✓ |  |  |
| 24. | ✓ |  |  |
| 25. | ✓ |  |  |
| 26. | ✓ |  |  |
| 27. | ✓ |  |  |
| 28. | ✓ |  |  |
| 29. | ✓ |  |  |
| 30. | ✓ |  |  |

Singaraja,  
Judges II,



Kade Sathya Gita Rismawan, S.Pd., M.Pd  
NIP. -

## Lampiran 4 Uji Coba LJK

**LEMBAR JAWABAN KUESIONER SELF CHANGE**

**Identitas Responden:**

Nama : .....

Kelas : .....

Sekolah : .....

Hari/Tanggal : .....

| No  | SS | S | KS | TS | STS |
|-----|----|---|----|----|-----|
| 1.  |    |   |    |    |     |
| 2.  |    |   |    |    |     |
| 3.  |    |   |    |    |     |
| 4.  |    |   |    |    |     |
| 5.  |    |   |    |    |     |
| 6.  |    |   |    |    |     |
| 7.  |    |   |    |    |     |
| 8.  |    |   |    |    |     |
| 9.  |    |   |    |    |     |
| 10. |    |   |    |    |     |
| 11. |    |   |    |    |     |
| 12. |    |   |    |    |     |
| 13. |    |   |    |    |     |
| 14. |    |   |    |    |     |
| 15. |    |   |    |    |     |
| 16. |    |   |    |    |     |
| 17. |    |   |    |    |     |
| 18. |    |   |    |    |     |
| 19. |    |   |    |    |     |
| 20. |    |   |    |    |     |
| 21. |    |   |    |    |     |
| 22. |    |   |    |    |     |
| 23. |    |   |    |    |     |
| 24. |    |   |    |    |     |
| 25. |    |   |    |    |     |
| 26. |    |   |    |    |     |
| 27. |    |   |    |    |     |
| 28. |    |   |    |    |     |
| 29. |    |   |    |    |     |
| 30. |    |   |    |    |     |



Lampiran 5. Hasil Uji Validitas Butir Kuesioner Self Change

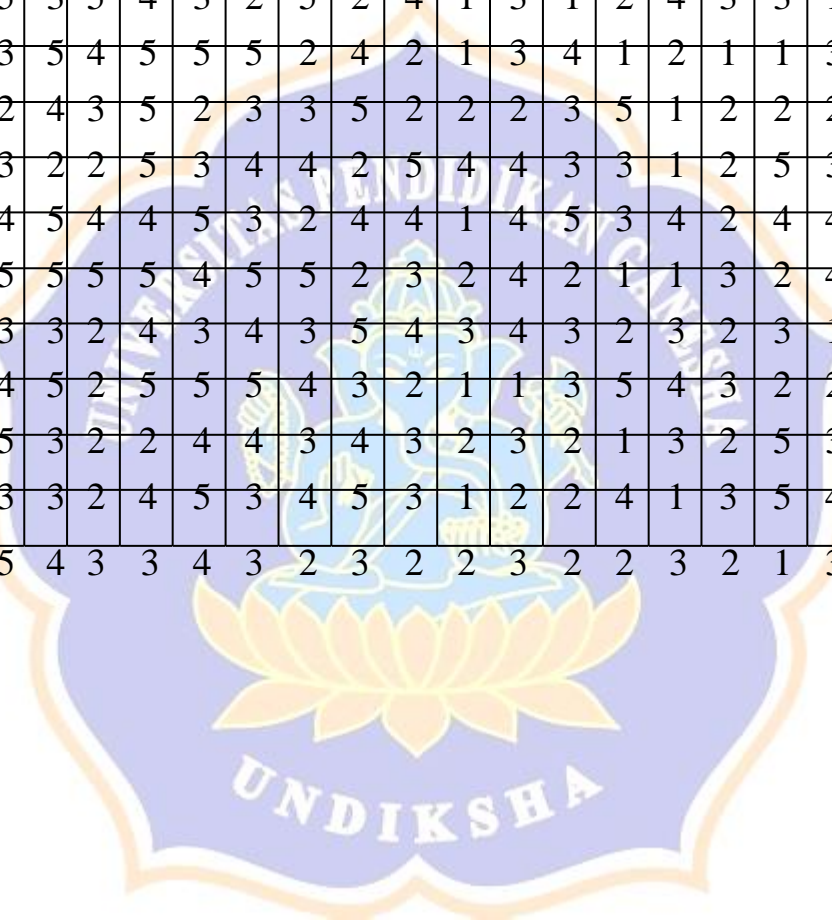
| No. | + | - | + | - | - | + | - | + | + | +  | +  | -  | +  | -  | -  | +  | -  | +  | +  | +  | +  | -  | +  | -  | -  | +  | -  | +  | +  | +  |     |
|-----|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|
|     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |     |
| 1   | 5 | 4 | 3 | 5 | 2 | 5 | 2 | 3 | 4 | 5  | 3  | 4  | 3  | 5  | 2  | 5  | 2  | 3  | 2  | 2  | 3  | 2  | 5  | 3  | 4  | 4  | 3  | 2  | 3  | 2  | 100 |
| 2   | 2 | 3 | 4 | 3 | 3 | 2 | 3 | 4 | 2 | 3  | 4  | 3  | 5  | 3  | 4  | 3  | 2  | 3  | 4  | 3  | 2  | 4  | 3  | 2  | 3  | 2  | 3  | 4  | 3  | 3  | 92  |
| 3   | 3 | 2 | 3 | 4 | 4 | 3 | 2 | 3 | 4 | 2  | 3  | 5  | 4  | 4  | 4  | 3  | 4  | 3  | 4  | 3  | 4  | 3  | 2  | 3  | 4  | 3  | 2  | 2  | 2  | 1  | 93  |
| 4   | 5 | 5 | 5 | 3 | 5 | 4 | 4 | 5 | 3 | 4  | 3  | 4  | 3  | 5  | 3  | 2  | 3  | 2  | 3  | 2  | 1  | 4  | 4  | 3  | 2  | 1  | 5  | 3  | 2  | 1  | 99  |
| 5   | 5 | 2 | 2 | 4 | 3 | 3 | 2 | 3 | 4 | 3  | 4  | 3  | 4  | 3  | 4  | 4  | 1  | 3  | 4  | 2  | 4  | 4  | 3  | 2  | 3  | 2  | 2  | 2  | 3  | 2  | 90  |
| 6   | 2 | 3 | 4 | 2 | 4 | 3 | 5 | 4 | 5 | 3  | 2  | 4  | 5  | 2  | 5  | 3  | 1  | 2  | 1  | 3  | 4  | 3  | 2  | 4  | 2  | 5  | 3  | 1  | 3  | 2  | 92  |
| 7   | 5 | 5 | 3 | 3 | 5 | 2 | 2 | 3 | 5 | 4  | 3  | 2  | 2  | 3  | 3  | 3  | 1  | 2  | 3  | 3  | 1  | 3  | 4  | 2  | 1  | 3  | 4  | 4  | 3  | 1  | 88  |
| 8   | 3 | 4 | 5 | 4 | 2 | 4 | 3 | 2 | 4 | 5  | 2  | 3  | 4  | 4  | 5  | 4  | 4  | 2  | 4  | 1  | 3  | 1  | 2  | 2  | 4  | 3  | 3  | 1  | 4  | 2  | 94  |
| 9   | 2 | 2 | 3 | 2 | 5 | 3 | 2 | 2 | 3 | 5  | 3  | 4  | 3  | 5  | 5  | 3  | 1  | 3  | 2  | 2  | 1  | 3  | 5  | 2  | 4  | 3  | 2  | 2  | 3  | 1  | 86  |
| 10  | 3 | 5 | 2 | 5 | 5 | 4 | 3 | 4 | 2 | 4  | 4  | 3  | 5  | 4  | 3  | 2  | 1  | 4  | 2  | 3  | 5  | 3  | 4  | 2  | 5  | 3  | 2  | 4  | 2  | 1  | 99  |
| 11  | 4 | 3 | 3 | 4 | 4 | 5 | 5 | 3 | 3 | 5  | 2  | 2  | 2  | 3  | 3  | 5  | 3  | 4  | 2  | 4  | 1  | 3  | 2  | 5  | 2  | 2  | 4  | 3  | 4  | 2  | 97  |
| 12  | 2 | 5 | 4 | 3 | 5 | 3 | 4 | 4 | 3 | 2  | 5  | 5  | 3  | 2  | 4  | 3  | 1  | 3  | 2  | 4  | 4  | 5  | 3  | 4  | 1  | 3  | 2  | 2  | 1  | 3  | 95  |
| 13  | 5 | 3 | 5 | 5 | 4 | 2 | 4 | 5 | 3 | 5  | 4  | 3  | 2  | 5  | 2  | 4  | 1  | 3  | 1  | 2  | 4  | 3  | 3  | 1  | 4  | 1  | 2  | 2  | 1  | 3  | 92  |
| 14  | 4 | 5 | 3 | 4 | 3 | 5 | 5 | 3 | 5 | 4  | 5  | 5  | 5  | 2  | 4  | 2  | 1  | 3  | 4  | 1  | 2  | 1  | 1  | 3  | 4  | 3  | 4  | 4  | 2  | 3  | 100 |
| 15  | 4 | 4 | 5 | 3 | 5 | 4 | 4 | 2 | 4 | 3  | 5  | 2  | 3  | 3  | 5  | 2  | 2  | 2  | 3  | 5  | 1  | 2  | 2  | 2  | 2  | 2  | 2  | 5  | 1  | 3  | 92  |
| 16  | 2 | 2 | 3 | 5 | 4 | 3 | 3 | 3 | 2 | 2  | 5  | 3  | 4  | 4  | 2  | 5  | 4  | 4  | 3  | 3  | 1  | 2  | 5  | 3  | 4  | 4  | 5  | 3  | 4  | 2  | 99  |
| 17  | 5 | 3 | 5 | 4 | 2 | 5 | 3 | 4 | 5 | 4  | 4  | 5  | 3  | 2  | 4  | 4  | 1  | 4  | 5  | 3  | 4  | 2  | 4  | 4  | 2  | 4  | 1  | 1  | 2  | 1  | 100 |
| 18  | 4 | 4 | 3 | 3 | 5 | 4 | 2 | 5 | 5 | 5  | 5  | 4  | 5  | 5  | 2  | 3  | 2  | 4  | 2  | 1  | 1  | 3  | 2  | 4  | 3  | 4  | 1  | 3  | 4  | 2  | 100 |
| 19  | 4 | 4 | 5 | 5 | 3 | 4 | 5 | 3 | 3 | 2  | 4  | 3  | 4  | 3  | 5  | 4  | 3  | 4  | 3  | 2  | 3  | 2  | 3  | 1  | 2  | 3  | 2  | 4  | 3  | 2  | 98  |
| 20  | 3 | 5 | 4 | 5 | 5 | 3 | 3 | 4 | 5 | 2  | 5  | 5  | 5  | 4  | 3  | 2  | 1  | 1  | 3  | 5  | 4  | 3  | 2  | 2  | 4  | 3  | 2  | 1  | 4  | 1  | 99  |
| 21  | 4 | 3 | 2 | 3 | 2 | 5 | 4 | 5 | 3 | 2  | 2  | 4  | 4  | 3  | 4  | 3  | 2  | 3  | 2  | 1  | 3  | 2  | 5  | 3  | 4  | 3  | 4  | 1  | 1  | 1  | 88  |
| 22  | 5 | 5 | 3 | 4 | 4 | 5 | 5 | 3 | 3 | 2  | 4  | 5  | 3  | 4  | 5  | 3  | 1  | 2  | 2  | 4  | 1  | 3  | 5  | 4  | 2  | 3  | 3  | 4  | 1  | 2  | 100 |
| 23  | 5 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 3  | 3  | 4  | 3  | 2  | 3  | 2  | 2  | 3  | 2  | 2  | 3  | 2  | 1  | 3  | 4  | 4  | 3  | 2  | 3  | 3  | 100 |



| Butir<br>Pernyataan | N  | Rxy | $r_{table}$ | Keterangan |
|---------------------|----|-----|-------------|------------|
| 1                   | 23 | 051 | 0,41        | VALID      |
| 2                   | 23 | 055 | 0,41        | VALID      |
| 3                   | 23 | 046 | 0,41        | VALID      |
| 4                   | 23 | 062 | 0,41        | VALID      |
| 5                   | 23 | 049 | 0,41        | VALID      |
| 6                   | 23 | 095 | 0,41        | VALID      |
| 7                   | 23 | 048 | 0,41        | VALID      |
| 8                   | 23 | 098 | 0,41        | VALID      |
| 9                   | 23 | 045 | 0,41        | VALID      |
| 10                  | 23 | 075 | 0,41        | VALID      |
| 11                  | 23 | 069 | 0,41        | VALID      |
| 12                  | 23 | 049 | 0,41        | VALID      |
| 13                  | 23 | 067 | 0,41        | VALID      |
| 14                  | 23 | 056 | 0,41        | VALID      |
| 15                  | 23 | 051 | 0,41        | VALID      |
| 16                  | 23 | 061 | 0,41        | VALID      |
| 17                  | 23 | 043 | 0,41        | VALID      |
| 18                  | 23 | 053 | 0,41        | VALID      |
| 19                  | 23 | 097 | 0,41        | VALID      |
| 20                  | 23 | 094 | 0,41        | VALID      |
| 21                  | 23 | 083 | 0,41        | VALID      |
| 22                  | 23 | 052 | 0,41        | VALID      |
| 23                  | 23 | 049 | 0,41        | VALID      |
| 24                  | 23 | 059 | 0,41        | VALID      |
| 25                  | 23 | 048 | 0,41        | VALID      |
| 26                  | 23 | 047 | 0,41        | VALID      |
| 27                  | 23 | 045 | 0,41        | VALID      |
| 28                  | 23 | 047 | 0,41        | VALID      |
| 29                  | 23 | 052 | 0,41        | VALID      |
| 30                  | 23 | 045 | 0,41        | VALID      |

**Lampiran 6. Hasil Pretest Eksperimen**

| No. | + | - | + | - | - | + | - | + | + | +  | +  | -  | +  | -  | -  | +  | -  | +  | +  | +  | +  | -  | +  | -  | -  | +  | -  | +  | +  | +  |     |
|-----|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|
|     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |     |
| 1   | 5 | 4 | 3 | 5 | 2 | 5 | 2 | 3 | 4 | 5  | 3  | 4  | 3  | 5  | 2  | 5  | 2  | 3  | 2  | 2  | 3  | 2  | 5  | 3  | 4  | 4  | 3  | 2  | 3  | 2  | 100 |
| 2   | 2 | 3 | 4 | 3 | 3 | 2 | 3 | 4 | 2 | 3  | 4  | 3  | 5  | 3  | 4  | 3  | 2  | 3  | 4  | 3  | 2  | 4  | 3  | 2  | 3  | 2  | 3  | 4  | 3  | 3  | 92  |
| 3   | 3 | 2 | 3 | 4 | 4 | 3 | 2 | 3 | 4 | 2  | 3  | 5  | 4  | 4  | 4  | 3  | 4  | 3  | 4  | 3  | 4  | 3  | 2  | 3  | 4  | 3  | 2  | 2  | 2  | 1  | 93  |
| 4   | 5 | 5 | 5 | 3 | 5 | 4 | 4 | 5 | 3 | 4  | 3  | 4  | 3  | 5  | 3  | 2  | 3  | 2  | 3  | 2  | 1  | 4  | 4  | 3  | 2  | 1  | 5  | 3  | 2  | 1  | 99  |
| 5   | 5 | 2 | 2 | 4 | 3 | 3 | 2 | 3 | 4 | 3  | 4  | 3  | 4  | 3  | 4  | 4  | 1  | 3  | 4  | 2  | 4  | 4  | 3  | 2  | 3  | 2  | 2  | 2  | 3  | 2  | 90  |
| 6   | 2 | 3 | 4 | 2 | 4 | 3 | 5 | 4 | 5 | 3  | 2  | 4  | 5  | 2  | 5  | 3  | 1  | 2  | 1  | 3  | 4  | 3  | 2  | 4  | 2  | 5  | 3  | 1  | 3  | 2  | 92  |
| 7   | 5 | 5 | 3 | 3 | 5 | 2 | 2 | 3 | 5 | 4  | 3  | 2  | 2  | 3  | 3  | 3  | 1  | 2  | 3  | 3  | 1  | 3  | 4  | 2  | 1  | 3  | 4  | 4  | 3  | 1  | 88  |
| 8   | 3 | 4 | 5 | 4 | 2 | 4 | 3 | 2 | 4 | 5  | 2  | 3  | 4  | 4  | 5  | 4  | 4  | 2  | 4  | 1  | 3  | 1  | 2  | 2  | 4  | 3  | 3  | 1  | 4  | 2  | 94  |
| 9   | 2 | 2 | 3 | 2 | 5 | 3 | 2 | 2 | 3 | 5  | 3  | 4  | 3  | 5  | 5  | 3  | 1  | 3  | 2  | 2  | 1  | 3  | 5  | 2  | 4  | 3  | 2  | 2  | 3  | 1  | 86  |
| 10  | 3 | 5 | 2 | 5 | 5 | 4 | 3 | 4 | 2 | 4  | 4  | 3  | 5  | 4  | 3  | 2  | 1  | 4  | 2  | 3  | 5  | 3  | 4  | 2  | 5  | 3  | 2  | 4  | 2  | 1  | 99  |
| 11  | 4 | 3 | 3 | 4 | 4 | 5 | 5 | 3 | 3 | 5  | 2  | 2  | 2  | 3  | 3  | 5  | 3  | 4  | 2  | 4  | 1  | 3  | 2  | 5  | 2  | 2  | 4  | 3  | 4  | 2  | 97  |
| 12  | 2 | 5 | 4 | 3 | 5 | 3 | 4 | 4 | 3 | 2  | 5  | 5  | 3  | 2  | 4  | 3  | 1  | 3  | 2  | 4  | 4  | 5  | 3  | 4  | 1  | 3  | 2  | 2  | 1  | 3  | 95  |
| 13  | 5 | 3 | 5 | 5 | 4 | 2 | 4 | 5 | 3 | 5  | 4  | 3  | 2  | 5  | 2  | 4  | 1  | 3  | 1  | 2  | 4  | 3  | 3  | 1  | 4  | 1  | 2  | 2  | 1  | 3  | 92  |
| 14  | 4 | 5 | 3 | 4 | 3 | 5 | 5 | 3 | 5 | 4  | 5  | 5  | 5  | 2  | 4  | 2  | 1  | 3  | 4  | 1  | 2  | 1  | 1  | 3  | 4  | 3  | 4  | 4  | 2  | 3  | 100 |
| 15  | 4 | 4 | 5 | 3 | 5 | 4 | 4 | 2 | 4 | 3  | 5  | 2  | 3  | 3  | 5  | 2  | 2  | 2  | 3  | 5  | 1  | 2  | 2  | 2  | 2  | 2  | 2  | 5  | 1  | 3  | 92  |
| 16  | 2 | 2 | 3 | 5 | 4 | 3 | 3 | 3 | 2 | 2  | 5  | 3  | 4  | 4  | 2  | 5  | 4  | 4  | 3  | 3  | 1  | 2  | 5  | 3  | 4  | 4  | 5  | 3  | 4  | 2  | 99  |
| 17  | 5 | 3 | 5 | 4 | 2 | 5 | 3 | 4 | 5 | 4  | 4  | 5  | 3  | 2  | 4  | 4  | 1  | 4  | 5  | 3  | 4  | 2  | 4  | 4  | 2  | 4  | 1  | 1  | 2  | 1  | 100 |
| 18  | 4 | 4 | 3 | 3 | 5 | 4 | 2 | 5 | 5 | 5  | 5  | 4  | 5  | 5  | 2  | 3  | 2  | 4  | 2  | 1  | 1  | 3  | 2  | 4  | 3  | 4  | 1  | 3  | 4  | 2  | 100 |
| 19  | 4 | 4 | 5 | 5 | 3 | 4 | 5 | 3 | 3 | 2  | 4  | 3  | 4  | 3  | 5  | 4  | 3  | 4  | 3  | 2  | 3  | 2  | 3  | 1  | 2  | 3  | 2  | 4  | 3  | 2  | 98  |
| 20  | 3 | 5 | 4 | 5 | 5 | 3 | 3 | 4 | 5 | 2  | 5  | 5  | 5  | 4  | 3  | 2  | 1  | 1  | 3  | 5  | 4  | 3  | 2  | 2  | 4  | 3  | 2  | 1  | 4  | 1  | 99  |
| 21  | 4 | 3 | 2 | 3 | 2 | 5 | 4 | 5 | 3 | 2  | 2  | 4  | 4  | 3  | 4  | 3  | 2  | 3  | 2  | 1  | 3  | 2  | 5  | 3  | 4  | 3  | 4  | 1  | 1  | 1  | 88  |
| 22  | 5 | 5 | 3 | 4 | 4 | 5 | 5 | 3 | 3 | 2  | 4  | 5  | 3  | 4  | 5  | 3  | 1  | 2  | 2  | 4  | 1  | 3  | 5  | 4  | 2  | 3  | 3  | 4  | 1  | 2  | 100 |
| 23  | 5 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 3  | 3  | 4  | 3  | 2  | 3  | 2  | 2  | 3  | 2  | 2  | 3  | 2  | 1  | 3  | 4  | 4  | 3  | 2  | 3  | 3  | 100 |



Lampiran 7. Hasil Postest Kontrol

| No | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |     |     |
|----|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|-----|
| 1  | 5 | 5 | 3 | 4 | 4 | 3 | 5 | 4 | 4 | 4  | 3  | 5  | 4  | 4  | 4  | 3  | 4  | 5  | 5  | 4  | 3  | 3  | 5  | 4  | 5  | 4  | 4  | 5  | 5  | 4  | 124 |     |
| 2  | 5 | 5 | 5 | 3 | 5 | 5 | 5 | 5 | 4 | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 5  | 147 |     |
| 3  | 4 | 3 | 4 | 3 | 3 | 4 | 4 | 3 | 3 | 4  | 4  | 3  | 4  | 3  | 3  | 5  | 3  | 4  | 4  | 4  | 4  | 5  | 5  | 4  | 5  | 5  | 5  | 5  | 5  | 5  | 120 |     |
| 4  | 5 | 3 | 5 | 3 | 2 | 5 | 3 | 4 | 5 | 2  | 5  | 3  | 4  | 2  | 3  | 2  | 2  | 4  | 2  | 4  | 2  | 4  | 4  | 2  | 4  | 2  | 2  | 4  | 3  | 2  | 97  |     |
| 5  | 4 | 3 | 4 | 5 | 1 | 2 | 2 | 5 | 3 | 1  | 5  | 4  | 4  | 1  | 2  | 5  | 3  | 5  | 4  | 2  | 4  | 5  | 4  | 4  | 1  | 3  | 1  | 2  | 4  | 5  | 98  |     |
| 6  | 4 | 3 | 4 | 5 | 1 | 2 | 2 | 5 | 3 | 1  | 5  | 4  | 4  | 1  | 2  | 5  | 3  | 5  | 4  | 2  | 4  | 5  | 4  | 4  | 1  | 3  | 1  | 2  | 4  | 5  | 98  |     |
| 7  | 4 | 3 | 4 | 5 | 1 | 2 | 2 | 5 | 3 | 1  | 5  | 4  | 4  | 1  | 2  | 5  | 3  | 5  | 4  | 2  | 4  | 5  | 4  | 4  | 1  | 3  | 1  | 2  | 4  | 5  | 98  |     |
| 8  | 3 | 4 | 4 | 5 | 5 | 2 | 1 | 3 | 5 | 1  | 5  | 2  | 5  | 1  | 3  | 4  | 3  | 3  | 4  | 3  | 3  | 2  | 5  | 1  | 5  | 2  | 3  | 1  | 3  | 3  | 94  |     |
| 9  | 5 | 3 | 5 | 5 | 4 | 4 | 1 | 5 | 5 | 4  | 5  | 4  | 4  | 2  | 3  | 1  | 1  | 5  | 1  | 5  | 2  | 1  | 5  | 1  | 2  | 3  | 2  | 2  | 5  | 4  | 99  |     |
| 10 | 5 | 3 | 5 | 3 | 1 | 5 | 1 | 5 | 3 | 3  | 5  | 1  | 5  | 1  | 3  | 3  | 1  | 5  | 3  | 5  | 3  | 3  | 5  | 3  | 3  | 3  | 3  | 3  | 3  | 5  | 3   | 100 |
| 11 | 5 | 2 | 5 | 4 | 2 | 3 | 2 | 5 | 5 | 3  | 5  | 5  | 5  | 2  | 4  | 3  | 2  | 4  | 1  | 4  | 3  | 3  | 4  | 2  | 5  | 2  | 1  | 3  | 3  | 3  | 100 |     |
| 12 | 4 | 3 | 4 | 3 | 2 | 2 | 3 | 5 | 5 | 1  | 5  | 4  | 5  | 2  | 3  | 3  | 1  | 5  | 5  | 5  | 2  | 1  | 5  | 1  | 1  | 5  | 2  | 3  | 1  | 5  | 96  |     |
| 13 | 4 | 3 | 4 | 3 | 2 | 2 | 3 | 5 | 5 | 1  | 5  | 4  | 5  | 2  | 3  | 3  | 1  | 5  | 5  | 5  | 2  | 1  | 5  | 1  | 1  | 5  | 2  | 3  | 1  | 5  | 96  |     |
| 14 | 5 | 3 | 4 | 4 | 1 | 5 | 3 | 5 | 5 | 3  | 5  | 3  | 4  | 2  | 4  | 2  | 1  | 3  | 5  | 5  | 3  | 1  | 4  | 5  | 5  | 5  | 2  | 3  | 5  | 5  | 110 |     |
| 15 | 4 | 2 | 3 | 3 | 2 | 5 | 3 | 4 | 5 | 2  | 5  | 3  | 4  | 2  | 4  | 2  | 2  | 4  | 2  | 4  | 2  | 4  | 4  | 2  | 4  | 2  | 4  | 4  | 3  | 2  | 96  |     |
| 16 | 4 | 2 | 3 | 2 | 3 | 3 | 2 | 3 | 4 | 4  | 5  | 2  | 4  | 2  | 3  | 4  | 2  | 4  | 4  | 3  | 4  | 3  | 4  | 2  | 2  | 4  | 2  | 4  | 3  | 3  | 94  |     |
| 17 | 5 | 2 | 5 | 4 | 2 | 5 | 3 | 4 | 5 | 4  | 4  | 1  | 3  | 2  | 4  | 4  | 1  | 4  | 5  | 3  | 4  | 2  | 4  | 4  | 2  | 4  | 2  | 4  | 4  | 4  | 104 |     |
| 18 | 4 | 2 | 3 | 3 | 2 | 4 | 2 | 5 | 5 | 5  | 5  | 2  | 5  | 1  | 2  | 3  | 2  | 5  | 3  | 4  | 4  | 3  | 5  | 5  | 3  | 4  | 1  | 3  | 4  | 2  | 101 |     |
| 19 | 5 | 3 | 3 | 2 | 4 | 4 | 5 | 3 | 4 | 5  | 2  | 3  | 4  | 4  | 5  | 4  | 5  | 3  | 4  | 5  | 2  | 4  | 3  | 2  | 5  | 3  | 1  | 2  | 4  | 2  | 105 |     |
| 20 | 4 | 3 | 4 | 4 | 3 | 5 | 5 | 3 | 2 | 4  | 3  | 5  | 3  | 4  | 4  | 3  | 1  | 2  | 2  | 4  | 3  | 5  | 4  | 4  | 3  | 3  | 1  | 4  | 3  | 2  | 100 |     |
| 21 | 3 | 4 | 4 | 3 | 3 | 5 | 1 | 4 | 3 | 1  | 4  | 1  | 3  | 4  | 2  | 5  | 2  | 2  | 5  | 1  | 4  | 3  | 5  | 4  | 2  | 3  | 1  | 1  | 3  | 4  | 90  |     |
| 22 | 3 | 4 | 4 | 5 | 5 | 4 | 5 | 5 | 5 | 1  | 4  | 2  | 5  | 2  | 5  | 1  | 2  | 4  | 1  | 4  | 1  | 5  | 5  | 3  | 5  | 1  | 2  | 5  | 4  | 3  | 105 |     |
| 23 | 2 | 4 | 4 | 5 | 3 | 2 | 3 | 1 | 2 | 5  | 4  | 5  | 3  | 4  | 1  | 2  | 4  | 3  | 2  | 5  | 2  | 5  | 5  | 3  | 5  | 1  | 2  | 5  | 4  | 3  | 99  |     |



### Lampiran 8. Hasil Prestets Eksperimen

| No. | + | - | + | - | - | + | - | + | + | +  | +  | -  | +  | -  | -  | +  | -  | +  | +  | +  | +  | -  | +  | -  | -  | +  | -  | +  | +  | +  |     |
|-----|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|
|     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |     |
| 1   | 5 | 4 | 3 | 5 | 2 | 5 | 2 | 3 | 4 | 5  | 3  | 4  | 3  | 5  | 2  | 5  | 2  | 3  | 2  | 2  | 3  | 2  | 5  | 3  | 4  | 4  | 3  | 2  | 3  | 2  | 100 |
| 2   | 2 | 3 | 4 | 3 | 3 | 2 | 3 | 4 | 2 | 3  | 4  | 3  | 5  | 3  | 4  | 3  | 2  | 3  | 4  | 3  | 2  | 4  | 3  | 2  | 3  | 2  | 3  | 4  | 3  | 3  | 92  |
| 3   | 3 | 2 | 3 | 4 | 4 | 3 | 2 | 3 | 4 | 2  | 3  | 5  | 4  | 4  | 4  | 3  | 4  | 3  | 4  | 3  | 4  | 3  | 2  | 3  | 4  | 3  | 2  | 2  | 2  | 1  | 93  |
| 4   | 5 | 5 | 5 | 3 | 5 | 4 | 4 | 5 | 3 | 4  | 3  | 4  | 3  | 5  | 3  | 2  | 3  | 2  | 3  | 2  | 1  | 4  | 4  | 3  | 2  | 1  | 5  | 3  | 2  | 1  | 99  |
| 5   | 5 | 2 | 2 | 4 | 3 | 3 | 2 | 3 | 4 | 3  | 4  | 3  | 4  | 3  | 4  | 4  | 1  | 3  | 4  | 2  | 4  | 4  | 3  | 2  | 3  | 2  | 2  | 2  | 3  | 2  | 90  |
| 6   | 2 | 3 | 4 | 2 | 4 | 3 | 5 | 4 | 5 | 3  | 2  | 4  | 5  | 2  | 5  | 3  | 1  | 2  | 1  | 3  | 4  | 3  | 2  | 4  | 2  | 5  | 3  | 1  | 3  | 2  | 92  |
| 7   | 5 | 5 | 3 | 3 | 5 | 2 | 2 | 3 | 5 | 4  | 3  | 2  | 2  | 3  | 3  | 3  | 1  | 2  | 3  | 3  | 1  | 3  | 4  | 2  | 1  | 3  | 4  | 4  | 3  | 1  | 88  |
| 8   | 3 | 4 | 5 | 4 | 2 | 4 | 3 | 2 | 4 | 5  | 2  | 3  | 4  | 4  | 5  | 4  | 4  | 2  | 4  | 1  | 3  | 1  | 2  | 2  | 4  | 3  | 3  | 1  | 4  | 2  | 94  |
| 9   | 2 | 2 | 3 | 2 | 5 | 3 | 2 | 2 | 3 | 5  | 3  | 4  | 3  | 5  | 5  | 3  | 1  | 3  | 2  | 2  | 1  | 3  | 5  | 2  | 4  | 3  | 2  | 2  | 3  | 1  | 86  |
| 10  | 3 | 5 | 2 | 5 | 5 | 4 | 3 | 4 | 2 | 4  | 4  | 3  | 5  | 4  | 3  | 2  | 1  | 4  | 2  | 3  | 5  | 3  | 4  | 2  | 5  | 3  | 2  | 4  | 2  | 1  | 99  |
| 11  | 4 | 3 | 3 | 4 | 4 | 5 | 5 | 3 | 3 | 5  | 2  | 2  | 2  | 3  | 3  | 5  | 3  | 4  | 2  | 4  | 1  | 3  | 2  | 5  | 2  | 2  | 4  | 3  | 4  | 2  | 97  |
| 12  | 2 | 5 | 4 | 3 | 5 | 3 | 4 | 4 | 3 | 2  | 5  | 5  | 3  | 2  | 4  | 3  | 1  | 3  | 2  | 4  | 4  | 5  | 3  | 4  | 1  | 3  | 2  | 2  | 1  | 3  | 95  |
| 13  | 5 | 3 | 5 | 5 | 4 | 2 | 4 | 5 | 3 | 5  | 4  | 3  | 2  | 5  | 2  | 4  | 1  | 3  | 1  | 2  | 4  | 3  | 3  | 1  | 4  | 1  | 2  | 2  | 1  | 3  | 92  |

|    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |     |
|----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|-----|
| 14 | 4 | 5 | 3 | 4 | 3 | 5 | 5 | 3 | 5 | 4 | 5 | 5 | 5 | 2 | 4 | 2 | 1 | 3 | 4 | 1 | 2 | 1 | 1 | 3 | 4 | 3 | 4 | 4 | 2 | 3 | 100 |     |
| 15 | 4 | 4 | 5 | 3 | 5 | 4 | 4 | 2 | 4 | 3 | 5 | 2 | 3 | 3 | 5 | 2 | 2 | 2 | 3 | 5 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 5 | 1 | 3 | 92  |     |
| 16 | 2 | 2 | 3 | 5 | 4 | 3 | 3 | 3 | 2 | 2 | 5 | 3 | 4 | 4 | 2 | 5 | 4 | 4 | 3 | 3 | 1 | 2 | 5 | 3 | 4 | 4 | 5 | 3 | 4 | 2 | 99  |     |
| 17 | 5 | 3 | 5 | 4 | 2 | 5 | 3 | 4 | 5 | 4 | 4 | 5 | 3 | 2 | 4 | 4 | 1 | 4 | 5 | 3 | 4 | 2 | 4 | 4 | 2 | 4 | 1 | 1 | 2 | 1 | 100 |     |
| 18 | 4 | 4 | 3 | 3 | 5 | 4 | 2 | 5 | 5 | 5 | 5 | 5 | 4 | 5 | 5 | 2 | 3 | 2 | 4 | 2 | 1 | 1 | 3 | 2 | 4 | 3 | 4 | 1 | 3 | 4 | 2   | 100 |
| 19 | 4 | 4 | 5 | 5 | 3 | 4 | 5 | 3 | 3 | 2 | 4 | 3 | 4 | 3 | 5 | 4 | 3 | 4 | 3 | 2 | 3 | 2 | 3 | 1 | 2 | 3 | 2 | 4 | 3 | 2 | 98  |     |
| 20 | 3 | 5 | 4 | 5 | 5 | 3 | 3 | 4 | 5 | 2 | 5 | 5 | 5 | 4 | 3 | 2 | 1 | 1 | 3 | 5 | 4 | 3 | 2 | 2 | 4 | 3 | 2 | 1 | 4 | 1 | 99  |     |
| 21 | 4 | 3 | 2 | 3 | 2 | 5 | 4 | 5 | 3 | 2 | 2 | 4 | 4 | 3 | 4 | 3 | 2 | 3 | 2 | 1 | 3 | 2 | 5 | 3 | 4 | 3 | 4 | 1 | 1 | 1 | 88  |     |
| 22 | 5 | 5 | 3 | 4 | 4 | 5 | 5 | 3 | 3 | 2 | 4 | 5 | 3 | 4 | 5 | 3 | 1 | 2 | 2 | 4 | 1 | 3 | 5 | 4 | 2 | 3 | 3 | 4 | 1 | 2 | 100 |     |
| 23 | 5 | 4 | 5 | 5 | 5 | 5 | 5 | 5 | 4 | 3 | 3 | 4 | 3 | 2 | 3 | 2 | 2 | 3 | 2 | 2 | 3 | 2 | 1 | 3 | 4 | 4 | 3 | 2 | 3 | 3 | 100 |     |
| 24 | 4 | 3 | 2 | 3 | 1 | 2 | 1 | 2 | 5 | 5 | 5 | 5 | 2 | 3 | 1 | 3 | 3 | 3 | 1 | 5 | 1 | 5 | 2 | 4 | 1 | 2 | 1 | 4 | 3 | 4 | 1   | 82  |



**Lampiran 9. Hasil Posttest control**

| No. | + | - | + | - | - | + | - | + | + | +  | +  | -  | +  | -  | -  | +  | -  | +  | +  | +  | +  | -  | +  | -  | -  | +  | -  | +  | +  | +  |     |
|-----|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|-----|
|     | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |     |
| 1   | 5 | 3 | 5 | 4 | 5 | 3 | 4 | 5 | 4 | 5  | 4  | 4  | 5  | 2  | 4  | 5  | 4  | 5  | 5  | 4  | 2  | 4  | 4  | 4  | 5  | 4  | 5  | 4  | 4  | 5  | 126 |
| 2   | 5 | 4 | 5 | 5 | 4 | 4 | 4 | 5 | 4 | 5  | 5  | 5  | 5  | 4  | 5  | 5  | 5  | 4  | 5  | 4  | 5  | 4  | 5  | 4  | 5  | 4  | 4  | 5  | 4  | 4  | 136 |
| 3   | 5 | 5 | 5 | 4 | 5 | 4 | 4 | 5 | 5 | 4  | 4  | 5  | 5  | 4  | 5  | 5  | 4  | 5  | 5  | 4  | 4  | 5  | 5  | 5  | 4  | 5  | 4  | 5  | 5  | 4  | 138 |
| 4   | 5 | 5 | 4 | 4 | 5 | 5 | 4 | 5 | 4 | 5  | 4  | 5  | 4  | 4  | 5  | 5  | 4  | 5  | 4  | 5  | 4  | 5  | 4  | 1  | 4  | 5  | 5  | 4  | 5  | 4  | 132 |
| 5   | 5 | 3 | 4 | 4 | 5 | 4 | 4 | 5 | 5 | 5  | 4  | 4  | 5  | 5  | 4  | 5  | 4  | 5  | 4  | 4  | 5  | 4  | 4  | 5  | 4  | 4  | 5  | 5  | 5  | 5  | 133 |
| 6   | 5 | 3 | 5 | 4 | 5 | 5 | 3 | 4 | 4 | 5  | 4  | 4  | 4  | 5  | 4  | 5  | 4  | 4  | 5  | 3  | 5  | 4  | 4  | 4  | 5  | 4  | 4  | 5  | 4  | 5  | 129 |
| 7   | 5 | 4 | 5 | 3 | 4 | 5 | 4 | 5 | 4 | 5  | 3  | 4  | 5  | 5  | 4  | 5  | 4  | 5  | 3  | 4  | 5  | 4  | 5  | 4  | 5  | 5  | 4  | 5  | 5  | 4  | 132 |
| 8   | 5 | 4 | 5 | 5 | 4 | 5 | 4 | 5 | 4 | 5  | 4  | 5  | 4  | 4  | 5  | 5  | 4  | 5  | 4  | 5  | 4  | 4  | 5  | 4  | 5  | 5  | 4  | 5  | 5  | 4  | 136 |
| 9   | 5 | 5 | 5 | 4 | 5 | 5 | 5 | 5 | 5 | 4  | 5  | 4  | 5  | 4  | 5  | 5  | 4  | 5  | 4  | 5  | 4  | 5  | 5  | 4  | 5  | 4  | 5  | 5  | 5  | 4  | 140 |
| 10  | 5 | 4 | 5 | 4 | 5 | 5 | 4 | 5 | 5 | 4  | 5  | 4  | 5  | 5  | 4  | 5  | 4  | 5  | 5  | 4  | 5  | 5  | 5  | 4  | 5  | 5  | 4  | 5  | 4  | 4  | 138 |
| 11  | 5 | 4 | 5 | 4 | 5 | 5 | 4 | 5 | 5 | 4  | 5  | 5  | 5  | 4  | 5  | 5  | 5  | 5  | 5  | 4  | 5  | 5  | 5  | 4  | 5  | 5  | 4  | 5  | 5  | 4  | 141 |
| 12  | 5 | 5 | 5 | 4 | 5 | 5 | 4 | 5 | 5 | 4  | 5  | 4  | 5  | 4  | 5  | 5  | 5  | 5  | 5  | 4  | 5  | 4  | 5  | 4  | 5  | 5  | 4  | 5  | 5  | 4  | 140 |
| 13  | 5 | 4 | 5 | 5 | 4 | 5 | 4 | 5 | 5 | 4  | 5  | 5  | 5  | 4  | 5  | 5  | 4  | 5  | 5  | 4  | 5  | 4  | 5  | 5  | 4  | 5  | 4  | 5  | 5  | 5  | 140 |

|    |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |     |   |     |     |
|----|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|-----|---|-----|-----|
| 14 | 5 | 4 | 3 | 5 | 3 | 5 | 4 | 5 | 3 | 4 | 5 | 4 | 5 | 3 | 4 | 5 | 4 | 3 | 5 | 4 | 5 | 4 | 5 | 5 | 4 | 5 | 5 | 5 | 130 |   |     |     |
| 15 | 5 | 4 | 5 | 4 | 5 | 3 | 4 | 5 | 5 | 4 | 4 | 4 | 5 | 4 | 5 | 5 | 4 | 4 | 5 | 5 | 4 | 4 | 4 | 4 | 5 | 3 | 5 | 4 | 5   | 5 | 132 |     |
| 16 | 5 | 4 | 4 | 5 | 5 | 3 | 4 | 4 | 4 | 5 | 5 | 4 | 4 | 5 | 4 | 5 | 4 | 4 | 5 | 5 | 4 | 5 | 4 | 4 | 3 | 5 | 4 | 4 | 4   | 5 | 130 |     |
| 17 | 5 | 4 | 5 | 4 | 5 | 3 | 4 | 5 | 5 | 4 | 3 | 4 | 4 | 4 | 5 | 5 | 4 | 3 | 4 | 5 | 4 | 4 | 3 | 4 | 5 | 4 | 3 | 5 | 4   | 5 | 126 |     |
| 18 | 5 | 4 | 4 | 3 | 4 | 4 | 5 | 4 | 5 | 4 | 5 | 4 | 4 | 3 | 4 | 5 | 4 | 4 | 3 | 4 | 5 | 4 | 4 | 3 | 4 | 4 | 3 | 4 | 5   | 4 | 122 |     |
| 19 | 5 | 4 | 3 | 4 | 5 | 4 | 3 | 4 | 5 | 5 | 4 | 4 | 4 | 4 | 5 | 5 | 4 | 3 | 5 | 4 | 5 | 4 | 5 | 5 | 4 | 4 | 3 | 4 | 5   | 4 | 127 |     |
| 20 | 5 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 5 | 4 | 5 | 5 | 4 | 4 | 3 | 4 | 4 | 4 | 3 | 4 | 5 | 5 | 4 | 4 | 3 | 4 | 5 | 4 | 5   | 4 | 124 |     |
| 21 | 4 | 4 | 4 | 3 | 5 | 5 | 3 | 4 | 5 | 4 | 5 | 4 | 4 | 3 | 4 | 5 | 3 | 4 | 5 | 4 | 5 | 4 | 4 | 4 | 3 | 5 | 4 | 4 | 5   | 4 | 124 |     |
| 22 | 4 | 3 | 4 | 4 | 5 | 5 | 3 | 5 | 4 | 5 | 4 | 4 | 4 | 5 | 4 | 5 | 4 | 3 | 5 | 4 | 5 | 3 | 4 | 4 | 5 | 5 | 3 | 4 | 5   | 4 | 126 |     |
| 23 | 5 | 4 | 4 | 3 | 5 | 5 | 3 | 4 | 5 | 4 | 5 | 4 | 4 | 4 | 5 | 4 | 4 | 5 | 4 | 3 | 5 | 5 | 3 | 4 | 5 | 5 | 3 | 4 | 5   | 4 | 127 |     |
| 24 | 4 | 4 | 5 | 4 | 5 | 5 | 4 | 5 | 5 | 4 | 5 | 5 | 5 | 4 | 5 | 5 | 5 | 5 | 4 | 4 | 4 | 4 | 5 | 5 | 4 | 5 | 4 | 5 | 5   | 3 | 4   | 136 |





### Lampiran 10 . Kuesioner Siswa Pretest Eksperimen

**LEMBAR JAWABAN KUESIONER SELF CHANGE**

**Identitas Responden:**  
 Nama : Ritu Lia Damayanti  
 Kelas : XI MIA 2  
 Sekolah : SMAN 1 Sukarada  
 Hari/Tanggal : Selasa, 8-10-2019

| No  | SS | S | KS | TS | STS |
|-----|----|---|----|----|-----|
| 1.  | ✓  |   |    |    |     |
| 2.  |    |   |    |    | ✓   |
| 3.  | ✓  |   |    |    |     |
| 4.  |    | ✓ |    |    |     |
| 5.  |    |   |    |    | ✓   |
| 6.  | ✓  |   |    |    |     |
| 7.  |    |   | ✓  |    |     |
| 8.  |    | ✓ |    |    |     |
| 9.  | ✓  |   |    |    |     |
| 10. |    | ✓ |    |    |     |
| 11. |    | ✓ |    |    |     |
| 12. |    |   |    |    | ✓   |
| 13. |    |   | ✓  |    |     |
| 14. |    |   |    | ✓  |     |
| 15. |    | ✓ |    |    |     |
| 16. |    | ✓ |    |    |     |
| 17. |    |   |    |    | ✓   |
| 18. |    | ✓ |    |    |     |
| 19. | ✓  |   |    |    |     |
| 20. |    |   | ✓  |    |     |
| 21. |    | ✓ |    |    |     |
| 22. |    |   |    | ✓  |     |
| 23. |    | ✓ |    |    |     |
| 24. |    | ✓ |    |    |     |
| 25. |    |   |    | ✓  |     |
| 26. |    | ✓ |    |    |     |
| 27. |    | ✓ |    |    |     |
| 28. |    | ✓ |    |    |     |
| 29. |    | ✓ |    |    |     |
| 30. | ✓  |   |    |    |     |



LEMBAR JAWABAN KUESIONER SELF CHANGE

Identitas Responden:

Nama : Pudu Adi Wardana  
 Kelas : XI MIPA 2  
 Sekolah : SMAN 1 Sukarada  
 Hari/Tanggal : Selasa, 8 - 10 - 2019

| No  | SS | S | KS | TS | STS |
|-----|----|---|----|----|-----|
| 1.  |    | ✓ |    |    |     |
| 2.  |    |   |    | ✓  |     |
| 3.  |    |   | ✓  |    |     |
| 4.  |    |   |    | ✓  |     |
| 5.  |    |   | ✓  |    |     |
| 6.  |    |   | ✓  |    |     |
| 7.  |    |   |    | ✓  |     |
| 8.  |    |   | ✓  |    |     |
| 9.  |    | ✓ |    |    |     |
| 10. |    | ✓ |    |    |     |
| 11. | ✓  |   |    |    |     |
| 12. |    |   |    | ✓  |     |
| 13. |    | ✓ |    |    |     |
| 14. |    |   |    | ✓  |     |
| 15. |    |   | ✓  |    |     |
| 16. |    | ✓ |    |    |     |
| 17. |    |   |    | ✓  |     |
| 18. |    | ✓ |    |    |     |
| 19. |    | ✓ |    |    |     |
| 20. |    |   | ✓  |    |     |
| 21. |    | ✓ |    |    |     |
| 22. |    |   | ✓  |    |     |
| 23. |    | ✓ |    |    |     |
| 24. |    |   |    | ✓  |     |
| 25. |    |   |    | ✓  |     |
| 26. |    | ✓ |    |    |     |
| 27. |    |   |    | ✓  |     |
| 28. |    | ✓ |    |    |     |
| 29. |    |   | ✓  |    |     |
| 30. |    |   | ✓  |    |     |

LEMBAR JAWABAN KUESIONER SELF CHANGE

Identitas Responden:  
 Nama : Puji Suda Maharajika  
 Kelas : XI IPA 2  
 Sekolah : SMAN 1 Sukasada  
 Hari/Tanggal : Selasa, 6-10-2019

| No  | SS | S | KS | TS | STS |
|-----|----|---|----|----|-----|
| 1.  |    |   | ✓  |    |     |
| 2.  | ✓  |   |    |    |     |
| 3.  |    | ✓ |    |    |     |
| 4.  | ✓  |   |    |    |     |
| 5.  | ✓  |   |    |    |     |
| 6.  |    |   | ✓  |    |     |
| 7.  |    |   | ✓  |    |     |
| 8.  |    | ✓ |    |    |     |
| 9.  | ✓  |   |    |    |     |
| 10. |    |   |    |    | ✓   |
| 11. | ✓  |   |    |    |     |
| 12. | ✓  |   |    |    |     |
| 13. | ✓  |   |    |    |     |
| 14. |    | ✓ |    |    |     |
| 15. |    |   | ✓  |    |     |
| 16. |    |   |    | ✓  |     |
| 17. |    |   |    |    | ✓   |
| 18. |    |   |    |    | ✓   |
| 19. |    |   | ✓  |    |     |
| 20. | ✓  |   |    |    |     |
| 21. |    | ✓ |    |    |     |
| 22. |    |   | ✓  |    |     |
| 23. |    |   |    | ✓  |     |
| 24. |    |   |    | ✓  |     |
| 25. |    | ✓ |    |    |     |
| 26. |    |   | ✓  |    |     |
| 27. |    |   |    | ✓  |     |
| 28. |    |   |    |    | ✓   |
| 29. |    | ✓ |    |    |     |
| 30. |    |   |    |    | ✓   |



### Lampiran 11. Kuesioner Siswa Postest Eksperimen

**LEMBAR JAWABAN KUESIONER SELF CHANGE**

Identitas Responden:

Nama : Kadek Era Listia Dewi  
 Kelas : XI MIA 2  
 Sekolah : SMAN 4 Sukarada  
 Hari/Tanggal : Selasa, 8 - 10 - 2019

| No  | SS | S | KS | TS | STS |
|-----|----|---|----|----|-----|
| 1.  | ✓  |   |    |    |     |
| 2.  |    |   |    | ✓  |     |
| 3.  |    |   |    | ✓  |     |
| 4.  |    | ✓ |    |    |     |
| 5.  |    |   | ✓  |    |     |
| 6.  |    |   | ✓  |    |     |
| 7.  |    |   | ✓  | ✓  |     |
| 8.  |    | ✓ | ✓  |    |     |
| 9.  |    | ✓ | ✓  |    |     |
| 10. |    |   | ✓  |    |     |
| 11. |    | ✓ | ✓  |    |     |
| 12. |    |   | ✓  |    |     |
| 13. |    | ✓ | ✓  |    |     |
| 14. |    | ✓ | ✓  |    |     |
| 15. |    | ✓ |    |    |     |
| 16. |    | ✓ |    |    |     |
| 17. |    |   |    |    | ✓   |
| 18. |    |   | ✓  |    |     |
| 19. |    | ✓ |    |    |     |
| 20. | ✓  |   |    |    |     |
| 21. |    | ✓ |    |    |     |
| 22. |    | ✓ |    |    |     |
| 23. |    |   | ✓  |    |     |
| 24. |    |   |    | ✓  |     |
| 25. |    |   | ✓  |    |     |
| 26. | ✓  |   |    |    |     |
| 27. |    |   |    | ✓  |     |
| 28. |    |   |    | ✓  |     |
| 29. |    |   | ✓  |    |     |
| 30. |    |   |    | ✓  |     |



LEMBAR JAWABAN KUESIONER SELF CHANGE

Identitas Responden:  
 Nama : Kadek Sumartana  
 Kelas : XI IPA 2  
 Sekolah : SMA N 1 Sukasada  
 Hari/Tanggal : Selasa, 8 - 10 - 2019

| No  | SS | S | KS | TS | STS |
|-----|----|---|----|----|-----|
| 1.  |    |   |    | ✓  |     |
| 2.  |    |   |    | ✓  |     |
| 3.  |    |   | ✓  |    |     |
| 4.  |    |   |    | ✓  |     |
| 5.  | ✓  |   |    |    |     |
| 6.  |    |   |    | ✓  |     |
| 7.  |    |   |    | ✓  |     |
| 8.  |    |   |    | ✓  |     |
| 9.  |    |   | ✓  |    |     |
| 10. | ✓  |   |    |    |     |
| 11. |    |   | ✓  |    |     |
| 12. |    | ✓ |    |    |     |
| 13. |    |   | ✓  |    |     |
| 14. | ✓  |   |    |    |     |
| 15. | ✓  |   |    |    |     |
| 16. |    |   | ✓  |    |     |
| 17. |    |   |    |    | ✓   |
| 18. |    |   | ✓  |    |     |
| 19. |    |   |    | ✓  |     |
| 20. |    |   |    | ✓  |     |
| 21. |    |   |    |    | ✓   |
| 22. |    |   | ✓  |    |     |
| 23. | ✓  |   |    |    |     |
| 24. |    |   |    |    | ✓   |
| 25. |    | ✓ |    |    |     |
| 26. | ✓  |   |    |    |     |
| 27. |    |   |    | ✓  |     |
| 28. |    |   |    | ✓  |     |
| 29. |    |   | ✓  |    |     |
| 30. |    |   |    |    | ✓   |



LEMBAR JAWABAN KUESIONER SELF CHANGE

Identitas Responden:  
 Nama : Kadek Radha Darmini Dewi  
 Kelas : XI MIA 2  
 Sekolah : SMAN 1 Sukarada  
 Hari/Tanggal : Selasa, 8 - 10 - 2019

| No  | SS | S | KS | TS | STS |
|-----|----|---|----|----|-----|
| 1.  | ✓  |   |    |    |     |
| 2.  |    | ✓ |    |    |     |
| 3.  | ✓  |   |    |    |     |
| 4.  | ✓  |   |    |    |     |
| 5.  | ✓  |   |    |    |     |
| 6.  | ✓  |   |    |    |     |
| 7.  | ✓  |   |    |    |     |
| 8.  | ✓  |   |    |    |     |
| 9.  |    | ✓ |    |    |     |
| 10. |    |   | ✓  |    |     |
| 11. |    |   | ✓  |    |     |
| 12. |    | ✓ |    |    |     |
| 13. |    | ✓ |    |    |     |
| 14. |    |   | ✓  |    |     |
| 15. |    |   |    | ✓  |     |
| 16. |    |   | ✓  |    |     |
| 17. |    |   |    | ✓  |     |
| 18. |    |   |    | ✓  |     |
| 19. |    |   | ✓  |    |     |
| 20. |    |   |    | ✓  |     |
| 21. |    |   |    | ✓  |     |
| 22. |    |   | ✓  |    |     |
| 23. |    |   |    | ✓  |     |
| 24. |    |   |    |    | ✓   |
| 25. |    |   | ✓  |    |     |
| 26. |    | ✓ |    |    |     |
| 27. |    | ✓ |    |    |     |
| 28. |    |   | ✓  |    |     |
| 29. |    |   |    | ✓  |     |
| 30. |    |   |    |    | ✓   |



**Lampiran 12 Dokumentasi Kegiatan Penelitian**



### Lampiran 13. Riwayat Hidup



Kadek Adi Aditya Putra Pratama Lahir Di Singaraja, Kecamatan Buleleng, Kabupaten Buleleng, Provinsi Bali pada tanggal 17 Juli 1997. Penulis lahir dari pasangan suami istri Bapak (alm) Adi Gede Sutapa, dan ibu Ni Made Reny Budhihastuty. Penulis berkebangsaan Indonesia dan beragama Hindu. Kini penulis beralamat di Lingkungan Sangket, Kecamatan Sukasada, Kabupaten Buleleng, Bali.

Penulis menyelesaikan Pendidikan Dasar di SD Negeri 3 Sukasada, lulus Pada Tahun 2010. Kemudian melanjutkan di SMP Negeri 1 Sukasada, lulus tahun 2013. Pada tahun 2016 penulis lulus dari SMK Negeri 3 Singaraja Jurusan Teknik Multimedia (TMM). Penulis melanjutkan pendidikan S1 Jurusan Bimbingan Konseling di Universitas Pendidikan Ganesha. Pada Semester akhir tahun 2020 penulis telah menyelesaikan tugas akhir yang berjudul “Efektivitas Konseling Behavioral Dengan Teknik Relaksasi Untuk Meningkatkan Self Change Siswa”.