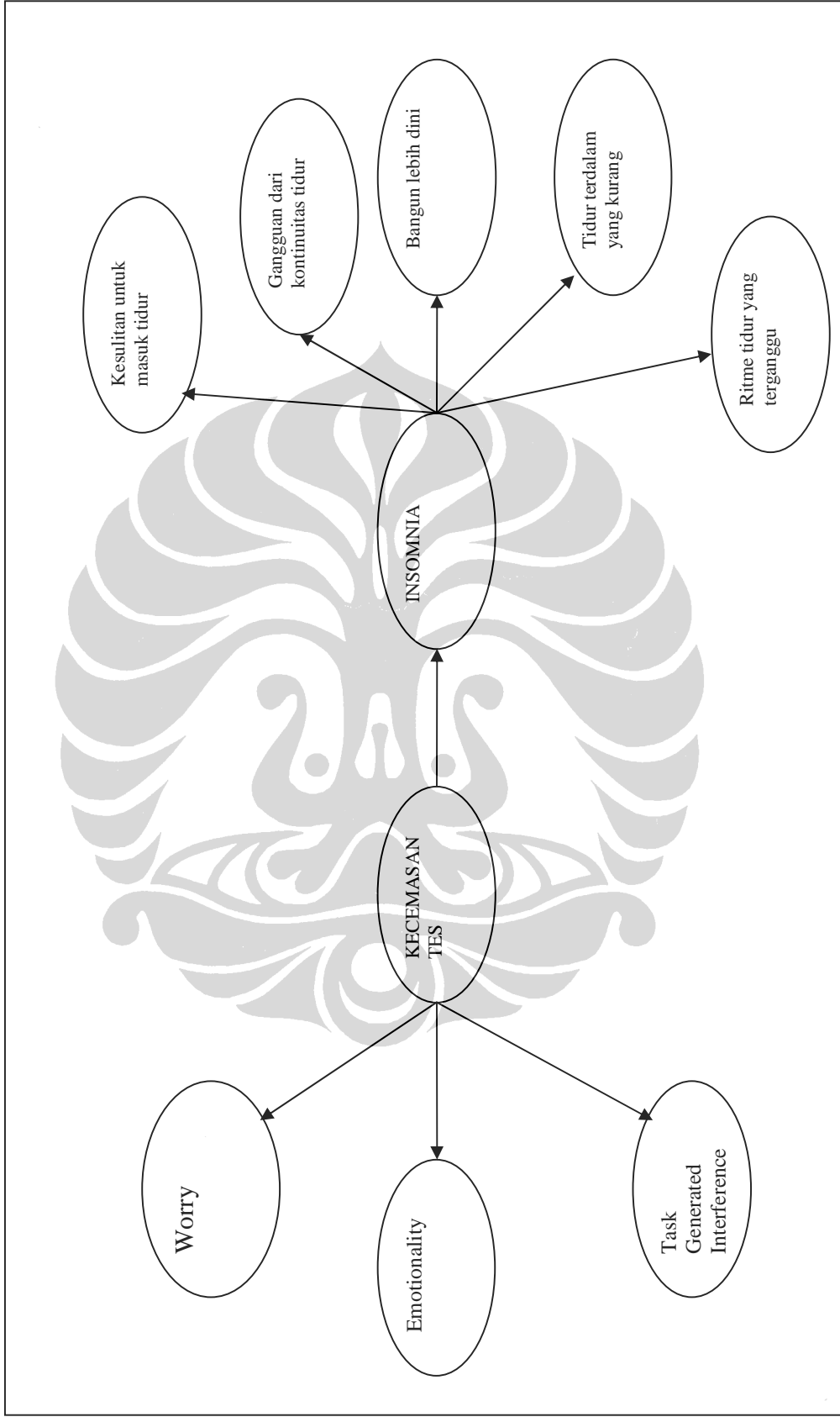
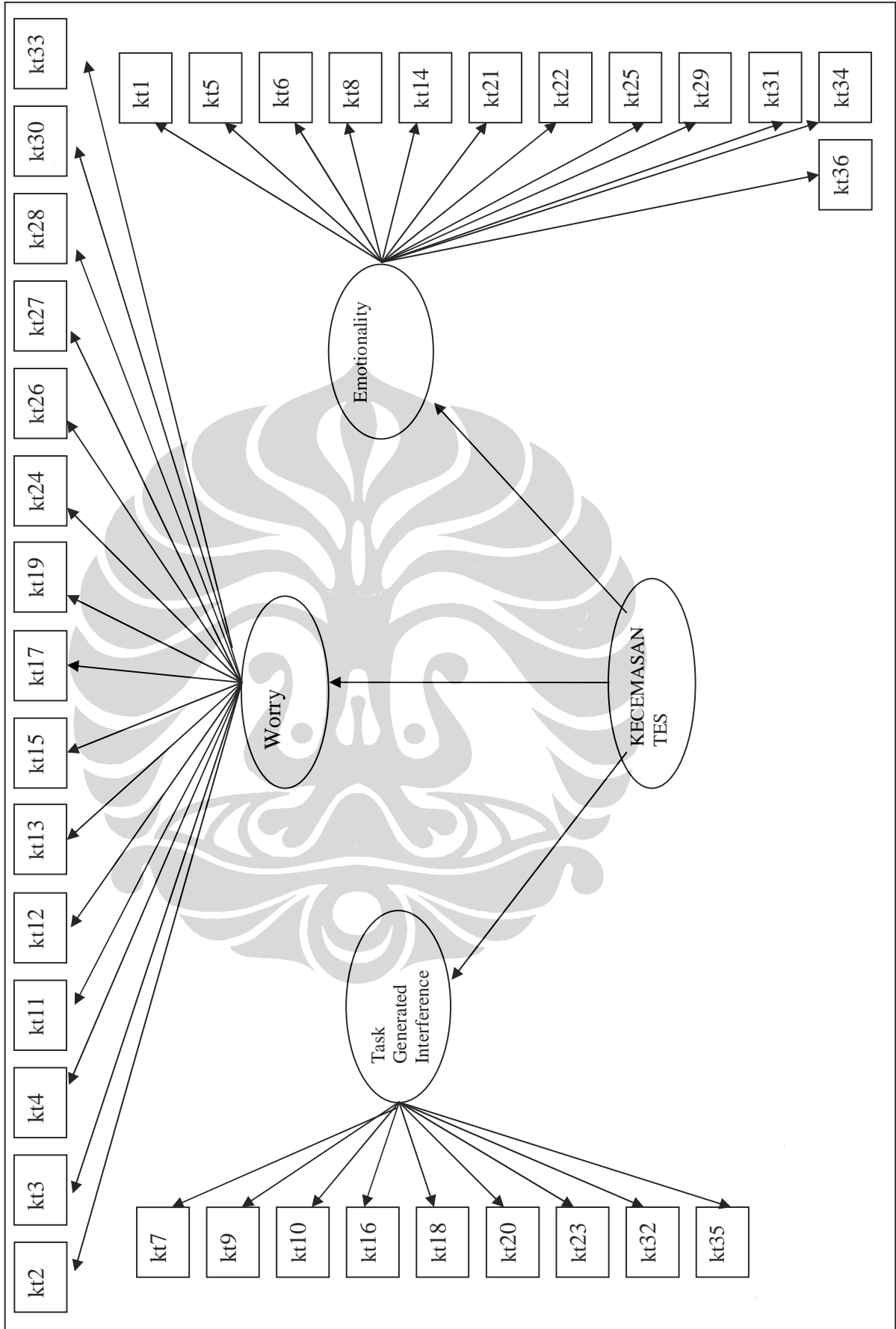


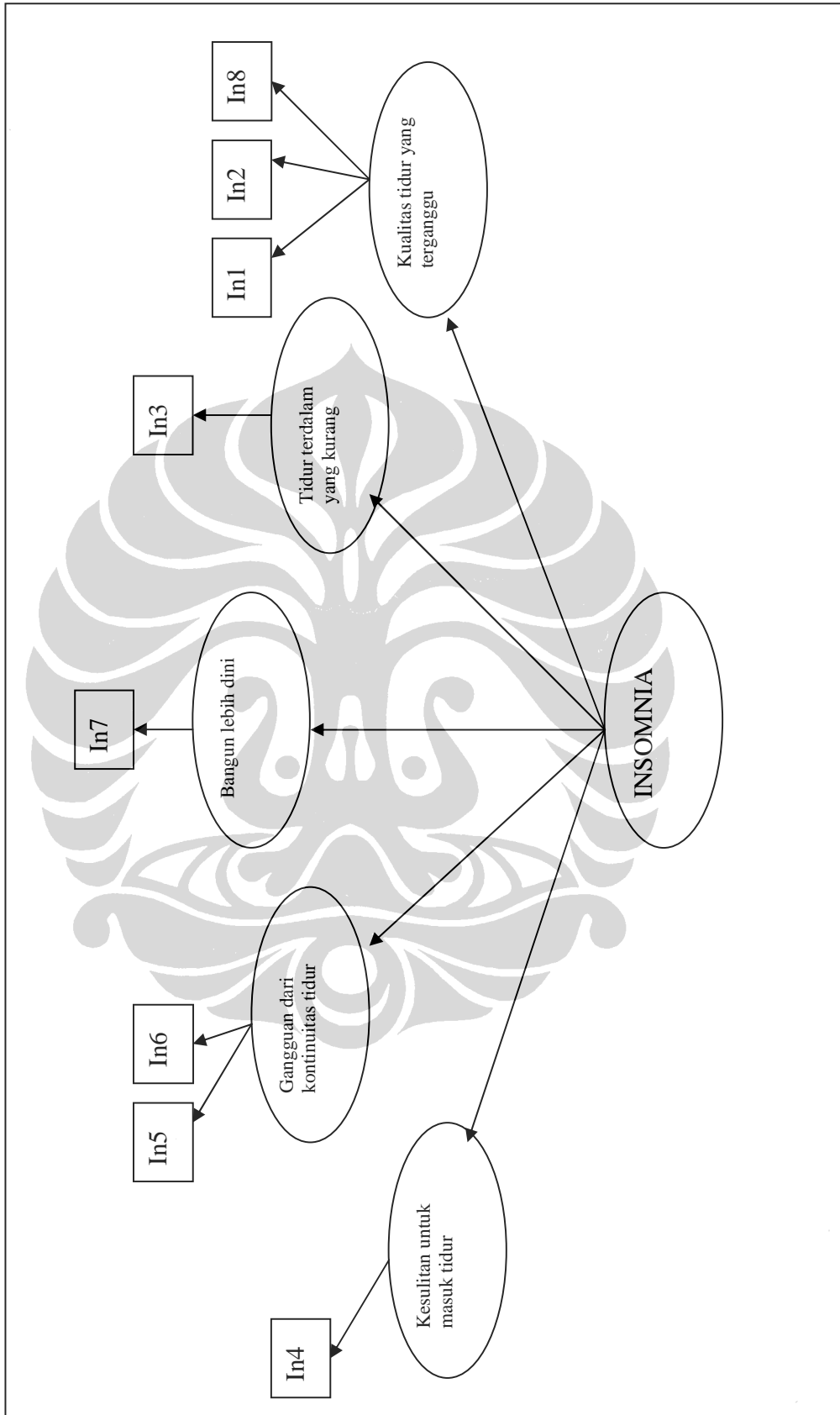
Gambar 3.1 Gambar Model Penelitian



Gambar 3.2 Gambar Model Kecemasan Tes dengan Variabel Teramati (lanjutan)



Gambar 3.3 Gambar Model Insomnia dengan Variabel Teramati (lanjutan)





LAMPIRAN

Contoh Kuesioner

Contoh Kuesioner Kecemasan Tes

1. Saya mencemaskan hasil tes saya.
2. Begitu tes selesai, saya mencoba untuk tidak merisaukannya lagi tetapi tidak berhasil.
3. Ketika mulai mengerjakan tes, saya merasa sakit perut.
4. Selama mengerjakan tes, saya sedemikian cemas sehingga lupa tentang materi yang sebenarnya saya ketahui.
5. Saya cemas tentang kemungkinan mendapat nilai buruk.
6. Saya mencemaskan keberhasilan saya dalam kuliah karena hasil-hasil ujian saya sebelumnya.
7. Sesudah tes, saya masih merisaukan tentang seberapa baikkah saya menyelesaikan soal tes.
8. Ketika sedang mengerjakan suatu tes, saya banyak mengeluarkan keringat.
9. Masa-masa tes (UTS atau UAS), merupakan masa yang menekan bagi saya.
10. Saya mencemaskan nilai ujian yang akan saya peroleh karena ada soal-soal yang saya tidak yakin menguasainya.

Contoh kuesioner *Insomnia Rating Scale*

1. Apa yang menjadi mimpi-mimpi anda?
2. Bagaimana kualitas tidur anda?
3. Selama tidur malam, berapa kali anda terbangun?
4. Selama tidur malam, ketika anda terbangun, berapa lama waktu yang dibutuhkan untuk tertidur kembali?
5. Bagaimana perasaan anda ketika bangun di pagi hari?

Hasil Uji Validitas Try Out Kecemasan Tes

		Penggolongan
Penggolongan	Pearson Correlation Sig. (2-tailed) N	1 . 30
Item 1	Pearson Correlation Sig. (2-tailed) N	.556** .001 30
Item 2	Pearson Correlation Sig. (2-tailed) N	.531** .003 30
Item 3	Pearson Correlation Sig. (2-tailed) N	.000 1.00 30
Item 4	Pearson Correlation Sig. (2-tailed) N	.101 .597 30
Item 5	Pearson Correlation Sig. (2-tailed) N	.310 .095 30
Item 6	Pearson Correlation Sig. (2-tailed) N	.410* .024 30
Item 7	Pearson Correlation Sig. (2-tailed) N	.268 .152 30
Item 8	Pearson Correlation Sig. (2-tailed) N	.423* .020 30
Item 9	Pearson Correlation Sig. (2-tailed) N	.271 .147 30
Item 10	Pearson Correlation Sig. (2-tailed) N	.260 .165 30
Item 11	Pearson Correlation Sig. (2-tailed) N	.355 .054 30
Item 12	Pearson Correlation Sig. (2-tailed) N	.136 .473 30
Item 13	Pearson Correlation Sig. (2-tailed) N	.352 .056 30
Item 14	Pearson Correlation Sig. (2-tailed) N	.410* .025 30
Item 15	Pearson Correlation Sig. (2-tailed)	.461* .010

	N	30
Item 16	Pearson Correlation Sig. (2-tailed) N	.402* .028 30
Item 17	Pearson Correlation Sig. (2-tailed) N	.000 1.000 30
Item 18	Pearson Correlation Sig. (2-tailed) N	.306 .100 30
Item 19	Pearson Correlation Sig. (2-tailed) N	.548** .002 30
Item 20	Pearson Correlation Sig. (2-tailed) N	.145 .445 30
Item 21	Pearson Correlation Sig. (2-tailed) N	.377* .040 30
Item 22	Pearson Correlation Sig. (2-tailed) N	.087 .646 30
Item 23	Pearson Correlation Sig. (2-tailed) N	.380* .038 30
Item 24	Pearson Correlation Sig. (2-tailed) N	.259 .167 30
Item 25	Pearson Correlation Sig. (2-tailed) N	.336 .069 30
Item 26	Pearson Correlation Sig. (2-tailed) N	.110 .562 30
Item 27	Pearson Correlation Sig. (2-tailed) N	.236 .208 30
Item 28	Pearson Correlation Sig. (2-tailed) N	.267 .154 30
Item 29	Pearson Correlation Sig. (2-tailed) N	.442* .015 30
Item 30	Pearson Correlation Sig. (2-tailed) N	.343 .064 30
Item 31	Pearson Correlation Sig. (2-tailed) N	.636** .000 30
Item 32	Pearson Correlation	.222

	Sig. (2-tailed) N	.239 30
Item 33	Pearson Correlation Sig. (2-tailed) N	.289 .121 30
Item 34	Pearson Correlation Sig. (2-tailed) N	.119 .532 30
Item 35	Pearson Correlation Sig. (2-tailed) N	.211 .263 30
Item 36	Pearson Correlation Sig. (2-tailed) N	.279 .136 30

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

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

Hasil Uji Reliabilitas Try Out Kecemasan Tes

Reliabilitas Komponen *Worry*

RELIABILITY ANALYSIS - SCALE (ALPHA)

Item-total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item- Total Correlation	Alpha if Item Deleted
ITEM2	30.8667	57.4299	.5311	.8803
ITEM3	30.8000	63.0621	.2076	.8905
ITEM4	30.8667	61.0851	.3688	.8860
ITEM11	31.0333	55.8954	.6855	.8737
ITEM12	31.2667	56.0644	.5610	.8792
ITEM13	31.8667	59.9126	.4130	.8847
ITEM15	31.1000	58.6448	.4950	.8817
ITEM17	31.3333	54.9885	.5829	.8785
ITEM19	31.1000	54.2310	.7565	.8699
ITEM24	31.4000	56.3862	.7149	.8732
ITEM26	31.3667	56.7920	.5598	.8791
ITEM27	31.6000	60.2483	.3325	.8884
ITEM28	31.1000	56.8517	.5802	.8782
ITEM30	31.5000	54.7414	.7515	.8705
ITEM33	31.3333	55.5402	.6452	.8751

Reliability Coefficients

N of Cases = 30.0 N of Items = 15

Alpha = .8866

Reliabilitas Komponen *Emotionality*

RELIABILITY ANALYSIS - SCALE (ALPHA)

Item-total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item- Total Correlation	Alpha if Item Deleted
ITEM1	22.0000	24.2759	.5428	.7851
ITEM5	22.6667	26.6437	.3523	.8026
ITEM6	23.0333	27.7575	.2608	.8087
ITEM8	22.0333	24.6540	.5915	.7813
ITEM14	22.9667	25.4126	.4689	.7926
ITEM21	22.1667	25.5920	.3966	.8001
ITEM22	23.2333	27.7023	.2088	.8147
ITEM25	23.2667	26.3402	.6603	.7854
ITEM29	22.2333	24.4609	.4136	.8017
ITEM31	22.0333	22.5851	.7138	.7655
ITEM34	23.2333	26.2540	.5858	.7874
ITEM36	22.8333	26.2126	.4365	.7956

Reliability Coefficients

N of Cases = 30.0 N of Items = 12

Alpha = .8078

Reliabilitas Komponen *Task Generated Interference*

RELIABILITY ANALYSIS - SCALE (ALPHA)

Item-total Statistics

	Scale Mean if Item	Scale Variance if Item	Corrected Item- Total	Alpha if Item
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	Deleted	Deleted	Correlation	Deleted
ITEM7	15.5667	20.8747	.4376	.8701
ITEM9	15.5000	19.5000	.6386	.8497
ITEM10	15.5000	19.2241	.6418	.8496
ITEM16	15.7667	20.5989	.5837	.8549
ITEM18	15.8667	20.4644	.7137	.8455
ITEM20	15.9667	20.6540	.6343	.8511
ITEM23	15.7667	20.0471	.6263	.8509
ITEM32	15.6333	19.6885	.7251	.8421
ITEM35	15.7667	21.0816	.4704	.8653

Reliability Coefficients

N of Cases = 30.0

N of Items = 9

Alpha = .8676

Reliabilitas keseluruhan

RELIABILITY ANALYSIS - SCALE (ALPHA)

Item-total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item- Total Correlation	Alpha if Item Deleted
ITEM2	73.2333	277.5644	.6035	.9403
ITEM3	73.1667	293.2471	.1317	.9435
ITEM4	73.2333	287.6333	.3610	.9421
ITEM11	73.4000	275.0759	.7213	.9392
ITEM12	73.6333	280.6540	.4404	.9420
ITEM13	74.2333	282.5989	.5082	.9411
ITEM15	73.4667	281.0161	.5414	.9408
ITEM17	73.7000	276.4931	.5235	.9412
ITEM19	73.4667	270.6713	.8129	.9382
ITEM24	73.7667	278.7368	.6485	.9400
ITEM26	73.7333	275.8575	.6407	.9399
ITEM27	73.9667	284.4471	.3847	.9422
ITEM28	73.4667	277.8437	.5971	.9403
ITEM30	73.8667	274.2575	.7227	.9392
ITEM33	73.7000	275.5966	.6388	.9399

ITEM1	73.1333	279.7747	.5139	.9411
ITEM5	73.8000	285.6138	.3927	.9420
ITEM6	74.1667	291.8678	.1792	.9433
ITEM7	73.7333	285.3057	.3433	.9426
ITEM8	73.1667	279.1092	.6192	.9402
ITEM9	73.6667	276.0920	.6710	.9397
ITEM10	73.6667	277.4713	.5934	.9404
ITEM14	74.1000	285.1966	.3745	.9422
ITEM16	73.9333	277.1678	.7364	.9393
ITEM18	74.0333	280.7230	.6821	.9399
ITEM20	74.1333	280.6023	.6484	.9401
ITEM21	73.3000	283.6655	.3919	.9422
ITEM22	74.3667	285.8954	.3754	.9421
ITEM23	73.9333	279.3747	.6084	.9403
ITEM25	74.4000	286.1793	.5816	.9410
ITEM29	73.3667	276.0333	.5368	.9411
ITEM31	73.1667	274.2816	.6659	.9396
ITEM32	73.8000	277.4069	.7205	.9394
ITEM34	74.3667	282.8609	.6849	.9402
ITEM35	73.9333	278.6851	.6348	.9400
ITEM36	73.9667	285.7575	.4074	.9419

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RELIABILITY ANALYSIS - SCALE (ALPHA)

Reliability Coefficients

N of Cases = 30.0 N of Items = 36

Alpha = .9424