

LAMPIRAN A
SKALA DUKUNGAN SOSIAL & STRES KERJA

Kata Pengantar Kuesioner

Selamat Pagi/Siang/Sore

Saya Widia Yunita, mahasiswa semester akhir Fakultas Psikologi Universitas Esa Unggul. Saat ini saya sedang memenuhi tugas akhir saya, yaitu skripsi. Sehubungan dengan itu, saya meminta kerja sama anda untuk menjawab beberapa pernyataan yang sesuai dengan kondisi anda. Dalam kuesioner ini tidak ada pernyataan yang benar ataupun salah. Semua jawaban adalah benar jika di isi sesuai dengan kondisi diri anda sebenarnya.

Demikian saya sampaikan, atas kerja sama dan partisipasinya saya ucapkan terimakasih.

Hormat saya

Peneliti

Kuesioner Penelitian

A. Identitas Responden

Usia :

Jenis Kelamin: Perempuan Laki-laki

Memiliki pasangan : Ya Tidak

Pernah memperoleh Promosi: : Ya Tidak

Sering melakukan tugas lapangan : Ya Tidak

Sering mendapatkan waktu kerja 24 jam: Ya Tidak

Pernah sakit karena bekerja tidak sesuai jam kerja : Ya Tidak

Lebih menyukai tugas dilapangan : Ya Tidak

Saya bersedia memberikan informasi yang diperlukan dalam penelitian

Tanda Tangan

(Subjek)

B. Petunjuk pengisian

Cara menjawabnya cukup sederhana, yaitu dengan memberikan tanda (X) disalah satu pilihan jawaban yang telah disediakan. Mohon agar anda bersedia memberikan pilihan jawaban yang benar-benar sesuai dengan diri dan lengkap. Pendapat anda atas pernyataan yang diajukan dinyatakan dalam skala yang memiliki makna sebagai berikut:

SS : Sangat Sesuai

S : Sesuai

TS : Tidak Sesuai

STS : Sangat Tidak Sesuai

CONTOH :

Pernyataan	SS	S	TS	STS
Saya merasa tidak nyaman dengan teman saya		X		

Kuesioner Dukungan Sosial

No	Pernyataan	SS	S	TS	STS
1.	Ketika saya memiliki banyak masalah, teman-teman saya akan membantu saya				
2.	Saya memiliki rekan kerja yang membuat saya menjadi semangat bertugas sebagai Anggota Polisi Sabhara				
3.	Saya tidak bisa izin kepada komandan saya ketika saya tidak bisa berhalangan bertugas				
4.	Tidak ada rekan kerja saya yang mau mendengarkan cerita saya				
5.	Saya memiliki seseorang yang dapat menghibur saya ketika saya sedang ada masalah				
6.	Bila saya merasakan bosan dirumah, saya tidak mempunyai teman untuk saya ajak mengobrol				
7.	Saya selalu merasa sendiri ketika berada dalam masalah				

Kuesioner Stres Kerja

No	Pernyataan	SS	S	TS	STS
1	Ketika saya telat datang apel maka jantung saya akan berdetak sangat cepat				
2	Saya tidak pernah mimpi buruk selama bertugas diluar kota sendirian				
3	Pendemo yang sulit diatur membuat saya menjadi pusing untuk menenangnya				
4	Saya selalu focus dalam membuat laporan pekerjaan				
5	Saya tetap bisa tidur dengan nyenyak walaupun pekerjaan saya banyak				
6	Pendemo yang ricuh akan saya marah-marahi dengan suara yang sangat kencang				
7	Saya selalu bersabar terhadap masyarakat yang sulit diatur saat menonton konser				
8	Dst				

LAMPIRAN B
DATA FREKUENSI SUBJEK PENELITIAN

1. Usia

Usia

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	20	1	1.2	1.2	1.2
	21	4	5.0	5.0	6.2
	22	9	11.2	11.2	17.5
	23	26	32.5	32.5	50.0
	24	25	31.2	31.2	81.2
	25	10	12.5	12.5	93.8
	26	5	6.2	6.2	100.0
	Total	80	100.0	100.0	

2. Jenis kelamin

JK

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	16	20.0	20.0	20.0
	2	64	80.0	80.0	100.0
	Total	80	100.0	100.0	

3. Memiliki pasangan

MTD

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1	37	46.2	46.2	46.2
2	43	53.8	53.8	100.0
Total	80	100.0	100.0	

4. Pernah memperoleh promosi

PMP

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1	41	51.2	51.2	51.2
2	39	48.8	48.8	100.0
Total	80	100.0	100.0	

5. Sering bertugas di lapangan

SMTL

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 1	52	65.0	65.0	65.0
2	28	35.0	35.0	100.0
Total	80	100.0	100.0	

6. Sering mendapatkan waktu kerja 24 jam

SMWK

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	53	66.2	66.2	66.2
	2	27	33.8	33.8	100.0
	Total	80	100.0	100.0	

7. Pernah sakit karena bekerja tidak sesuai jam kerja

PSKB

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	40	50.0	50.0	50.0
	2	40	50.0	50.0	100.0
	Total	80	100.0	100.0	

8. Lebih menyukai tugas dilapangan

LMTD

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	45	56.2	56.2	56.2
	2	35	43.8	43.8	100.0
	Total	80	100.0	100.0	

LAMPIRAN C UJI VALIDITAS DAN RELIABILITAS

1. Dukungan sosial

1.1 Putaran pertama

Reliability

Case Processing Summary

		N	%
Cases	Valid	30	100.0
	Excluded ^a	0	.0
	Total	30	100.0

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

Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.833	.825	39

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Squared Multiple Correlation	Cronbach's Alpha if Item Deleted
DK_1	97.03	128.309	.370	.	.828
DK_2	97.33	123.609	.698	.	.819
DK_3	97.43	125.151	.603	.	.821
DK_4	97.27	130.064	.318	.	.829

DK_5	97.37	124.861	.589	.821
DK_6	97.37	126.033	.499	.824
DK_7	97.27	133.513	.137	.835
DK_8	96.97	139.551	-.179	.842
DK_9	97.37	124.930	.618	.821
DK_10	97.27	130.064	.318	.829
DK_11	97.27	128.823	.408	.827
DK_12	97.47	135.775	.019	.838
DK_13	97.33	135.264	.058	.836
DK_14	97.40	129.834	.322	.829
DK_15	97.33	132.782	.151	.835
DK_16	97.53	123.982	.718	.819
DK_17	97.57	122.944	.636	.819
DK_18	97.70	125.114	.608	.821
DK_19	97.37	134.861	.072	.836
DK_20	97.27	132.340	.228	.832
DK_21	97.33	123.609	.698	.819
DK_22	97.27	130.892	.313	.830
DK_23	97.33	136.782	-.024	.838
DK_24	97.53	133.913	.123	.835
DK_25	97.37	132.654	.267	.831
DK_26	97.40	124.662	.632	.821
DK_27	97.20	130.510	.374	.828
DK_28	97.30	141.459	-.297	.844
DK_29	96.93	143.030	-.398	.846
DK_30	97.47	138.947	-.135	.843
DK_31	97.53	123.982	.718	.819
DK_32	97.57	122.944	.636	.819
DK_33	97.70	125.114	.608	.821
DK_34	97.00	142.207	-.351	.845
DK_35	97.70	126.424	.567	.823
DK_36	97.33	134.230	.097	.836

DK_37	97.70	125.114	.608	.	.821
DK_38	97.30	133.459	.149	.	.834
DK_39	97.60	133.007	.175	.	.833

1.2 Putaran kedua

Case Processing Summary

		N	%
Cases	Valid	30	85.7
	Excluded ^a	5	14.3
	Total	35	100.0

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

Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.919	.919	22

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Squared Multiple Correlation	Cronbach's Alpha if Item Deleted
DK_1	52.33	115.126	.355	.	.920
DK_2	52.63	109.344	.764	.	.911
DK_3	52.73	112.202	.584	.	.915
DK_4	52.57	116.668	.309	.	.920
DK_5	52.67	112.299	.548	.	.916
DK_6	52.67	113.264	.468	.	.917

DK_9	52.67	111.402	.634	.914
DK_10	52.57	116.668	.309	.920
DK_11	52.57	114.737	.444	.918
DK_14	52.70	115.459	.369	.919
DK_16	52.83	110.420	.741	.912
DK_17	52.87	108.051	.731	.912
DK_18	53.00	111.103	.653	.914
DK_21	52.63	109.344	.764	.911
DK_22	52.57	117.013	.331	.920
DK_26	52.70	111.666	.617	.914
DK_27	52.50	117.086	.364	.919
DK_31	52.83	110.420	.741	.912
DK_32	52.87	108.051	.731	.912
DK_33	53.00	111.103	.653	.914
DK_35	53.00	112.828	.583	.915
DK_37	53.00	111.103	.653	.914

2. Stres kerja

2.1 Putaran pertama

Case Processing Summary

		N	%
Cases	Valid	30	100.0
	Excluded ^a	0	.0
	Total	30	100.0

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

Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.833	.820	26

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Squared Multiple Correlation	Cronbach's Alpha if Item Deleted
SK_1	65.37	80.654	.373	.	.828
SK_2	65.63	75.620	.731	.	.813
SK_3	65.73	77.857	.604	.	.819
SK_4	65.53	83.706	.172	.	.836
SK_5	65.63	76.723	.652	.	.816
SK_6	65.67	78.161	.522	.	.821
SK_7	65.50	85.155	.092	.	.838
SK_8	65.27	90.064	-.238	.	.848
SK_9	65.63	77.689	.619	.	.818

Reliability Statistics

SK_10	65.37	87.689	-.071	.843
SK_11	65.27	82.478	.256	.832
SK_12	65.80	77.269	.695	.816
SK_13	65.83	76.282	.625	.817
SK_14	65.97	78.723	.543	.821
SK_15	65.27	91.444	-.352	.850
SK_16	65.97	79.757	.500	.823
SK_17	65.60	78.386	.538	.821
SK_18	65.37	79.757	.432	.825
SK_19	65.97	78.723	.543	.821
SK_20	65.57	88.806	-.152	.844
SK_21	65.20	91.752	-.373	.850
SK_22	65.37	81.964	.326	.829
SK_23	65.60	75.766	.724	.813
SK_24	65.77	77.564	.628	.818
SK_25	65.67	78.092	.587	.819
SK_26	65.47	81.706	.407	.827

2.2 Putaran kedua

Case Processing Summary

		N	%
Cases	Valid	30	100.0
	Excluded ^a	0	.0
	Total	30	100.0

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

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.903	.902	19

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Squared Multiple Correlation	Cronbach's Alpha if Item Deleted
SK_1	45.57	84.737	.321	.	.905
SK_2	45.83	78.144	.776	.	.892
SK_3	45.93	80.547	.642	.	.896
SK_5	45.83	79.799	.660	.	.895
SK_6	45.87	81.085	.541	.	.899
SK_9	45.83	79.661	.708	.	.894
SK_10	45.57	92.254	-.146	.	.916
SK_12	46.00	80.345	.704	.	.894
SK_13	46.03	78.516	.686	.	.894
SK_14	46.17	81.385	.584	.	.897
SK_16	46.17	81.730	.596	.	.897
SK_17	45.80	81.338	.557	.	.898
SK_18	45.57	83.013	.432	.	.902
SK_19	46.17	81.385	.584	.	.897
SK_22	45.57	85.702	.296	.	.905
SK_23	45.80	78.303	.768	.	.892
SK_24	45.97	80.585	.641	.	.896
SK_25	45.87	80.120	.673	.	.895
SK_26	45.67	85.678	.352	.	.903

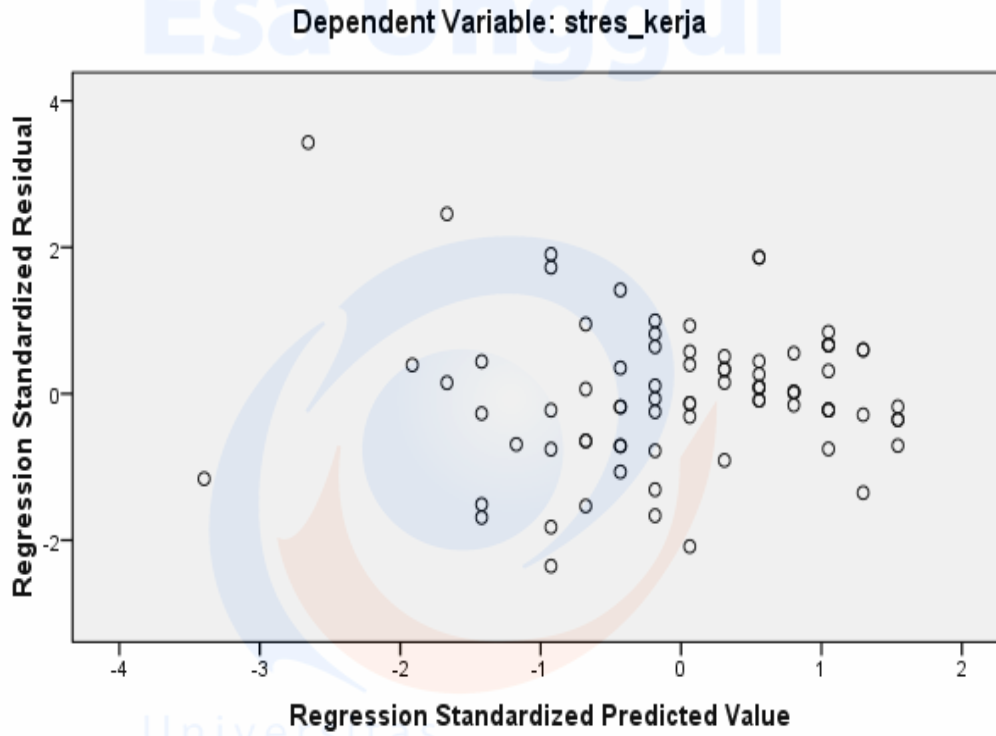
LAMPIRAN D
UJI NORMALITAS

One-Sample Kolmogorov-Smirnov Test

		duksos	stres_kerja
N		80	80
Normal Parameters ^a	Mean	61.25	54.66
	Std. Deviation	4.049	5.800
Most Extreme Differences	Absolute	.098	.112
	Positive	.098	.079
	Negative	-.061	-.112
Kolmogorov-Smirnov Z		.879	1.004
Asymp. Sig. (2-tailed)		.422	.266
a. Test distribution is Normal.			

LAMPIRAN E
UJI HETEROKEDASTISITAS

Scatterplot



LAMPIRAN F UJI REGRESI LINIER SEDERHANA

1. Analisis Regresi Linear

Model Summary^b

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.260 ^a	.068	.056	5.637

a. Predictors: (Constant), duksos

b. Dependent Variable: stres_kerja

ANOVA^b

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	179.587	1	179.587	5.652	.020 ^a
	Residual	2478.301	78	31.773		
	Total	2657.888	79			

a. Predictors: (Constant), duksos

b. Dependent Variable: stres_kerja

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	77.472	9.615		8.058	.000
	duksos	-.372	.157	-.260	-2.377	.020

a. Dependent Variable: stres_kerja

LAMPIRAN G
UJI KATEGORISASI

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
duksos	80	55	75	61.25	4.049
stres_kerja	80	40	70	54.66	5.800
Valid N (listwise)	80				

duksos

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid rendah	36	45.0	45.0	45.0
tinggi	44	55.0	55.0	100.0
Total	80	100.0	100.0	

stres_kerja

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid rendah	28	35.0	35.0	35.0
tinggi	52	65.0	65.0	100.0
Total	80	100.0	100.0	

LAMPIRAN H
UJI TABULASI SILANG DUKUNGAN SOSIAL DAN STES KERJA

duksos * stres_kerja Crosstabulation

			stres_kerja		Total
			rendah	tinggi	
duksos	rendah	Count	4	32	36
		% within duksos	11.1%	88.9%	100.0%
	tinggi	Count	24	20	44
		% within duksos	54.5%	45.5%	100.0%
Total		Count	28	52	80
		% within duksos	35.0%	65.0%	100.0%

LAMPIRAN I
TABULASI SILANG STRES KERJA

1. Memiliki Pasangan

Crosstab

Count		stres_kerja		
		ya	tidak	Total
Memiliki_Pasangan	ya	16	21	37
	tidak	12	31	43
Total		28	52	80

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	2.056 ^a	1	.152		
Continuity Correction ^b	1.437	1	.231		
Likelihood Ratio	2.058	1	.151		
Fisher's Exact Test				.167	.115
Linear-by-Linear Association	2.030	1	.154		
N of Valid Cases ^b	80				

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 12.95.

b. Computed only for a 2x2 table

2. Pernah memperoleh promosi

Crosstab

Count		stres_kerja			Total
		ya	tidak		
Pernah_memperoleh_promosi	ya	12	29	41	
	tidak	16	23	39	
Total		28	52	80	

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	1.214 ^a	1	.270		
Continuity Correction ^b	.753	1	.386		
Likelihood Ratio	1.217	1	.270		
Fisher's Exact Test				.350	.193
Linear-by-Linear Association	1.199	1	.273		
N of Valid Cases ^b	80				

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 13.65.

b. Computed only for a 2x2 table

3. Sering bertugas dilapangan

Crosstab

Count		stres_kerja			Total
		ya	tidak		
Sering_bertugas_dilapangan	ya	23	29	52	
	tidak	5	23	28	
Total		28	52	80	

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	5.565 ^a	1	.018		
Continuity Correction ^b	4.466	1	.035		
Likelihood Ratio	5.922	1	.015		
Fisher's Exact Test				.026	.016
Linear-by-Linear Association	5.495	1	.019		
N of Valid Cases ^b	80				

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 9.80.

b. Computed only for a 2x2 table

4. Sering mendapatkan waktu kerja 24 jam

Crosstab

Count	stres_kerja			Total
	ya	tidak		
	Sering_mendapatkan_waktu_kerja24jam	20	33	
tidak	8	19	27	
Total	28	52	80	

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	.517 ^a	1	.472		
Continuity Correction ^b	.222	1	.638		
Likelihood Ratio	.524	1	.469		
Fisher's Exact Test				.621	.321
Linear-by-Linear Association	.510	1	.475		

N of Valid Cases ^b	80			
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a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 9.45.

b. Computed only for a 2x2 table

5. Pernah sakit karena bekerja tidak sesuai jam kerja

Count		stres_kerja		
		ya	tidak	Total
		Pernahsakit_karena_bekerja_ya	15	25
_tidaksesuai_jamkerja	tidak	13	27	40
Total		28	52	80

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	.220 ^a	1	.639		
Continuity Correction ^b	.055	1	.815		
Likelihood Ratio	.220	1	.639		
Fisher's Exact Test				.815	.407
Linear-by-Linear Association	.217	1	.641		
N of Valid Cases ^b	80				

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 14.00.

b. Computed only for a 2x2 table