

**LAMPIRAN**

## Lampiran 1

## Tabulasi Skoring Stres Kerja

| No. | STRES KERJA |   |   |   |   |   |   |   |   |    | TOTAL | INTEPRETASI        |
|-----|-------------|---|---|---|---|---|---|---|---|----|-------|--------------------|
|     | 1           | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |       |                    |
| 1   | 3           | 2 | 2 | 2 | 4 | 2 | 2 | 3 | 3 | 3  | 26    | Stres Kerja Sedang |
| 2   | 1           | 3 | 4 | 2 | 4 | 2 | 3 | 4 | 2 | 4  | 29    | Stres Kerja Sedang |
| 3   | 2           | 4 | 4 | 3 | 4 | 2 | 2 | 4 | 1 | 4  | 30    | Stres Kerja Sedang |
| 4   | 2           | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2  | 20    | Stres Kerja Rendah |
| 5   | 4           | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 2 | 4  | 37    | Stres Kerja Tinggi |
| 6   | 3           | 4 | 3 | 4 | 4 | 3 | 4 | 4 | 3 | 4  | 36    | Stres Kerja Tinggi |
| 7   | 2           | 2 | 1 | 2 | 3 | 2 | 2 | 2 | 1 | 2  | 19    | Stres Kerja Rendah |
| 8   | 2           | 3 | 3 | 2 | 4 | 3 | 4 | 2 | 2 | 2  | 27    | Stres Kerja Sedang |
| 9   | 2           | 1 | 2 | 1 | 4 | 1 | 2 | 4 | 1 | 2  | 20    | Stres Kerja Rendah |
| 10  | 4           | 4 | 4 | 3 | 4 | 3 | 3 | 3 | 3 | 3  | 34    | Stres Kerja Sedang |
| 11  | 3           | 5 | 1 | 4 | 3 | 3 | 3 | 3 | 3 | 1  | 29    | Stres Kerja Sedang |
| 12  | 4           | 4 | 4 | 2 | 2 | 2 | 2 | 2 | 2 | 2  | 26    | Stres Kerja Sedang |
| 13  | 4           | 4 | 5 | 4 | 4 | 4 | 4 | 4 | 3 | 4  | 40    | Stres Kerja Tinggi |
| 14  | 2           | 2 | 4 | 2 | 4 | 2 | 2 | 2 | 2 | 2  | 24    | Stres Kerja Sedang |
| 15  | 2           | 2 | 2 | 2 | 2 | 3 | 2 | 2 | 2 | 3  | 22    | Stres Kerja Rendah |
| 16  | 4           | 4 | 4 | 3 | 4 | 3 | 4 | 4 | 2 | 5  | 37    | Stres Kerja Tinggi |
| 17  | 1           | 1 | 3 | 3 | 4 | 3 | 2 | 4 | 1 | 3  | 25    | Stres Kerja Sedang |
| 18  | 4           | 4 | 5 | 5 | 5 | 5 | 3 | 4 | 1 | 4  | 40    | Stres Kerja Tinggi |
| 19  | 3           | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 3  | 36    | Stres Kerja Tinggi |
| 20  | 2           | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2  | 20    | Stres Kerja Rendah |
| 21  | 2           | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3  | 22    | Stres Kerja Rendah |
| 22  | 3           | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 1 | 3  | 30    | Stres Kerja Sedang |
| 23  | 3           | 4 | 4 | 3 | 5 | 1 | 3 | 3 | 2 | 5  | 33    | Stres Kerja Sedang |
| 24  | 2           | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 2  | 21    | Stres Kerja Rendah |
| 25  | 3           | 4 | 1 | 2 | 4 | 3 | 3 | 3 | 1 | 5  | 29    | Stres Kerja Sedang |
| 26  | 2           | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2  | 20    | Stres Kerja Rendah |
| 27  | 2           | 2 | 4 | 3 | 3 | 2 | 2 | 2 | 1 | 2  | 23    | Stres Kerja Sedang |
| 28  | 3           | 3 | 2 | 2 | 4 | 2 | 2 | 4 | 2 | 4  | 28    | Stres Kerja Sedang |
| 29  | 4           | 4 | 3 | 1 | 3 | 1 | 1 | 3 | 1 | 5  | 26    | Stres Kerja Sedang |
| 30  | 4           | 4 | 4 | 4 | 5 | 3 | 4 | 5 | 2 | 5  | 40    | Stres Kerja Tinggi |
| 31  | 1           | 2 | 2 | 3 | 1 | 3 | 3 | 3 | 1 | 3  | 22    | Stres Kerja Rendah |
| 32  | 4           | 2 | 4 | 2 | 4 | 2 | 2 | 3 | 1 | 2  | 26    | Stres Kerja Sedang |
| 33  | 3           | 4 | 3 | 2 | 5 | 1 | 2 | 4 | 2 | 4  | 30    | Stres Kerja Sedang |
| 34  | 2           | 2 | 4 | 2 | 4 | 3 | 2 | 4 | 2 | 4  | 29    | Stres Kerja Sedang |
| 35  | 3           | 3 | 3 | 3 | 4 | 3 | 2 | 4 | 2 | 3  | 30    | Stres Kerja Sedang |
| 36  | 2           | 2 | 2 | 4 | 2 | 2 | 2 | 2 | 2 | 2  | 22    | Stres Kerja Rendah |
| 37  | 2           | 4 | 3 | 2 | 4 | 2 | 2 | 3 | 2 | 4  | 28    | Stres Kerja Sedang |
| 38  | 1           | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1  | 10    | Stres Kerja Rendah |
| 39  | 1           | 3 | 2 | 2 | 3 | 3 | 2 | 3 | 1 | 4  | 24    | Stres Kerja Sedang |
| 40  | 1           | 1 | 2 | 2 | 2 | 2 | 4 | 2 | 1 | 2  | 19    | Stres Kerja Rendah |
| 41  | 3           | 3 | 4 | 4 | 4 | 1 | 3 | 4 | 1 | 4  | 31    | Stres Kerja Sedang |
| 42  | 3           | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 4  | 36    | Stres Kerja Tinggi |
| 43  | 3           | 4 | 4 | 2 | 4 | 3 | 4 | 3 | 3 | 5  | 35    | Stres Kerja Sedang |
| 44  | 3           | 3 | 4 | 3 | 5 | 3 | 4 | 4 | 2 | 3  | 34    | Stres Kerja Sedang |
| 45  | 3           | 4 | 4 | 4 | 4 | 3 | 3 | 4 | 4 | 5  | 38    | Stres Kerja Tinggi |
| 46  | 1           | 4 | 3 | 2 | 4 | 3 | 5 | 4 | 2 | 5  | 33    | Stres Kerja Sedang |
| 47  | 4           | 4 | 4 | 3 | 4 | 4 | 5 | 4 | 4 | 3  | 39    | Stres Kerja Tinggi |
| 48  | 3           | 4 | 4 | 4 | 5 | 2 | 4 | 2 | 2 | 5  | 35    | Stres Kerja Sedang |
| 49  | 3           | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3  | 29    | Stres Kerja Sedang |
| 50  | 2           | 4 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 4  | 32    | Stres Kerja Sedang |
| 51  | 3           | 4 | 3 | 3 | 5 | 3 | 4 | 4 | 2 | 4  | 35    | Stres Kerja Sedang |

Lampiran 2

Tabulasi Skoring Konflik Peran Ganda

| No. | KONFLIK PERAN GANDA |   |   |   |   |   |   |   |   |    |    |    |    |    |    |    |    |    |    |    |    |    | TOTAL | INTEPRETASI                |
|-----|---------------------|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|-------|----------------------------|
|     | 1                   | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |       |                            |
| 1   | 2                   | 2 | 3 | 2 | 3 | 3 | 3 | 3 | 2 | 2  | 2  | 2  | 2  | 1  | 2  | 2  | 3  | 3  | 4  | 4  | 3  | 4  | 57    | Konflik Peran Ganda Sedang |
| 2   | 2                   | 3 | 4 | 3 | 4 | 3 | 3 | 2 | 2 | 2  | 2  | 3  | 3  | 2  | 4  | 4  | 4  | 4  | 4  | 4  | 3  | 4  | 69    | Konflik Peran Ganda Sedang |
| 3   | 4                   | 4 | 3 | 3 | 4 | 3 | 5 | 3 | 4 | 3  | 2  | 3  | 1  | 2  | 4  | 3  | 4  | 4  | 4  | 3  | 4  | 3  | 73    | Konflik Peran Ganda Sedang |
| 4   | 3                   | 3 | 2 | 2 | 4 | 3 | 2 | 2 | 2 | 2  | 2  | 2  | 2  | 2  | 4  | 2  | 4  | 2  | 4  | 4  | 3  | 4  | 60    | Konflik Peran Ganda Sedang |
| 5   | 3                   | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3  | 2  | 3  | 2  | 2  | 3  | 2  | 4  | 4  | 3  | 2  | 2  | 2  | 67    | Konflik Peran Ganda Sedang |
| 6   | 3                   | 3 | 2 | 3 | 4 | 3 | 3 | 3 | 3 | 3  | 4  | 3  | 3  | 3  | 4  | 4  | 4  | 3  | 4  | 4  | 4  | 4  | 74    | Konflik Peran Ganda Tinggi |
| 7   | 2                   | 1 | 1 | 2 | 4 | 3 | 2 | 2 | 2 | 2  | 1  | 2  | 1  | 1  | 4  | 3  | 4  | 1  | 4  | 4  | 4  | 4  | 54    | Konflik Peran Ganda Sedang |
| 8   | 2                   | 2 | 3 | 2 | 4 | 2 | 2 | 2 | 2 | 3  | 2  | 2  | 2  | 1  | 2  | 3  | 2  | 3  | 5  | 2  | 2  | 2  | 52    | Konflik Peran Ganda Sedang |
| 9   | 1                   | 1 | 4 | 2 | 4 | 4 | 1 | 1 | 4 | 2  | 2  | 2  | 2  | 2  | 2  | 2  | 5  | 2  | 5  | 2  | 2  | 2  | 54    | Konflik Peran Ganda Sedang |
| 10  | 3                   | 3 | 3 | 3 | 4 | 3 | 4 | 3 | 4 | 3  | 3  | 3  | 3  | 3  | 4  | 4  | 4  | 3  | 4  | 4  | 3  | 4  | 75    | Konflik Peran Ganda Tinggi |
| 11  | 2                   | 3 | 4 | 3 | 4 | 3 | 3 | 3 | 4 | 3  | 3  | 3  | 4  | 3  | 5  | 5  | 3  | 3  | 5  | 5  | 3  | 4  | 78    | Konflik Peran Ganda Tinggi |
| 12  | 2                   | 2 | 4 | 2 | 4 | 2 | 1 | 1 | 2 | 1  | 1  | 1  | 1  | 2  | 4  | 4  | 4  | 2  | 4  | 4  | 1  | 1  | 50    | Konflik Peran Ganda Rendah |
| 13  | 3                   | 3 | 4 | 4 | 4 | 3 | 4 | 4 | 4 | 4  | 4  | 4  | 3  | 4  | 3  | 4  | 4  | 3  | 4  | 3  | 3  | 3  | 79    | Konflik Peran Ganda Tinggi |
| 14  | 2                   | 2 | 3 | 2 | 4 | 2 | 4 | 2 | 4 | 4  | 2  | 2  | 2  | 2  | 3  | 4  | 5  | 3  | 5  | 5  | 3  | 4  | 69    | Konflik Peran Ganda Sedang |
| 15  | 4                   | 2 | 3 | 2 | 4 | 2 | 2 | 2 | 2 | 2  | 2  | 2  | 2  | 2  | 2  | 4  | 4  | 4  | 4  | 4  | 3  | 3  | 61    | Konflik Peran Ganda Sedang |
| 16  | 3                   | 4 | 4 | 3 | 4 | 3 | 4 | 4 | 4 | 4  | 4  | 3  | 3  | 3  | 5  | 5  | 5  | 5  | 5  | 4  | 3  | 4  | 86    | Konflik Peran Ganda Tinggi |
| 17  | 1                   | 1 | 2 | 3 | 5 | 2 | 3 | 3 | 3 | 2  | 3  | 3  | 3  | 2  | 4  | 4  | 3  | 4  | 4  | 4  | 3  | 4  | 66    | Konflik Peran Ganda Sedang |
| 18  | 2                   | 3 | 3 | 3 | 4 | 4 | 3 | 4 | 2 | 3  | 3  | 3  | 3  | 4  | 5  | 5  | 5  | 5  | 5  | 3  | 5  | 5  | 82    | Konflik Peran Ganda Tinggi |
| 19  | 2                   | 2 | 4 | 2 | 4 | 3 | 3 | 3 | 4 | 2  | 3  | 3  | 3  | 3  | 4  | 4  | 4  | 3  | 4  | 4  | 3  | 4  | 71    | Konflik Peran Ganda Sedang |
| 20  | 2                   | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2  | 2  | 2  | 3  | 3  | 2  | 2  | 2  | 3  | 3  | 3  | 3  | 3  | 52    | Konflik Peran Ganda Sedang |
| 21  | 3                   | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 66    | Konflik Peran Ganda Sedang |
| 22  | 2                   | 2 | 3 | 3 | 4 | 3 | 2 | 1 | 4 | 2  | 3  | 4  | 4  | 1  | 1  | 3  | 3  | 4  | 2  | 1  | 1  | 4  | 57    | Konflik Peran Ganda Sedang |
| 23  | 4                   | 3 | 3 | 1 | 4 | 4 | 3 | 3 | 4 | 3  | 2  | 3  | 2  | 2  | 4  | 4  | 3  | 4  | 5  | 2  | 3  | 2  | 68    | Konflik Peran Ganda Sedang |
| 24  | 2                   | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2  | 2  | 2  | 2  | 2  | 2  | 2  | 2  | 2  | 2  | 2  | 2  | 2  | 44    | Konflik Peran Ganda Rendah |
| 25  | 2                   | 4 | 4 | 2 | 3 | 2 | 2 | 1 | 5 | 3  | 4  | 3  | 2  | 3  | 5  | 5  | 5  | 3  | 5  | 5  | 3  | 5  | 76    | Konflik Peran Ganda Tinggi |
| 26  | 3                   | 2 | 3 | 2 | 4 | 3 | 2 | 2 | 2 | 2  | 2  | 2  | 2  | 2  | 2  | 2  | 4  | 2  | 4  | 3  | 2  | 2  | 54    | Konflik Peran Ganda Sedang |
| 27  | 1                   | 3 | 3 | 2 | 4 | 4 | 3 | 2 | 3 | 2  | 2  | 2  | 3  | 2  | 4  | 4  | 2  | 4  | 4  | 4  | 3  | 4  | 65    | Konflik Peran Ganda Sedang |
| 28  | 5                   | 4 | 5 | 1 | 4 | 2 | 3 | 3 | 3 | 4  | 2  | 2  | 2  | 2  | 2  | 4  | 3  | 3  | 4  | 4  | 4  | 4  | 70    | Konflik Peran Ganda Sedang |
| 29  | 3                   | 1 | 3 | 3 | 5 | 3 | 3 | 1 | 2 | 2  | 2  | 1  | 2  | 2  | 2  | 2  | 3  | 4  | 5  | 2  | 3  | 4  | 58    | Konflik Peran Ganda Sedang |
| 30  | 3                   | 3 | 4 | 3 | 4 | 3 | 2 | 4 | 4 | 4  | 4  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 71    | Konflik Peran Ganda Sedang |
| 31  | 1                   | 1 | 1 | 1 | 4 | 2 | 2 | 1 | 2 | 1  | 1  | 1  | 1  | 1  | 3  | 4  | 3  | 4  | 4  | 4  | 4  | 4  | 50    | Konflik Peran Ganda Rendah |
| 32  | 1                   | 1 | 1 | 2 | 4 | 2 | 2 | 2 | 1 | 1  | 2  | 2  | 2  | 2  | 2  | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 55    | Konflik Peran Ganda Sedang |
| 33  | 4                   | 2 | 2 | 2 | 4 | 2 | 2 | 2 | 4 | 2  | 4  | 2  | 2  | 4  | 3  | 5  | 5  | 3  | 5  | 5  | 3  | 4  | 71    | Konflik Peran Ganda Sedang |
| 34  | 5                   | 2 | 3 | 2 | 4 | 3 | 2 | 2 | 1 | 2  | 2  | 2  | 2  | 2  | 3  | 2  | 2  | 2  | 4  | 3  | 3  | 3  | 56    | Konflik Peran Ganda Sedang |
| 35  | 3                   | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 3 | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 2  | 4  | 2  | 4  | 2  | 64    | Konflik Peran Ganda Sedang |
| 36  | 2                   | 2 | 2 | 2 | 4 | 2 | 2 | 2 | 2 | 2  | 2  | 2  | 2  | 2  | 2  | 2  | 4  | 2  | 4  | 2  | 2  | 2  | 50    | Konflik Peran Ganda Rendah |
| 37  | 4                   | 3 | 3 | 2 | 3 | 2 | 2 | 2 | 4 | 3  | 2  | 2  | 2  | 2  | 3  | 2  | 4  | 4  | 4  | 4  | 3  | 4  | 64    | Konflik Peran Ganda Sedang |
| 38  | 1                   | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 1  | 2  | 2  | 1  | 1  | 24    | Konflik Peran Ganda Rendah |
| 39  | 2                   | 2 | 2 | 1 | 4 | 2 | 1 | 2 | 2 | 1  | 2  | 2  | 2  | 2  | 3  | 3  | 3  | 3  | 4  | 3  | 3  | 3  | 52    | Konflik Peran Ganda Sedang |
| 40  | 1                   | 1 | 5 | 1 | 5 | 3 | 1 | 1 | 2 | 1  | 1  | 1  | 1  | 2  | 2  | 2  | 1  | 3  | 5  | 5  | 4  | 5  | 53    | Konflik Peran Ganda Sedang |
| 41  | 1                   | 3 | 4 | 1 | 4 | 1 | 3 | 2 | 2 | 2  | 2  | 2  | 2  | 1  | 3  | 3  | 3  | 2  | 3  | 3  | 3  | 3  | 53    | Konflik Peran Ganda Sedang |
| 42  | 3                   | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3  | 3  | 3  | 3  | 3  | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 4  | 74    | Konflik Peran Ganda Tinggi |
| 43  | 2                   | 2 | 3 | 2 | 4 | 3 | 3 | 2 | 3 | 2  | 2  | 1  | 3  | 2  | 2  | 3  | 4  | 2  | 4  | 4  | 3  | 3  | 59    | Konflik Peran Ganda Sedang |
| 44  | 3                   | 3 | 3 | 3 | 5 | 3 | 3 | 2 | 1 | 3  | 3  | 2  | 3  | 2  | 4  | 4  | 4  | 4  | 5  | 4  | 3  | 3  | 70    | Konflik Peran Ganda Sedang |
| 45  | 2                   | 2 | 3 | 2 | 5 | 3 | 3 | 2 | 4 | 2  | 3  | 2  | 2  | 2  | 4  | 4  | 4  | 4  | 5  | 4  | 1  | 4  | 67    | Konflik Peran Ganda Sedang |
| 46  | 4                   | 3 | 5 | 2 | 5 | 3 | 3 | 3 | 2 | 2  | 4  | 3  | 3  | 2  | 5  | 5  | 4  | 1  | 5  | 4  | 3  | 5  | 76    | Konflik Peran Ganda Tinggi |
| 47  | 3                   | 2 | 5 | 4 | 3 | 2 | 3 | 2 | 3 | 4  | 2  | 1  | 2  | 1  | 1  | 2  | 2  | 4  | 3  | 2  | 2  | 4  | 57    | Konflik Peran Ganda Sedang |
| 48  | 2                   | 3 | 3 | 3 | 5 | 3 | 2 | 4 | 3 | 3  | 3  | 1  | 2  | 1  | 5  | 5  | 5  | 4  | 5  | 4  | 2  | 4  | 72    | Konflik Peran Ganda Sedang |
| 49  | 3                   | 3 | 2 | 2 | 3 | 3 | 2 | 2 | 3 | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 2  | 3  | 3  | 3  | 61    | Konflik Peran Ganda Sedang |
| 50  | 3                   | 3 | 3 | 3 | 4 | 3 | 3 | 3 | 3 | 3  | 3  | 3  | 3  | 3  | 4  | 4  | 4  | 3  | 4  | 4  | 4  | 4  | 74    | Konflik Peran Ganda Tinggi |
| 51  | 3                   | 3 | 4 | 3 | 3 | 2 | 3 | 3 | 3 | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 3  | 4  | 4  | 3  | 69    | Konflik Peran Ganda Sedang |

## Lampiran 3

## Hasil Uji Validitas Variabel Stres Kerja

| <b>Item-Total Statistics</b> |                               |                                   |  |                                    |  |
|------------------------------|-------------------------------|-----------------------------------|--|------------------------------------|--|
|                              | Scale Mean if<br>Item Deleted | Scale Variance<br>if Item Deleted | Corrected<br>Item-Total<br>Correlation | Squared<br>Multiple<br>Correlation | Cronbach's<br>Alpha if Item<br>Deleted |
| VAR00001                     | 26,14                         | 38,481                            | ,573                                   | ,499                               | ,867                                   |
| VAR00002                     | 25,71                         | 35,932                            | ,724                                   | ,652                               | ,855                                   |
| VAR00003                     | 25,67                         | 36,707                            | ,643                                   | ,510                               | ,861                                   |
| VAR00004                     | 26,04                         | 38,238                            | ,608                                   | ,492                               | ,864                                   |
| VAR00005                     | 25,20                         | 36,241                            | ,692                                   | ,635                               | ,857                                   |
| VAR00006                     | 26,22                         | 39,693                            | ,520                                   | ,485                               | ,871                                   |
| VAR00007                     | 25,92                         | 37,514                            | ,635                                   | ,520                               | ,862                                   |
| VAR00008                     | 25,59                         | 38,087                            | ,658                                   | ,567                               | ,861                                   |
| VAR00009                     | 26,80                         | 42,041                            | ,351                                   | ,252                               | ,881                                   |
| VAR00010                     | 25,43                         | 36,690                            | ,585                                   | ,566                               | ,867                                   |

## Lampiran 4

## Hasil Uji Validitas Variabel Konflik Peran Ganda

|          | 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 |
| VAR00001 | 60,78                      | 118,613                        | ,323                             | ,489                         | ,898                             |
| VAR00002 | 60,86                      | 114,161                        | ,637                             | ,823                         | ,889                             |
| VAR00003 | 60,25                      | 117,994                        | ,352                             | ,610                         | ,897                             |
| VAR00004 | 61,00                      | 118,040                        | ,482                             | ,728                         | ,893                             |
| VAR00005 | 59,49                      | 120,335                        | ,341                             | ,651                         | ,896                             |
| VAR00006 | 60,63                      | 119,918                        | ,419                             | ,584                         | ,895                             |
| VAR00007 | 60,73                      | 114,643                        | ,613                             | ,628                         | ,890                             |
| VAR00008 | 60,94                      | 113,936                        | ,638                             | ,674                         | ,889                             |
| VAR00009 | 60,51                      | 114,655                        | ,525                             | ,702                         | ,892                             |
| VAR00010 | 60,84                      | 114,855                        | ,616                             | ,798                         | ,890                             |
| VAR00011 | 60,84                      | 113,175                        | ,713                             | ,845                         | ,887                             |
| VAR00012 | 61,02                      | 116,620                        | ,572                             | ,735                         | ,891                             |
| VAR00013 | 60,96                      | 118,278                        | ,499                             | ,718                         | ,893                             |
| VAR00014 | 61,10                      | 116,250                        | ,574                             | ,736                         | ,891                             |
| VAR00015 | 60,12                      | 110,866                        | ,631                             | ,836                         | ,889                             |
| VAR00016 | 59,98                      | 110,500                        | ,678                             | ,793                         | ,887                             |
| VAR00017 | 59,82                      | 114,588                        | ,524                             | ,582                         | ,892                             |
| VAR00018 | 60,25                      | 116,754                        | ,440                             | ,580                         | ,894                             |
| VAR00019 | 59,29                      | 118,412                        | ,414                             | ,728                         | ,895                             |
| VAR00020 | 59,88                      | 118,386                        | ,352                             | ,714                         | ,897                             |
| VAR00021 | 60,39                      | 119,163                        | ,368                             | ,725                         | ,896                             |
| VAR00022 | 59,88                      | 116,106                        | ,463                             | ,732                         | ,894                             |

## Lampiran 5

## Hasil Uji Reliabilitas Variabel Stres Kerja

**Reliability Statistics**

| Cronbach's<br>Alpha | Cronbach's<br>Alpha Based on<br>Standardized<br>Items | N of Items |
|---------------------|---|------------|
| ,877                | ,875  | 10         |

## Lampiran 6

## Hasil Uji Reliabilitas Variabel Konflik Peran Ganda

| Cronbach's Alpha | Cronbach's Alpha Based on Standardized Items | N of Items |
|------------------|--|------------|
| ,897             | ,899   | 22         |

## Lampiran 7

## Uji Normalitas

## One-Sample Kolmogorov-Smirnov Test

|                                  |                | KONFLIK             | STRES               |
|----------------------------------|----------------|---------------------|---------------------|
| N                                |                | 51                  | 51                  |
| Normal Parameters <sup>a,b</sup> | Mean           | 63,31               | 28,75               |
|                                  | Std. Deviation | 11,265              | 6,800               |
| Most Extreme Differences         | Absolute       | ,085                | ,076                |
|                                  | Positive       | ,065                | ,075                |
|                                  | Negative       | -,085               | -,076               |
| Test Statistic                   |                | ,085                | ,076                |
| Asymp. Sig. (2-tailed)           |                | ,200 <sup>c,d</sup> | ,200 <sup>c,d</sup> |

- a. Test distribution is Normal.
- b. Calculated from data.
- c. Lilliefors Significance Correction.
- d. This is a lower bound of the true significance.



## Lampiran 8

## Uji Linearitas

ANOVA Table

|                    |                   |                             | Sum of<br>Squares | df | Mean<br>Square | F      | Sig. |
|--------------------|-------------------|-----------------------------|-------------------|----|----------------|--------|------|
| STRES *<br>KONFLIK | Between<br>Groups | (Combined)                  | 1935,520          | 29 | 66,742         | 3,726  | ,001 |
|                    |                   | Linearity                   | 1231,283          | 1  | 1231,283       | 68,738 | ,000 |
|                    |                   | Deviation from<br>Linearity | 704,237           | 28 | 25,151         | 1,404  | ,213 |
|                    | Within Groups     |                             | 376,167           | 21 | 17,913         |        |      |
|                    | Total             |                             | 2311,686          | 50 |                |        |      |

## Lampiran 9

## Uji Regresi Linear Sederhana I

## Model Summary

| Model | R                 | R Square | Adjusted R Square | Std. Error of the Estimate |
|-------|-------------------|----------|-------------------|----------------------------|
| 1     | ,730 <sup>a</sup> | ,533     | ,523              | 4,696                      |

a. Predictors: (Constant), KONFLIK

ANOVA<sup>a</sup>

| Model |            | Sum of Squares | df | Mean Square | F      | Sig.              |
|-------|------------|----------------|----|-------------|--------|-------------------|
| 1     | Regression | 1231,283       | 1  | 1231,283    | 55,843 | ,000 <sup>b</sup> |
|       | Residual   | 1080,404       | 49 | 22,049      |        |                   |
|       | Total      | 2311,686       | 50 |             |        |                   |

a. Dependent Variable: STRES

b. Predictors: (Constant), KONFLIK

Coefficients<sup>a</sup>

| Model |            | Unstandardized Coefficients |            | Standardized Coefficients | t     | Sig. |
|-------|------------|-----------------------------|------------|---------------------------|-------|------|
|       |            | B                           | Std. Error | Beta                      |       |      |
| 1     | (Constant) | ,854                        | 3,790      |                           | ,225  | ,823 |
|       | KONFLIK    | ,441                        | ,059       | ,730                      | 7,473 | ,000 |

a. Dependent Variable: STRES

## Lampiran 10

## Uji Regresi Linear Sederhana II Jenis Kelamin Perempuan

**Model Summary**

| Model | R                 | R Square | Adjusted R Square | Std. Error of the Estimate |
|-------|-------------------|----------|-------------------|----------------------------|
| 1     | ,741 <sup>a</sup> | ,548     | ,535              | 4,250                      |

a. Predictors: (Constant), KONFLIK

**ANOVA<sup>a</sup>**

| Model |            | Sum of Squares | df | Mean Square | F      | Sig.              |
|-------|------------|----------------|----|-------------|--------|-------------------|
| 1     | Regression | 767,757        | 1  | 767,757     | 42,502 | ,000 <sup>b</sup> |
|       | Residual   | 632,243        | 35 | 18,064      |        |                   |
|       | Total      | 1400,000       | 36 |             |        |                   |

a. Dependent Variable: STRES

b. Predictors: (Constant), KONFLIK

**Coefficients<sup>a</sup>**

| Model |            | Unstandardized Coefficients |            | Standardized Coefficients | t     | Sig. |
|-------|------------|-----------------------------|------------|---------------------------|-------|------|
|       |            | B                           | Std. Error | Beta                      |       |      |
| 1     | (Constant) | -,684                       | 4,455      |                           | -,154 | ,879 |
|       | KONFLIK    | ,448                        | ,069       | ,741                      | 6,519 | ,000 |

a. Dependent Variable: STRES

## Lampiran 11

## Uji Regresi Linear Sederhana II Jenis Kelamin Laki-laki

## Model Summary

| Model | R                 | R Square | Adjusted R Square | Std. Error of the Estimate |
|-------|-------------------|----------|-------------------|----------------------------|
| 1     | ,802 <sup>a</sup> | ,644     | ,614              | 4,985                      |

a. Predictors: (Constant), KONFLIK

ANOVA<sup>a</sup>

| Model |            | Sum of Squares | df | Mean Square | F      | Sig.              |
|-------|------------|----------------|----|-------------|--------|-------------------|
| 1     | Regression | 538,646        | 1  | 538,646     | 21,675 | ,001 <sup>b</sup> |
|       | Residual   | 298,211        | 12 | 24,851      |        |                   |
|       | Total      | 836,857        | 13 |             |        |                   |

a. Dependent Variable: STRES

b. Predictors: (Constant), KONFLIK

Coefficients<sup>a</sup>

| Model |            | Unstandardized Coefficients |            | Standardized Coefficients | t     | Sig. |
|-------|------------|-----------------------------|------------|---------------------------|-------|------|
|       |            | B                           | Std. Error | Beta                      |       |      |
| 1     | (Constant) | 1,933                       | 6,324      |                           | ,306  | ,765 |
|       | KONFLIK    | ,468                        | ,101       | ,802                      | 4,656 | ,001 |

a. Dependent Variable: STRES

## Lampiran 12

## Frekuensi Jawaban Responden Skala Konflik Peran Ganda

## VAR00001

|       |       | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | STS   | 8         | 15,7    | 15,7          | 15,7               |
|       | TS    | 18        | 35,3    | 35,3          | 51,0               |
|       | KS    | 17        | 33,3    | 33,3          | 84,3               |
|       | S     | 6         | 11,8    | 11,8          | 96,1               |
|       | SS    | 2         | 3,9     | 3,9           | 100,0              |
|       | Total | 51        | 100,0   | 100,0         |                    |

## VAR00002

|       |       | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | STS   | 8         | 15,7    | 15,7          | 15,7               |
|       | TS    | 17        | 33,3    | 33,3          | 49,0               |
|       | KS    | 21        | 41,2    | 41,2          | 90,2               |
|       | S     | 5         | 9,8     | 9,8           | 100,0              |
|       | Total | 51        | 100,0   | 100,0         |                    |

## VAR00003

|       |       | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | STS   | 4         | 7,8     | 7,8           | 7,8                |
|       | TS    | 9         | 17,6    | 17,6          | 25,5               |
|       | KS    | 22        | 43,1    | 43,1          | 68,6               |
|       | S     | 12        | 23,5    | 23,5          | 92,2               |
|       | SS    | 4         | 7,8     | 7,8           | 100,0              |
|       | Total | 51        | 100,0   | 100,0         |                    |

**VAR00004**

|       |       | Frequency | Percent | Valid Percent | Cumulative<br>Percent |
|-------|-------|-----------|---------|---------------|-----------------------|
| Valid | STS   | 7         | 13,7    | 13,7          | 13,7                  |
|       | TS    | 24        | 47,1    | 47,1          | 60,8                  |
|       | KS    | 17        | 33,3    | 33,3          | 94,1                  |
|       | S     | 3         | 5,9     | 5,9           | 100,0                 |
|       | Total | 51        | 100,0   | 100,0         |                       |

**VAR00005**

|       |       | Frequency | Percent | Valid Percent | Cumulative<br>Percent |
|-------|-------|-----------|---------|---------------|-----------------------|
| Valid | STS   | 1         | 2,0     | 2,0           | 2,0                   |
|       | TS    | 2         | 3,9     | 3,9           | 5,9                   |
|       | KS    | 9         | 17,6    | 17,6          | 23,5                  |
|       | S     | 32        | 62,7    | 62,7          | 86,3                  |
|       | SS    | 7         | 13,7    | 13,7          | 100,0                 |
|       | Total | 51        | 100,0   | 100,0         |                       |

**VAR00006**

|       |       | Frequency | Percent | Valid Percent | Cumulative<br>Percent |
|-------|-------|-----------|---------|---------------|-----------------------|
| Valid | STS   | 2         | 3,9     | 3,9           | 3,9                   |
|       | TS    | 17        | 33,3    | 33,3          | 37,3                  |
|       | KS    | 27        | 52,9    | 52,9          | 90,2                  |
|       | S     | 5         | 9,8     | 9,8           | 100,0                 |
|       | Total | 51        | 100,0   | 100,0         |                       |

## VAR00007

|       |       | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | STS   | 5         | 9,8     | 9,8           | 9,8                |
|       | TS    | 18        | 35,3    | 35,3          | 45,1               |
|       | KS    | 22        | 43,1    | 43,1          | 88,2               |
|       | S     | 5         | 9,8     | 9,8           | 98,0               |
|       | SS    | 1         | 2,0     | 2,0           | 100,0              |
|       | Total | 51        | 100,0   | 100,0         |                    |

## VAR00008

|       |       | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | STS   | 8         | 15,7    | 15,7          | 15,7               |
|       | TS    | 22        | 43,1    | 43,1          | 58,8               |
|       | KS    | 15        | 29,4    | 29,4          | 88,2               |
|       | S     | 6         | 11,8    | 11,8          | 100,0              |
|       | Total | 51        | 100,0   | 100,0         |                    |

## VAR00009

|       |       | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | STS   | 4         | 7,8     | 7,8           | 7,8                |
|       | TS    | 18        | 35,3    | 35,3          | 43,1               |
|       | KS    | 14        | 27,5    | 27,5          | 70,6               |
|       | S     | 14        | 27,5    | 27,5          | 98,0               |
|       | SS    | 1         | 2,0     | 2,0           | 100,0              |
|       | Total | 51        | 100,0   | 100,0         |                    |

## VAR00010

|       |       | Frequency | Percent | Valid Percent | Cumulative<br>Percent |
|-------|-------|-----------|---------|---------------|-----------------------|
| Valid | STS   | 6         | 11,8    | 11,8          | 11,8                  |
|       | TS    | 21        | 41,2    | 41,2          | 52,9                  |
|       | KS    | 18        | 35,3    | 35,3          | 88,2                  |
|       | S     | 6         | 11,8    | 11,8          | 100,0                 |
|       | Total | 51        | 100,0   | 100,0         |                       |

## VAR00011

|       |       | Frequency | Percent | Valid Percent | Cumulative<br>Percent |
|-------|-------|-----------|---------|---------------|-----------------------|
| Valid | STS   | 5         | 9,8     | 9,8           | 9,8                   |
|       | TS    | 24        | 47,1    | 47,1          | 56,9                  |
|       | KS    | 15        | 29,4    | 29,4          | 86,3                  |
|       | S     | 7         | 13,7    | 13,7          | 100,0                 |
|       | Total | 51        | 100,0   | 100,0         |                       |

## VAR00012

|       |       | Frequency | Percent | Valid Percent | Cumulative<br>Percent |
|-------|-------|-----------|---------|---------------|-----------------------|
| Valid | STS   | 8         | 15,7    | 15,7          | 15,7                  |
|       | TS    | 22        | 43,1    | 43,1          | 58,8                  |
|       | KS    | 19        | 37,3    | 37,3          | 96,1                  |
|       | S     | 2         | 3,9     | 3,9           | 100,0                 |
|       | Total | 51        | 100,0   | 100,0         |                       |



**VAR00013**

|       |       | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | STS   | 6         | 11,8    | 11,8          | 11,8               |
|       | TS    | 23        | 45,1    | 45,1          | 56,9               |
|       | KS    | 20        | 39,2    | 39,2          | 96,1               |
|       | S     | 2         | 3,9     | 3,9           | 100,0              |
|       | Total | 51        | 100,0   | 100,0         |                    |

**VAR00014**

|       |       | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | STS   | 9         | 17,6    | 17,6          | 17,6               |
|       | TS    | 25        | 49,0    | 49,0          | 66,7               |
|       | KS    | 14        | 27,5    | 27,5          | 94,1               |
|       | S     | 3         | 5,9     | 5,9           | 100,0              |
|       | Total | 51        | 100,0   | 100,0         |                    |

**VAR00015**

|       |       | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | STS   | 3         | 5,9     | 5,9           | 5,9                |
|       | TS    | 12        | 23,5    | 23,5          | 29,4               |
|       | KS    | 14        | 27,5    | 27,5          | 56,9               |
|       | S     | 16        | 31,4    | 31,4          | 88,2               |
|       | SS    | 6         | 11,8    | 11,8          | 100,0              |
|       | Total | 51        | 100,0   | 100,0         |                    |

## VAR00016

|       |       | Frequency | Percent | Valid Percent | Cumulative<br>Percent |
|-------|-------|-----------|---------|---------------|-----------------------|
| Valid | STS   | 1         | 2,0     | 2,0           | 2,0                   |
|       | TS    | 13        | 25,5    | 25,5          | 27,5                  |
|       | KS    | 12        | 23,5    | 23,5          | 51,0                  |
|       | S     | 18        | 35,3    | 35,3          | 86,3                  |
|       | SS    | 7         | 13,7    | 13,7          | 100,0                 |
|       | Total | 51        | 100,0   | 100,0         |                       |

## VAR00017

|       |       | Frequency | Percent | Valid Percent | Cumulative<br>Percent |
|-------|-------|-----------|---------|---------------|-----------------------|
| Valid | STS   | 2         | 3,9     | 3,9           | 3,9                   |
|       | TS    | 6         | 11,8    | 11,8          | 15,7                  |
|       | KS    | 15        | 29,4    | 29,4          | 45,1                  |
|       | S     | 21        | 41,2    | 41,2          | 86,3                  |
|       | SS    | 7         | 13,7    | 13,7          | 100,0                 |
|       | Total | 51        | 100,0   | 100,0         |                       |

## VAR00018

|       |       | Frequency | Percent | Valid Percent | Cumulative<br>Percent |
|-------|-------|-----------|---------|---------------|-----------------------|
| Valid | STS   | 3         | 5,9     | 5,9           | 5,9                   |
|       | TS    | 11        | 21,6    | 21,6          | 27,5                  |
|       | KS    | 19        | 37,3    | 37,3          | 64,7                  |
|       | S     | 16        | 31,4    | 31,4          | 96,1                  |
|       | SS    | 2         | 3,9     | 3,9           | 100,0                 |
|       | Total | 51        | 100,0   | 100,0         |                       |

**VAR00019**

|       |       | Frequency | Percent | Valid Percent | Cumulative<br>Percent |
|-------|-------|-----------|---------|---------------|-----------------------|
| Valid | TS    | 4         | 7,8     | 7,8           | 7,8                   |
|       | KS    | 6         | 11,8    | 11,8          | 19,6                  |
|       | S     | 26        | 51,0    | 51,0          | 70,6                  |
|       | SS    | 15        | 29,4    | 29,4          | 100,0                 |
|       | Total | 51        | 100,0   | 100,0         |                       |

**VAR00020**

|       |       | Frequency | Percent | Valid Percent | Cumulative<br>Percent |
|-------|-------|-----------|---------|---------------|-----------------------|
| Valid | STS   | 1         | 2,0     | 2,0           | 2,0                   |
|       | TS    | 10        | 19,6    | 19,6          | 21,6                  |
|       | KS    | 11        | 21,6    | 21,6          | 43,1                  |
|       | S     | 24        | 47,1    | 47,1          | 90,2                  |
|       | SS    | 5         | 9,8     | 9,8           | 100,0                 |
|       | Total | 51        | 100,0   | 100,0         |                       |

**VAR00021**

|       |       | Frequency | Percent | Valid Percent | Cumulative<br>Percent |
|-------|-------|-----------|---------|---------------|-----------------------|
| Valid | STS   | 4         | 7,8     | 7,8           | 7,8                   |
|       | TS    | 8         | 15,7    | 15,7          | 23,5                  |
|       | KS    | 28        | 54,9    | 54,9          | 78,4                  |
|       | S     | 10        | 19,6    | 19,6          | 98,0                  |
|       | SS    | 1         | 2,0     | 2,0           | 100,0                 |
|       | Total | 51        | 100,0   | 100,0         |                       |

## VAR00022

|       |       | Frequency | Percent | Valid Percent | Cumulative<br>Percent |
|-------|-------|-----------|---------|---------------|-----------------------|
| Valid | STS   | 2         | 3,9     | 3,9           | 3,9                   |
|       | TS    | 8         | 15,7    | 15,7          | 19,6                  |
|       | KS    | 11        | 21,6    | 21,6          | 41,2                  |
|       | S     | 26        | 51,0    | 51,0          | 92,2                  |
|       | SS    | 4         | 7,8     | 7,8           | 100,0                 |
|       | Total |           | 51      | 100,0         | 100,0                 |

## Lampiran 13

## Frekuensi Jawaban Responden Skala Stres Kerja

## VAR00001

|       |       | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | STS   | 7         | 13,7    | 13,7          | 13,7               |
|       | TS    | 16        | 31,4    | 31,4          | 45,1               |
|       | KS    | 18        | 35,3    | 35,3          | 80,4               |
|       | S     | 10        | 19,6    | 19,6          | 100,0              |
|       | Total | 51        | 100,0   | 100,0         |                    |

## VAR00002

|       |       | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | STS   | 4         | 7,8     | 7,8           | 7,8                |
|       | TS    | 14        | 27,5    | 27,5          | 35,3               |
|       | KS    | 10        | 19,6    | 19,6          | 54,9               |
|       | S     | 22        | 43,1    | 43,1          | 98,0               |
|       | SS    | 1         | 2,0     | 2,0           | 100,0              |
|       | Total | 51        | 100,0   | 100,0         |                    |

## VAR00003

|       |       | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|-------|-----------|---------|---------------|--------------------|
| Valid | STS   | 4         | 7,8     | 7,8           | 7,8                |
|       | TS    | 13        | 25,5    | 25,5          | 33,3               |
|       | KS    | 11        | 21,6    | 21,6          | 54,9               |
|       | S     | 21        | 41,2    | 41,2          | 96,1               |
|       | SS    | 2         | 3,9     | 3,9           | 100,0              |
|       | Total | 51        | 100,0   | 100,0         |                    |

## VAR00004

|       |       | Frequency | Percent | Valid Percent | Cumulative<br>Percent |
|-------|-------|-----------|---------|---------------|-----------------------|
| Valid | STS   | 3         | 5,9     | 5,9           | 5,9                   |
|       | TS    | 22        | 43,1    | 43,1          | 49,0                  |
|       | KS    | 14        | 27,5    | 27,5          | 76,5                  |
|       | S     | 11        | 21,6    | 21,6          | 98,0                  |
|       | SS    | 1         | 2,0     | 2,0           | 100,0                 |
|       | Total | 51        | 100,0   | 100,0         |                       |

## VAR00005

|       |       | Frequency | Percent | Valid Percent | Cumulative<br>Percent |
|-------|-------|-----------|---------|---------------|-----------------------|
| Valid | STS   | 2         | 3,9     | 3,9           | 3,9                   |
|       | TS    | 9         | 17,6    | 17,6          | 21,6                  |
|       | KS    | 6         | 11,8    | 11,8          | 33,3                  |
|       | S     | 27        | 52,9    | 52,9          | 86,3                  |
|       | SS    | 7         | 13,7    | 13,7          | 100,0                 |
|       | Total | 51        | 100,0   | 100,0         |                       |

## VAR00006

|       |       | Frequency | Percent | Valid Percent | Cumulative<br>Percent |
|-------|-------|-----------|---------|---------------|-----------------------|
| Valid | STS   | 6         | 11,8    | 11,8          | 11,8                  |
|       | TS    | 18        | 35,3    | 35,3          | 47,1                  |
|       | KS    | 22        | 43,1    | 43,1          | 90,2                  |
|       | S     | 4         | 7,8     | 7,8           | 98,0                  |
|       | SS    | 1         | 2,0     | 2,0           | 100,0                 |
|       | Total | 51        | 100,0   | 100,0         |                       |

## VAR00007

|       |       | Frequency | Percent | Valid Percent | Cumulative<br>Percent |
|-------|-------|-----------|---------|---------------|-----------------------|
| Valid | STS   | 2         | 3,9     | 3,9           | 3,9                   |
|       | TS    | 22        | 43,1    | 43,1          | 47,1                  |
|       | KS    | 12        | 23,5    | 23,5          | 70,6                  |
|       | S     | 13        | 25,5    | 25,5          | 96,1                  |
|       | SS    | 2         | 3,9     | 3,9           | 100,0                 |
|       | Total | 51        | 100,0   | 100,0         |                       |

## VAR00008

|       |       | Frequency | Percent | Valid Percent | Cumulative<br>Percent |
|-------|-------|-----------|---------|---------------|-----------------------|
| Valid | STS   | 1         | 2,0     | 2,0           | 2,0                   |
|       | TS    | 13        | 25,5    | 25,5          | 27,5                  |
|       | KS    | 15        | 29,4    | 29,4          | 56,9                  |
|       | S     | 21        | 41,2    | 41,2          | 98,0                  |
|       | SS    | 1         | 2,0     | 2,0           | 100,0                 |
|       | Total | 51        | 100,0   | 100,0         |                       |

## VAR00009

|       |       | Frequency | Percent | Valid Percent | Cumulative<br>Percent |
|-------|-------|-----------|---------|---------------|-----------------------|
| Valid | STS   | 15        | 29,4    | 29,4          | 29,4                  |
|       | TS    | 26        | 51,0    | 51,0          | 80,4                  |
|       | KS    | 8         | 15,7    | 15,7          | 96,1                  |
|       | S     | 2         | 3,9     | 3,9           | 100,0                 |
|       | Total | 51        | 100,0   | 100,0         |                       |

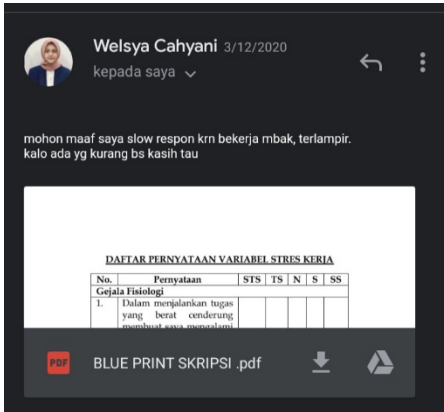
## VAR00010

|       |       | Frequency | Percent | Valid Percent | Cumulative<br>Percent |
|-------|-------|-----------|---------|---------------|-----------------------|
| Valid | STS   | 2         | 3,9     | 3,9           | 3,9                   |
|       | TS    | 13        | 25,5    | 25,5          | 29,4                  |
|       | KS    | 12        | 23,5    | 23,5          | 52,9                  |
|       | S     | 15        | 29,4    | 29,4          | 82,4                  |
|       | SS    | 9         | 17,6    | 17,6          | 100,0                 |
|       | Total | 51        | 100,0   | 100,0         |                       |



## Lampiran 14

## Ijin Penggunaan Kuesioner



## Lampiran 15

## Kuesioner Penelitian

**SURAT KESEDIAAN MENJADI RESPONDEN  
(INFORMED CONSENT)**

Dengan hormat,

Pada kesempatan kali ini, saya Putri Fitriya mahasiswi Fakultas Psikologi Universitas Muhammadiyah Gresik angkatan 2016 dengan Nomor Induk Mahasiswa (NIM: 16711020) yang sedang melakukan penelitian untuk skripsi, saya memohon kesediaan Saudara/i untuk menjadi responden dengan mengisi kusioner yang saya ajukan.

Dalam mengisi kusioner ini tidak ada jawaban yang benar atau salah. Jawaban yang diharapkan adalah yang benar-benar sesuai dengan perilaku dan keadaan anda. Oleh karena itu, jawablah dengan jujur sesuai dengan keadaan anda yang sebenarnya. Perlu diketahui ahwa kusioner ini hanya untuk kepentingan akademis dan ilmiah saja, maka hasil dari kusioner dan data anda akan dijaga kerahasiaannya dan tidak akan disebarluaskan serta tidak disalahgunakan oleh peneliti.

**IDENTITAS RESPONDEN**

Nama :  
 Usia :  
 Jenis Kelamin\* : Laki-laki / Perempuan  
 Jabatan\* : Dosen / Tenaga Kependidikan  
 Unit Kerja :  
 Lama Bekerja :  
 Status Kepegawaian :  
 Status Pernikahan :  
 Jumlah Anak :

Menyatakan bahwa:

1. Saya bersedia menjadi responden penelitian dn mengisi kusioner yang dilakukan Mahasiswa Fakultas Psikologi Universitas Muhammadiyah Gresik
2. Data responden dijamin kerahasiaannya serta hanya digunakan untuk kepentingan penelitian.

Demikian saya sampaikan, atas kerja sama dan kesediaannya menjadi responden saya ucapkan terima kasih.

Gresik, .....  
Responden

(.....)

\*Coret yang tidak perlu

**KUESIONER BAGIAN 1**

Di bawah ini terdapat daftar pertanyaan, berilah tanda centang ( ✓ ) pada pilihan jawaban yang sesuai dengan apa yang anda rasakan. Jawaban yang tersedia terdiri dari lima pilihan jawaban, diantaranya:

SS : Sangat Setuju

S : Setuju

KS : Kurang Setuju

TS : Tidak Setuju

STS : Sangat Tidak Setuju

Contoh:

| No | Pernyataan                          | Pilihan Jawaban |   |    |    |     |
|----|-------------------------------------|-----------------|---|----|----|-----|
|    |                                     | SS              | S | KS | TS | STS |
| 1  | Saya hilang kendali atas emosi saya | ✓               |   |    |    |     |

Selamat mengisi,

| No | Pernyataan   | Pilihan Jawaban |   |    |    |     |
|----|--|-----------------|---|----|----|-----|
|    |  | SS              | S | KS | TS | STS |
| 1  | Dalam menjalankan tugas yang berat cenderung membuat saya mengalami sakit kepala |                 |   |    |    |     |
| 2  | Saya merasa kelelahan akibat beban kerja yang berlebihan                         |                 |   |    |    |     |
| 3  | Saya sering menghela nafas saat adanya <i>deadline</i> Pekerjaan                 |                 |   |    |    |     |
| 4  | Saya memilih untuk menunda beberapa tugas yang sulit dikerjakan                  |                 |   |    |    |     |
| 5  | Saya merasa cemas apabila tugas dari pekerjaan yang dilakukan belum selesai      |                 |   |    |    |     |
| 6  | Saya merasa bosan diruangan kerja karena banyaknya tugas yang harus dikerjakan.  |                 |   |    |    |     |
| 7  | Saya jenuh dengan pekerjaan yang monoton   |                 |   |    |    |     |
| 8  | Saya merasa gelisah apabila ada permasalahan yang muncul dalam pekerjaan         |                 |   |    |    |     |
| 9  | Saya pernah izin tidak masuk kerja karena beban kerja yang tinggi                |                 |   |    |    |     |

|    |   |  |  |  |  |  |
|----|---|--|--|--|--|--|
| 10 | Saya tidak memperhatikan jam istirahat ketika sibuk dengan pekerjaan yang ada |  |  |  |  |  |
|----|---|--|--|--|--|--|

## KUESIONER BAGIAN 2

Di bawah ini terdapat daftar pertanyaan, berilah tanda centang ( √ ) pada pilihan jawaban yang sesuai dengan apa yang anda rasakan. Jawaban yang tersedia terdiri dari lima pilihan jawaban, diantaranya:

SS: Sangat Setuju

S: Setuju

KS: Kurang Setuju

TS: Tidak Setuju

STS: Sangat Tidak Setuju

Contoh:

| No | Pernyataan                          | Pilihan Jawaban |   |    |    |     |
|----|-------------------------------------|-----------------|---|----|----|-----|
|    |                                     | SS              | S | KS | TS | STS |
| 1  | Saya hilang kendali atas emosi saya | √               |   |    |    |     |

| No | Pernyataan  | Pilihan Jawaban |   |    |    |     |
|----|---|-----------------|---|----|----|-----|
|    |   | SS              | S | KS | TS | STS |
| 1  | Saya sering melewatkan acara/kegiatan keluarga karena sibuk bekerja   |                 |   |    |    |     |
| 2  | Pekerjaan membuat saya tidak bisa secara seimbang mengurus keperluan rumah tangga   |                 |   |    |    |     |
| 3  | Saya merasa bersalah karena tidak punya cukup waktu mengurus ke keluarga (suami dan anak karena bekerja)                    |                 |   |    |    |     |
| 4  | Kewajiban saya mengurus keluarga membuat waktu untuk melakukan tanggung jawab saya kepada pekerjaan terganggu               |                 |   |    |    |     |
| 5  | Disela-sela pekerjaan, saya mempergunakan waktu untuk melakukan panggilan telepon guna mengetahui keadaan keluarga di rumah |                 |   |    |    |     |
| 6  | Saya melewatkan kegiatan kantor guna memenuhi tanggung jawab saya kepada keluarga   |                 |   |    |    |     |

|    |   |  |  |  |  |  |
|----|---|--|--|--|--|--|
| 7  | Sepulang bekerja saya merasa terlalu lelah untuk melakukan kewajiban rumah tangga   |  |  |  |  |  |
| 8  | Tekanan pekerjaan membuat saya mudah terpancing emosi saat berada di rumah  |  |  |  |  |  |
| 9  | Saat saya berada di rumah, tanggung jawab pekerjaan tetap membebani pikiran saya  |  |  |  |  |  |
| 10 | Saya kurang dapat berkonsentrasi mengurus keluarga karena tanggung jawab saya di tempat kerja   |  |  |  |  |  |
| 11 | Permasalahan keluarga membuat saya tidak dapat berkonsentrasi pada pekerjaan saya   |  |  |  |  |  |
| 12 | Tanggung jawab terhadap keluarga membuat saya tidak dapat bekerja secara optimal  |  |  |  |  |  |
| 13 | Kewajiban keluarga membuat saya sibuk memikirkan urusan keluarga ditempat kerja   |  |  |  |  |  |
| 14 | Saya menjadi mudah emosi pada saat bekerja karena tekanan/stres dengan urusan keluarga  |  |  |  |  |  |
| 15 | Cara memecahkan masalah yang biasa saya lakukan dalam bekerja ternyata tidak cocok saya terapkan untuk menyelesaikan masalah di rumah |  |  |  |  |  |
| 16 | Saya tidak bisa menerapkan aturan yang biasa saya jalankan di kantor ke dalam keluarga  |  |  |  |  |  |
| 17 | Perilaku efektif saya di tempat kerja tidak mempengaruhi kemampuan saya untuk menjadi ibu rumah tangga yang lebih baik                |  |  |  |  |  |
| 18 | Saya tidak bisa melakukan hal-hal yang biasa saya lakukan di tempat kerja bila berada di rumah  |  |  |  |  |  |
| 19 | Saya menerapkan cara berbeda dalam menyelesaikan permasalahan di tempat kerja dengan cara menyelesaikan permasalahan dikeluarga       |  |  |  |  |  |
| 20 | Cara pemecahan masalah yang efektif untuk saya di rumah tampaknya tidak menjadi efektif untuk saya terapkan di tempat kerja           |  |  |  |  |  |
| 21 | Perilaku yang efektif dan penting bagi saya di rumah akan menjadi kontra produktif di tempat kerja                                    |  |  |  |  |  |
| 22 | Aturan yang saya lakukan di rumah, tidak dapat saya terapkan di tempat kerja  |  |  |  |  |  |