

LAMPIRAN 1
HASIL UJI VALIDITAS DAN RELIABILITAS CERQ

1. 1 Validitas Item dan Reliabilitas Dimensi *Self Blame*

1. 1. 1 Validitas Item Dimensi *Self Blame*

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
reg2	8,81	3,032	,401	,513
reg6	8,35	2,990	,297	,588
reg16	7,85	2,976	,235	,648
reg28	8,75	2,415	,640	,316

1. 1. 2 Reliabilitas Dimensi *Self Blame*

Reliability Statistics

Cronbach's Alpha	N of Items
,597	4

1. 2 Validitas Item dan Reliabilitas Dimensi *Acceptance*

1. 2. 1 Validitas Item Dimensi *Acceptance*

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
reg4	8,14	2,431	,538	,394
reg12	7,67	3,014	,321	,692
reg23	7,81	2,497	,478	,481

1. 2. 2 Reliabilitas Dimensi *Acceptance*

Reliability Statistics

Cronbach's Alpha	N of Items
,633	3

1.3 Validitas Item dan Reliabilitas Dimensi *Rumination*

1.3.1 Validitas Item Dimensi *Rumination*

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
reg8	6,39	2,269	,435	,640
reg30	5,90	2,343	,411	,669
reg32	6,40	1,821	,620	,381

1.3.2 Reliabilitas Dimensi *Rumination*

Reliability Statistics

Cronbach's Alpha	N of Items
,672	3

1.4 Validitas Item dan Reliabilitas Dimensi *Positive Refocusing*

1.4.1 Validitas Item Dimensi *Positive Refocusing*

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
reg3	10,51	6,873	,447	,734
reg13	10,74	6,000	,654	,619
reg15	10,64	6,882	,488	,712
reg20	10,78	5,781	,574	,665

1.4.2 Reliabilitas Dimensi *Positive Refocusing*

Reliability Statistics

Cronbach's Alpha	N of Items
,744	4

1. 5 Validitas Item dan Reliabilitas Dimensi *Refocus on Planning*

1. 5. 1 Validitas Item Dimensi *Refocus on Planning*

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
reg14	12,36	3,614	,426	,681
reg17	12,43	3,291	,650	,550
reg19	12,94	3,321	,420	,696
reg36	12,43	3,573	,500	,637

1. 5. 2 Reliabilitas Dimensi *Refocus on Planning*

Reliability Statistics

Cronbach's Alpha	N of Items
,705	4

1. 6 Validitas Item dan Reliabilitas Dimensi *Positive Reappraisal*

1. 6. 1 Validitas Item Dimensi *Positive Reappraisal*

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
reg5	12,32	4,558	,600	,686
reg10	12,39	4,607	,618	,676
reg22	12,65	4,371	,577	,702
reg24	12,01	5,676	,470	,754

1. 6. 2 Reliabilitas Dimensi *Positive Reappraisal*

Reliability Statistics

Cronbach's Alpha	N of Items
,763	4

1. 7 Validitas Item dan Reliabilitas Dimensi *Putting into Perspective*

1. 7. 1 Validitas Item Dimensi *Putting into Perspective*

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
reg1	8,92	3,514	,393	,456
reg26	8,60	3,878	,306	,530
reg33	9,29	3,900	,303	,532
reg34	9,07	4,122	,415	,457

1. 7. 2 Reliabilitas Dimensi *Putting into Perspective*

Reliability Statistics

Cronbach's Alpha	N of Items
,566	4

1. 8 Validitas Item dan Reliabilitas Dimensi *Catastrophizing*

1. 8. 1 Validitas Item Dimensi *Catastrophizing*

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
reg9	7,49	4,338	,481	,564
reg21	7,58	4,359	,393	,626
reg29	7,86	4,065	,525	,531
reg31	7,57	4,812	,367	,638

1. 8. 2 Reliabilitas Dimensi *Catastrophizing*

Reliability Statistics

Cronbach's Alpha	N of Items
,659	4

1. 9 Validitas Item dan Reliabilitas Dimensi *Blaming Others*

1. 9. 1 Validitas Item Dimensi *Blaming Others*

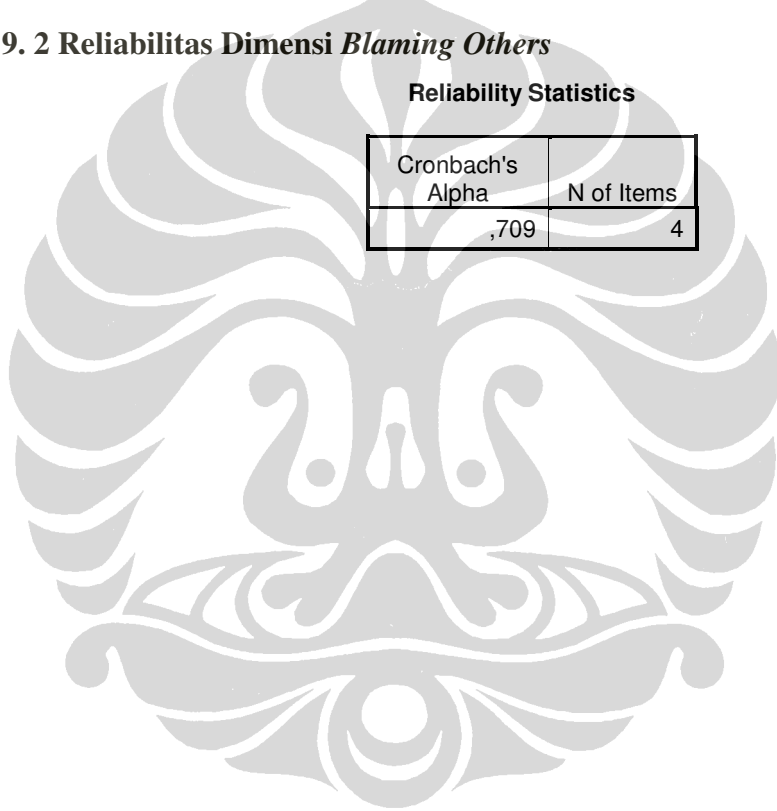
Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
reg7	7,03	3,408	,614	,578
reg18	6,96	3,280	,662	,548
reg27	7,07	3,277	,475	,666
reg35	7,19	4,131	,282	,767

1. 9. 2 Reliabilitas Dimensi *Blaming Others*

Reliability Statistics

Cronbach's Alpha	N of Items
,709	4



LAMPIRAN 2
HASIL UJI VALIDITAS DAN RELIABILITAS *DRS-SHORT FORM*

2. 1 Validitas Item dan Reliabilitas *DRS-short form*

2. 1. 1 Validitas *DRS-short form*

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
hard1	20,0417	11,083	,282	,662
hard2	20,1250	9,829	,481	,626
hard5	20,3333	9,972	,371	,645
hard6	19,6528	10,652	,431	,643
hard8	20,1944	10,384	,342	,651
hard9	20,5278	10,450	,396	,644
hard13	20,3333	10,282	,346	,650
hard15	20,2917	10,717	,372	,649
hard4n	20,2778	10,260	,237	,675
hard11n	21,1111	10,635	,205	,678
hard14n	21,0000	10,366	,247	,671

2. 1. 2 Reliabilitas *DRS-short form*

Reliability Statistics

Cronbach's Alpha	N of Items
,675	11

LAMPIRAN 3
DATA DESKRIPTIF PARTISIPAN

kategusia

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	20-25	2	2,8	2,8	2,8
	26-30	19	26,4	26,4	29,2
	31-35	25	34,7	34,7	63,9
	36-40	26	36,1	36,1	100,0
	Total	72	100,0	100,0	

kategpkrjan

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	pegawai negeri	36	50,0	50,0	50,0
	pegawai swasta	36	50,0	50,0	100,0
	Total	72	100,0	100,0	

kateglamakrj

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1-5 tahun	20	27,8	27,8	27,8
	6-10 tahun	24	33,3	33,3	61,1
	11- 15 tahun	14	19,4	19,4	80,6
	16 tahun keatas	14	19,4	19,4	100,0
	Total	72	100,0	100,0	

kategusiapnikahan

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1-5 tahun	26	36,1	36,1	36,1
	6-10 tahun	23	31,9	31,9	68,1
	11-15 tahun	12	16,7	16,7	84,7
	16 tahun keatas	11	15,3	15,3	100,0
	Total	72	100,0	100,0	

kategprjsuami

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	pegawai negeri	30	41,7	41,7	41,7
	pegawai swasta	36	50,0	50,0	91,7
	wiraswasta	6	8,3	8,3	100,0
	Total	72	100,0	100,0	

kategjmlhanak

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1	35	48,6	48,6	48,6
	2	25	34,7	34,7	83,3
	3	10	13,9	13,9	97,2
	lebih dari 3	2	2,8	2,8	100,0
	Total	72	100,0	100,0	

Mempunyai balita atau tidak

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	ya	49	68,1	68,1	68,1
	tidak	23	31,9	31,9	100,0
	Total	72	100,0	100,0	

pengeluaran

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	< 1 juta	1	1,4	1,4	1,4
	1 - 2 juta	21	29,2	29,2	30,6
	2 - 3 juta	14	19,4	19,4	50,0
	3 - 4 juta	10	13,9	13,9	63,9
	4 - 5 juta	16	22,2	22,2	86,1
	diasas 5 juta	10	13,9	13,9	100,0
	Total	72	100,0	100,0	

LAMPIRAN 4
GAMBARAN UMUM
STRATEGI REGULASI EMOSI SECARA KOGNITIF
DAN *HARDINESS* PARTISIPAN

4. 1 Gambaran Umum Strategi Regulasi Emosi Secara Kognitif Partisipan

Statistics

		self_blame	acceptance	rumination	positive_refocusing	refocusing_on_planning	positive_reappraisal	putting_into_perspective	catastrophizing	blaming_others
N	Valid	72	72	72	72	72	72	72	72	72
	Missing	0	0	0	0	0	0	0	0	0
Mean		11,25	11,81	9,35	14,22	16,72	16,46	11,96	10,17	9,42
Median		12,00	12,00	9,00	14,00	17,00	16,50	12,00	10,00	10,00
Std. Deviation		2,115	2,243	2,036	3,234	2,363	2,813	2,446	2,648	2,390
Range		9	11	10	13	9	11	13	12	11
Minimum		5	4	5	7	11	9	5	4	4
Maximum		14	15	15	20	20	20	18	16	15

4. 2 Gambaran Umum *Hardiness* Partisipan

Statistics

hardiness		
N	Valid	72
	Missing	0
Mean		22,39
Median		23,00
Std. Deviation		3,495
Range		20
Minimum		13
Maximum		33

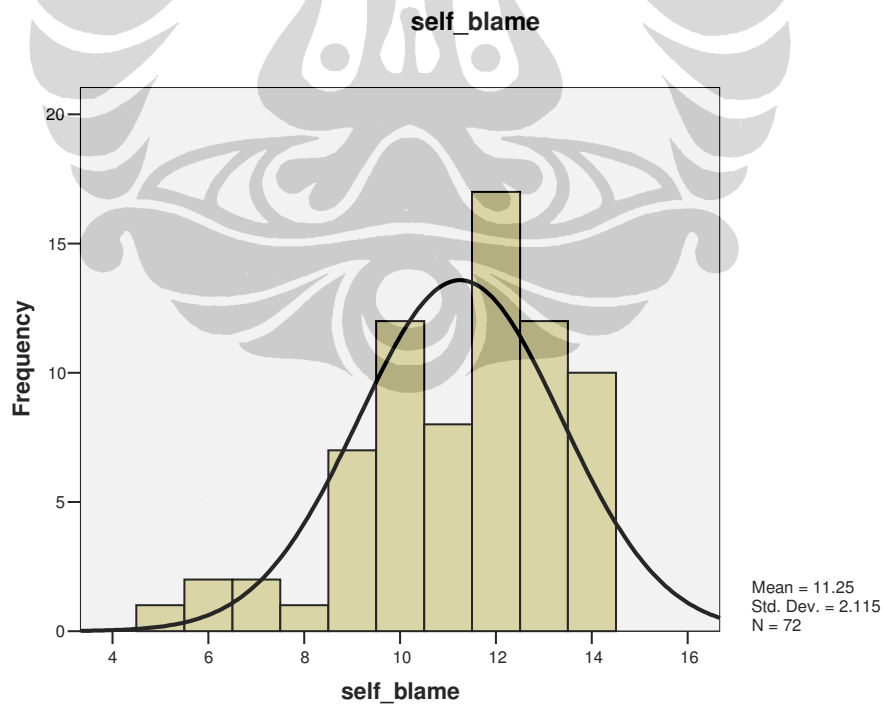
LAMPIRAN 5

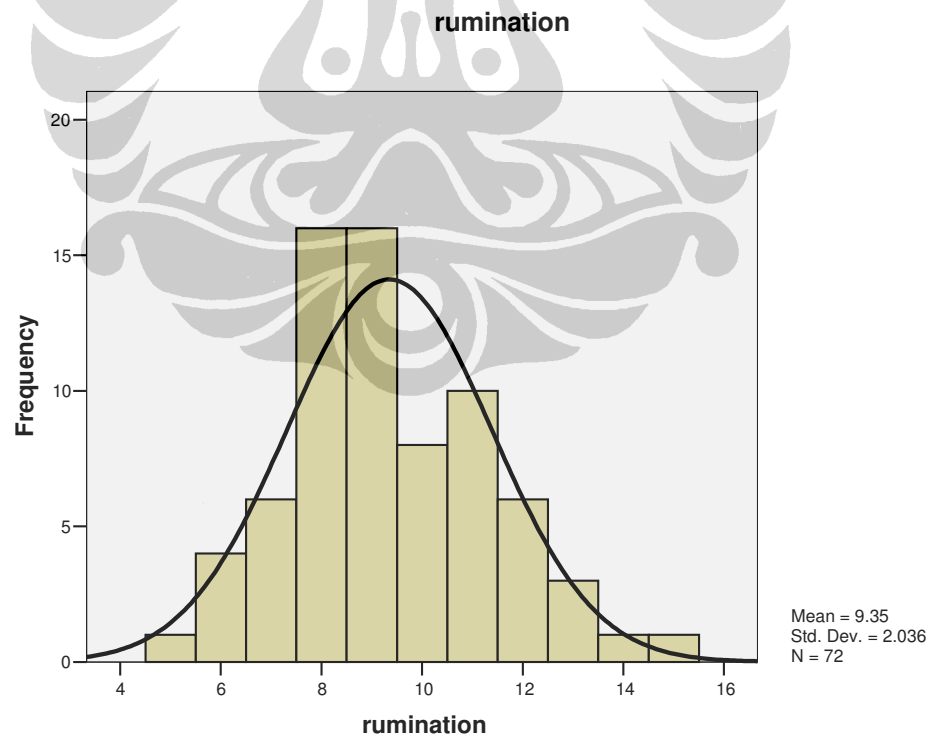
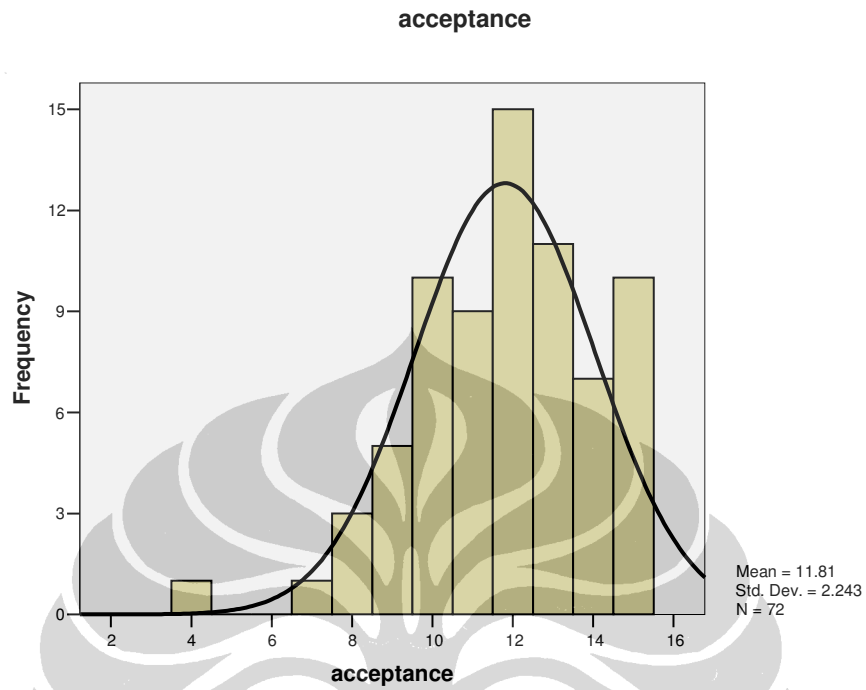
HASIL UJI NORMALITAS PENYEBARAN SKOR DIMENSI REGULASI EMOSI SECARA KOGNITIF DAN SKOR *HARDINESS* PARTISIPAN

5. 1 Uji Normalitas Penyebaran Skor Dimensi Regulasi Emosi Secara Kognitif

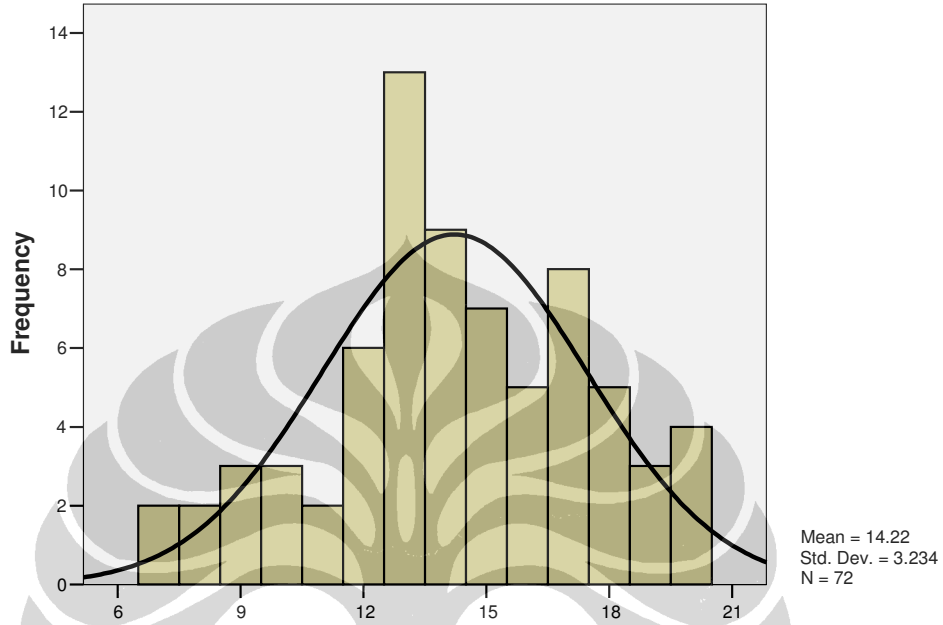
Tests of Normality

	Kolmogorov-Smirnov(a)		
	Statistic	df	Sig.
self_blame	,180	72	,000
acceptance	,132	72	,003
ruminatation	,165	72	,000
positive_refocusing	,103	72	,057
refocusing_on_planning	,130	72	,004
positive_reappraisal	,125	72	,007
putting_into_perspective	,118	72	,014
catastrophizing	,114	72	,022
blaming_others	,194	72	,000



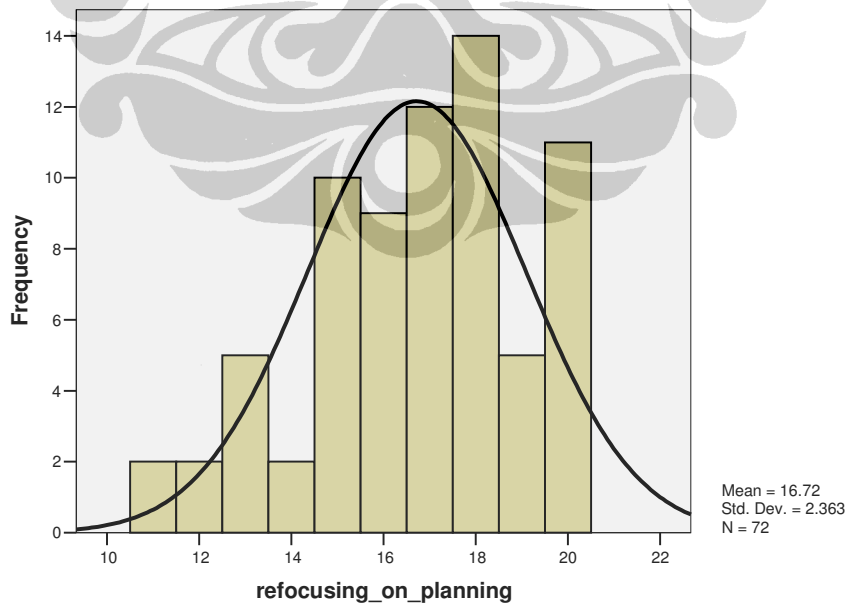


positive_refocusing



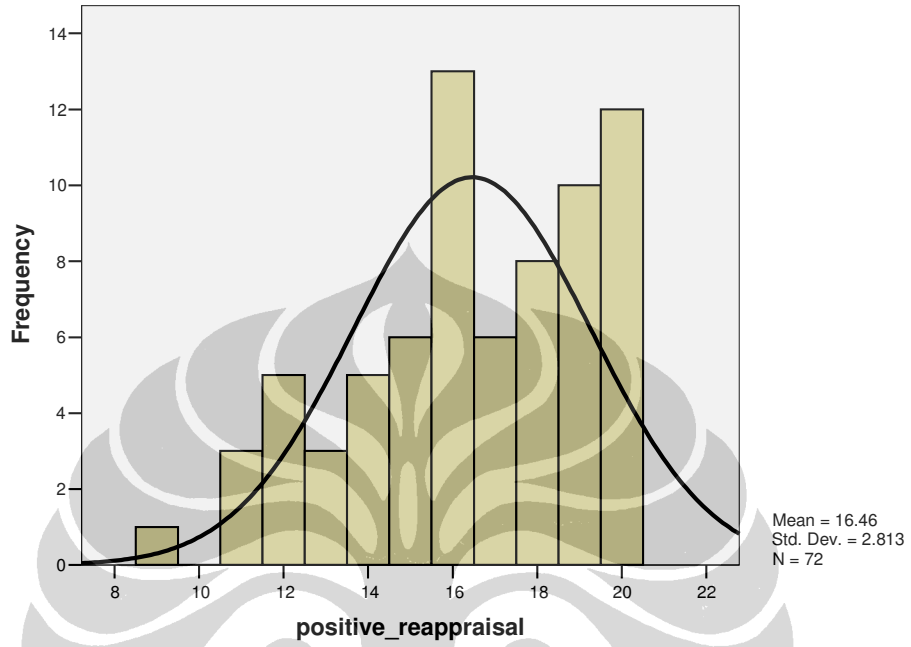
positive_refocusing

refocusing_on_planning

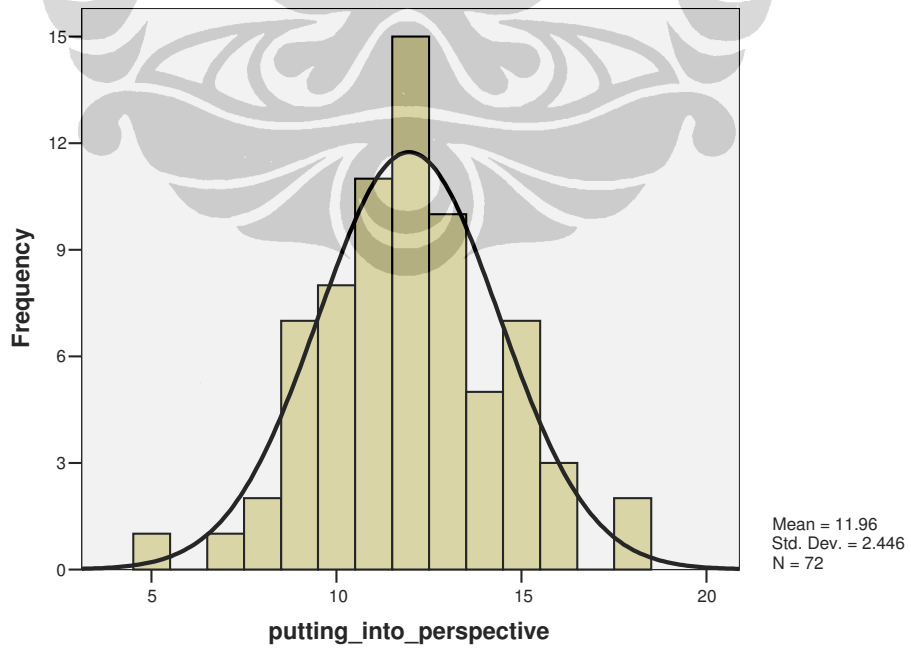


refocusing_on_planning

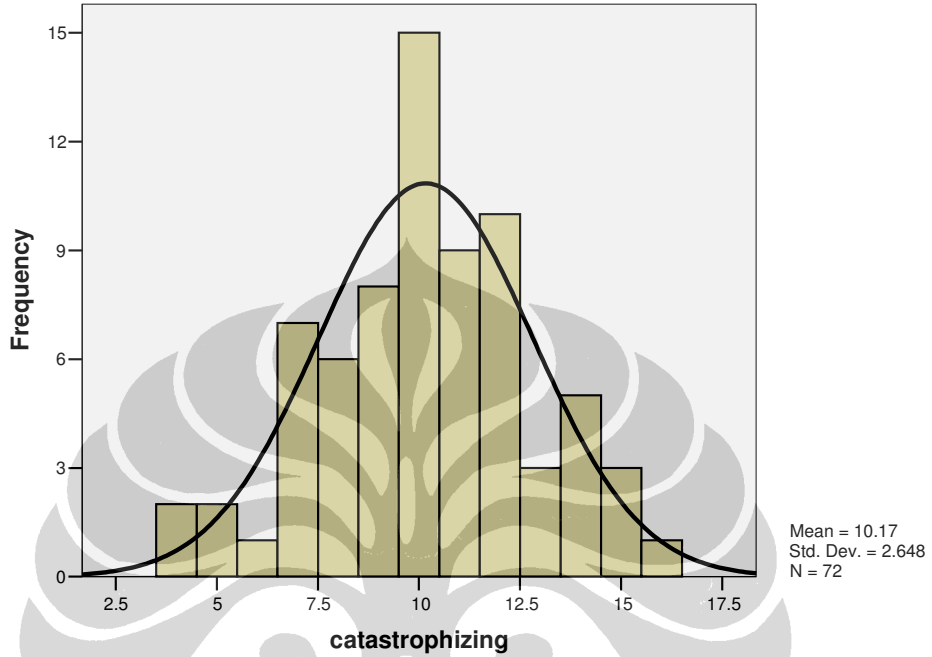
positive_reappraisal



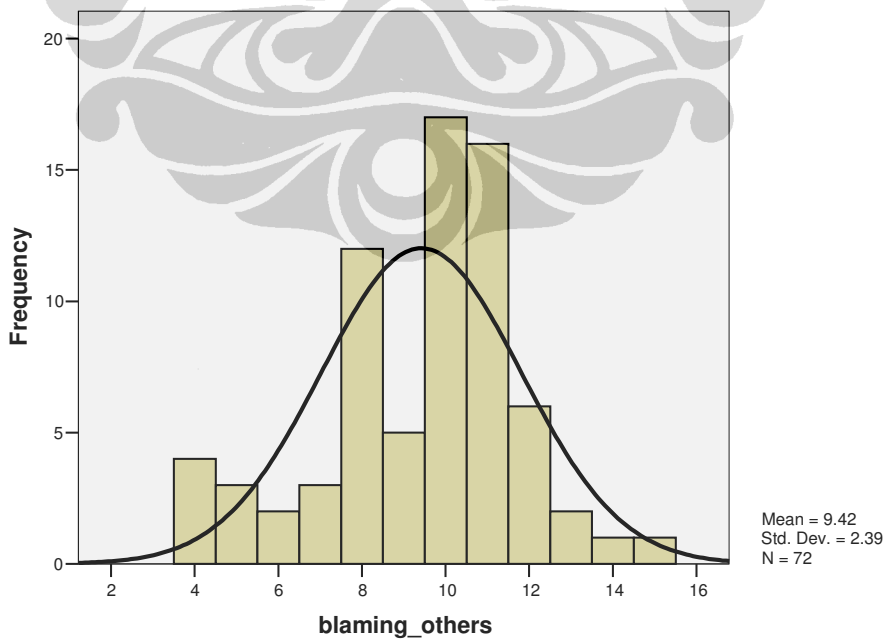
putting_into_perspective



catastrophizing



blaming_others

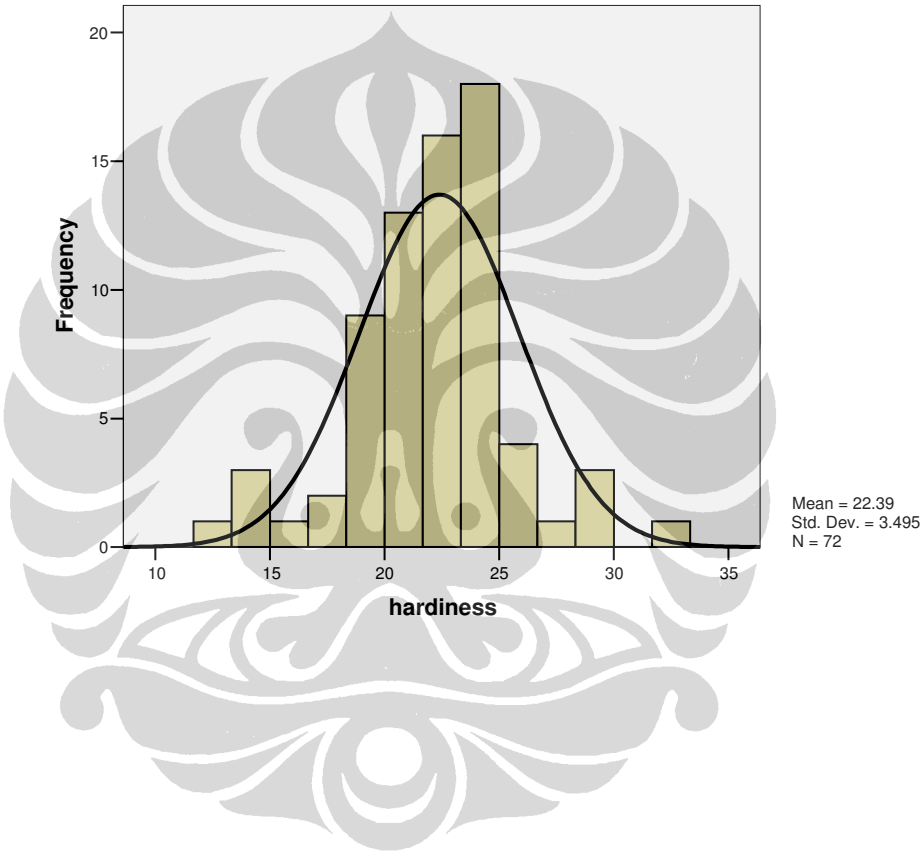


5. 2 Uji Normalitas Penyebaran Skor *Hardiness*

Tests of Normality

	Kolmogorov-Smirnov(a)		
	Statistic	df	Sig.
<i>hardiness</i>	,123	72	,009

Histogram



LAMPIRAN 6
HASIL PENGHITUNGAN KORELASI ANTARA DIMENSI REGULASI
EMOSI SECARA KOGNITIF DENGAN HARDINESS

		Correlations									
		hardiness	self_blame	acceptance	rumination	positive_refocusing	refocusing_on_planning	positive_reappraisal	putting_into_perspective	catastrophizing	blaming_others
Spearman's rho	hardiness	1,000	,021	,074	-,132	,108	,111	,246*	,054	-,252*	,017
	Sig. (2-tailed)	.	,862	,538	,271	,365	,353	,037	,655	,032	,888
	N	72	72	72	72	72	72	72	72	72	72
self_blame	Correlation Coefficient	,021	1,000	,221	,228	,201	,085	,077	,186	,397**	,143
	Sig. (2-tailed)	,862	.	,063	,054	,090	,480	,521	,119	,001	,232
	N	72	72	72	72	72	72	72	72	72	72
acceptance	Correlation Coefficient	,074	,221	1,000	-,021	,212	,298*	,657**	,207	-,151	-,133
	Sig. (2-tailed)	,538	,063	.	,863	,074	,011	,000	,082	,207	,264
	N	72	72	72	72	72	72	72	72	72	72
rumination	Correlation Coefficient	-,132	,228	-,021	1,000	-,052	,088	-,042	,284*	,443**	-,039
	Sig. (2-tailed)	,271	,054	,863	.	,665	,460	,727	,016	,000	,745
	N	72	72	72	72	72	72	72	72	72	72
positive_refocusing	Correlation Coefficient	,108	,201	,212	-,052	1,000	,331**	,206	,343**	,193	,212
	Sig. (2-tailed)	,365	,090	,074	,665	.	,004	,082	,003	,105	,074
	N	72	72	72	72	72	72	72	72	72	72
refocusing_on_planning	Correlation Coefficient	,111	,085	,298*	,088	,331**	1,000	,472**	,190	,120	,013
	Sig. (2-tailed)	,353	,480	,011	,460	,004	.	,000	,111	,315	,916
	N	72	72	72	72	72	72	72	72	72	72
positive_reappraisal	Correlation Coefficient	,246*	,077	,657**	-,042	,206	,472**	1,000	,299*	-,189	-,216
	Sig. (2-tailed)	,037	,521	,000	,727	,082	,000	.	,011	,112	,068
	N	72	72	72	72	72	72	72	72	72	72
putting_into_perspective	Correlation Coefficient	,054	,186	,207	,284*	,343**	,190	,299*	1,000	,101	-,067
	Sig. (2-tailed)	,655	,119	,082	,016	,003	,111	,011	.	,398	,575
	N	72	72	72	72	72	72	72	72	72	72
catastrophizing	Correlation Coefficient	-,252*	,397**	-,151	,443**	,193	,120	-,189	,101	1,000	,384**
	Sig. (2-tailed)	,032	,001	,207	,000	,105	,315	,112	,398	.	,001
	N	72	72	72	72	72	72	72	72	72	72
blaming_others	Correlation Coefficient	,017	,143	-,133	-,039	,212	,013	-,216	-,067	,384**	1,000
	Sig. (2-tailed)	,888	,232	,264	,745	,074	,916	,068	,575	,001	.
	N	72	72	72	72	72	72	72	72	72	72

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

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

LAMPIRAN 7

HASIL PENGHITUNGAN PERBEDAAN MEAN RANK DAN MEAN ANTAR KELOMPOK PADA KATEGORI USIA ANAK YANG DIMILIKI

7.1 Hasil Penghitungan Berdasarkan Mann-Whitney U Test Untuk Kategori Usia Anak yang Dimiliki

Test Statistics(a)

	hardiness	self_bla me	acceptanc e	ruminatio n	refocus_o n_plannin g	positive_re appraisal	putting_in to_perspe ctive	catastrop hizing	blaming_o thers
Mann-Whitney U	541,000	395,500	562,000	544,000	532,500	488,000	553,500	405,000	557,500
Wilcoxon W	817,000	1620,500	1787,000	1769,000	1757,500	764,000	1778,500	1630,000	1782,500
Z	-,274	-2,057	-,018	-,239	-,378	-,919	-,122	-1,931	-,074
Asymp. Sig. (2- tailed)	,784	,040	,985	,811	,705	,358	,903	,054	,941

a. Grouping Variable: balita

7.2 Hasil Penghitungan berdasarkan T-Test Untuk Kategori Usia Anak yang Dimiliki

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
positive_refocusin	Equal variances assumed	,256	,615	-,637	70	,526	-,488	,766	-2,015	1,039
	Equal variances not assumed			-,639	69,914	,525	-,488	,764	-2,011	1,035

LAMPIRAN 8

HASIL PENGHITUNGAN PERBEDAAN MEAN RANK DAN MEAN ANTAR KELOMPOK PADA KATEGORI JUMLAH ANAK YANG DIMILIKI

8. 1 Hasil Penghitungan Berdasarkan Kruskal-Wallis Test Untuk Kategori Jumlah Anak yang Dimiliki

Test Statistics^{a,b}

	hardiness	self_blame	acceptance	rumination	refocusing_ on_planning	positive_ reappraisal	putting_into_ perspective	catastrop hizing	blaming_ others
Chi-Square	,212	,927	1,957	,728	3,669	,745	2,899	,070	8,224
df	3	3	3	3	3	3	3	3	3
Asymp. Sig.	,976	,819	,581	,867	,299	,862	,407	,995	,042

a. Kruskal Wallis Test

b. Grouping Variable: kategjmlhanak

8. 2 Hasil Penghitungan Berdasarkan Anova Untuk Kategori Jumlah Anak yang Dimiliki

ANOVA

positive refocusing		Sum of Squares	df	Mean Square	F	Sig.
Between Groups		42,299	3	14,100	1,369	,260
Within Groups		700,146	68	10,296		
Total		742,444	71			