**Results**

**Repeated Measures ANOVA**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Within Subjects Effects** | | | | | | | |
| **Cases** | **Sphericity Correction** | **Sum of Squares** | **df** | **Mean Square** | **F** | **p** | **ω²** |
| RM Factor 1 | None | 53.648 | 17.000 | 3.156 | 17.994 | < .001 | 0.760 |
| Residuals | None | 5.963 | 34.000 | 0.175 |  |  |  |
|  | | | | | | | |
| *Note.*  Sphericity corrections not available for factors with 2 levels. | | | | | | | |
| *Note.*  Type III Sum of Squares | | | | | | | |

**Keterangan:**

F= 17.994, p value (sig.) <0.001, artinya H1 diterima dan H0 ditolak. Hal ini menunjukkan bahwa terdapat perbedaan skor modifikasi perilaku keterampilan bina diri pada setiap pengukuran. Pengaruh utama dari RM Factor 1, tabel Within Subjects Effects menunjukkan statistik-F besar yang signifikan (p<0.001) dan memiliki besaran efek yang besar (0.760).

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Between Subjects Effects** | | | | | |
| **Cases** | **Sum of Squares** | **df** | **Mean Square** | **F** | **p** |
| Residuals | 4.704 | 2 | 2.352 |  |  |
|  | | | | | |
| *Note.*  Type III Sum of Squares | | | | | |

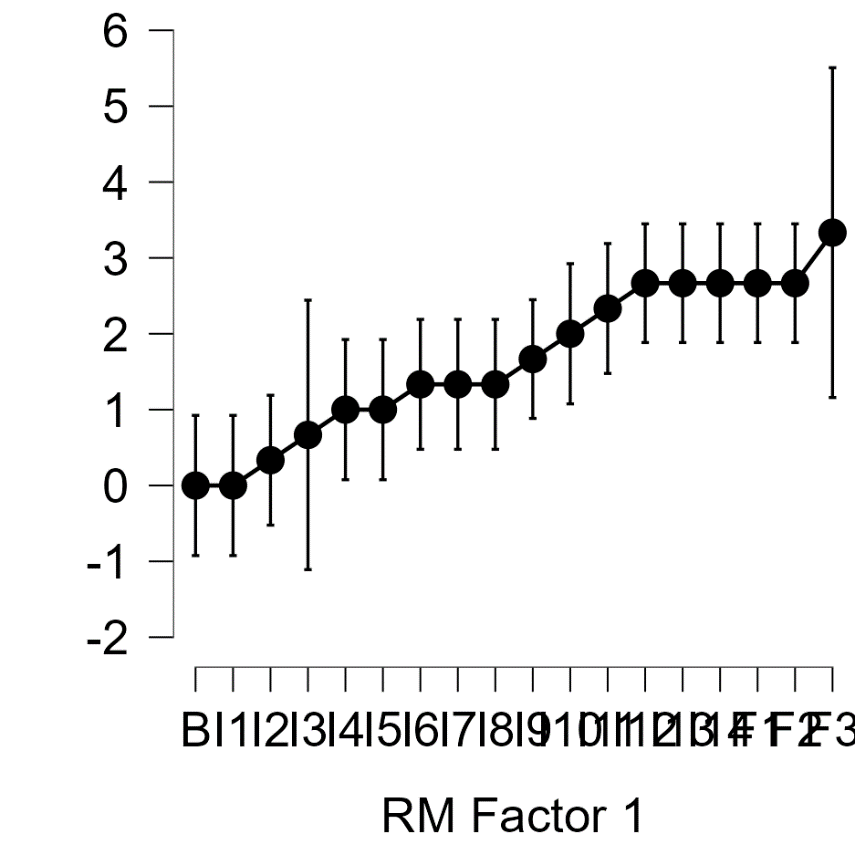
**Descriptives**

|  |  |  |  |
| --- | --- | --- | --- |
| **RM Factor 1** | **Mean** | **SD** | **N** |
| Intervensi 1 | 0.000 | 0.000 | 3 |
| Intervensi 10 | 2.000 | 0.000 | 3 |
| Intervensi 11 | 2.333 | 0.577 | 3 |
| Intervensi 12 | 2.667 | 0.577 | 3 |
| Intervensi 13 | 2.667 | 0.577 | 3 |
| Intervensi 14 | 2.667 | 0.577 | 3 |
| Intervensi 2 | 0.333 | 0.577 | 3 |
| Intervensi 3 | 0.667 | 0.577 | 3 |
| Intervensi 4 | 1.000 | 0.000 | 3 |
| Intervensi 5 | 1.000 | 0.000 | 3 |
| Intervensi 6 | 1.333 | 0.577 | 3 |
| Intervensi 7 | 1.333 | 0.577 | 3 |
| Intervensi 8 | 1.333 | 0.577 | 3 |
| Intervensi 9 | 1.667 | 0.577 | 3 |
| Baseline | 0.000 | 0.000 | 3 |
| Followup 1 | 2.667 | 0.577 | 3 |
| Followup 2 | 2.667 | 0.577 | 3 |
| Followup 3 | 3.333 | 1.155 | 3 |

 Keterangan:

Tabel serta grafikmenunjukkan bahwa modifikasi perilaku keterampilan binadiri siswa mengalami meningkatan setelah diberikan perlakuan dan bina diri siswa juga tetap bertahan pada posisi setelah diberikan perlakuan

**Descriptives plots**



**Post Hoc Tests**

| **Post Hoc Comparisons - RM Factor 1** | | | | |
| --- | --- | --- | --- | --- |
|  |  | **Mean Difference** | **SE** | **t** | | **pholm** |
| B | I1 | 8,88E-13 | 0.342 | 2,60E-12 | | 1.000 |
|  | I2 | -0.333 | 0.342 | -0.975 | | 1.000 |
|  | I3 | -0.667 | 0.342 | -1.950 | | 1.000 |
|  | I4 | -1.000 | 0.342 | -2.925 | | 0.476 |
|  | I5 | -1.000 | 0.342 | -2.925 | | 0.476 |
|  | I6 | -1.333 | 0.342 | -3.899 | | 0.045 |
|  | I7 | -1.333 | 0.342 | -3.899 | | 0.045 |
|  | I8 | -1.333 | 0.342 | -3.899 | | 0.045 |
|  | I9 | -1.667 | 0.342 | -4.874 | | 0.003 |
|  | I10 | -2.000 | 0.342 | -5.849 | | < .001 |
|  | I11 | -2.333 | 0.342 | -6.824 | | < .001 |
|  | I12 | -2.667 | 0.342 | -7.799 | | < .001 |
|  | I13 | -2.667 | 0.342 | -7.799 | | < .001 |
|  | I14 | -2.667 | 0.342 | -7.799 | | < .001 |
|  | F1 | -2.667 | 0.342 | -7.799 | | < .001 |
|  | F2 | -2.667 | 0.342 | -7.799 | | < .001 |
|  | F3 | -3.333 | 0.342 | -9.748 | | < .001 |
| I1 | I2 | -0.333 | 0.342 | -0.975 | | 1.000 |
|  | I3 | -0.667 | 0.342 | -1.950 | | 1.000 |
|  | I4 | -1.000 | 0.342 | -2.925 | | 0.476 |
|  | I5 | -1.000 | 0.342 | -2.925 | | 0.476 |
|  | I6 | -1.333 | 0.342 | -3.899 | | 0.045 |
|  | I7 | -1.333 | 0.342 | -3.899 | | 0.045 |
|  | I8 | -1.333 | 0.342 | -3.899 | | 0.045 |
|  | I9 | -1.667 | 0.342 | -4.874 | | 0.003 |
|  | I10 | -2.000 | 0.342 | -5.849 | | < .001 |
|  | I11 | -2.333 | 0.342 | -6.824 | | < .001 |
|  | I12 | -2.667 | 0.342 | -7.799 | | < .001 |
|  | I13 | -2.667 | 0.342 | -7.799 | | < .001 |
|  | I14 | -2.667 | 0.342 | -7.799 | | < .001 |
|  | F1 | -2.667 | 0.342 | -7.799 | | < .001 |
|  | F2 | -2.667 | 0.342 | -7.799 | | < .001 |
|  | F3 | -3.333 | 0.342 | -9.748 | | < .001 |
| I2 | I3 | -0.333 | 0.342 | -0.975 | | 1.000 |
|  | I4 | -0.667 | 0.342 | -1.950 | | 1.000 |
|  | I5 | -0.667 | 0.342 | -1.950 | | 1.000 |
|  | I6 | -1.000 | 0.342 | -2.925 | | 0.476 |
|  | I7 | -1.000 | 0.342 | -2.925 | | 0.476 |
|  | I8 | -1.000 | 0.342 | -2.925 | | 0.476 |
|  | I9 | -1.333 | 0.342 | -3.899 | | 0.045 |
|  | I10 | -1.667 | 0.342 | -4.874 | | 0.003 |
|  | I11 | -2.000 | 0.342 | -5.849 | | < .001 |
|  | I12 | -2.333 | 0.342 | -6.824 | | < .001 |
|  | I13 | -2.333 | 0.342 | -6.824 | | < .001 |
|  | I14 | -2.333 | 0.342 | -6.824 | | < .001 |
|  | F1 | -2.333 | 0.342 | -6.824 | | < .001 |
|  | F2 | -2.333 | 0.342 | -6.824 | | < .001 |
|  | F3 | -3.000 | 0.342 | -8.774 | | < .001 |
| I3 | I4 | -0.333 | 0.342 | -0.975 | | 1.000 |
|  | I5 | -0.333 | 0.342 | -0.975 | | 1.000 |
|  | I6 | -0.667 | 0.342 | -1.950 | | 1.000 |
|  | I7 | -0.667 | 0.342 | -1.950 | | 1.000 |
|  | I8 | -0.667 | 0.342 | -1.950 | | 1.000 |
|  | I9 | -1.000 | 0.342 | -2.925 | | 0.476 |
|  | I10 | -1.333 | 0.342 | -3.899 | | 0.045 |
|  | I11 | -1.667 | 0.342 | -4.874 | | 0.003 |
|  | I12 | -2.000 | 0.342 | -5.849 | | < .001 |
|  | I13 | -2.000 | 0.342 | -5.849 | | < .001 |
|  | I14 | -2.000 | 0.342 | -5.849 | | < .001 |
|  | F1 | -2.000 | 0.342 | -5.849 | | < .001 |
|  | F2 | -2.000 | 0.342 | -5.849 | | < .001 |
|  | F3 | -2.667 | 0.342 | -7.799 | | < .001 |
| I4 | I5 | -4,44E-13 | 0.342 | -1.299e-15 | | 1.000 |
|  | I6 | -0.333 | 0.342 | -0.975 | | 1.000 |
|  | I7 | -0.333 | 0.342 | -0.975 | | 1.000 |
|  | I8 | -0.333 | 0.342 | -0.975 | | 1.000 |
|  | I9 | -0.667 | 0.342 | -1.950 | | 1.000 |
|  | I10 | -1.000 | 0.342 | -2.925 | | 0.476 |
|  | I11 | -1.333 | 0.342 | -3.899 | | 0.045 |
|  | I12 | -1.667 | 0.342 | -4.874 | | 0.003 |
|  | I13 | -1.667 | 0.342 | -4.874 | | 0.003 |
|  | I14 | -1.667 | 0.342 | -4.874 | | 0.003 |
|  | F1 | -1.667 | 0.342 | -4.874 | | 0.003 |
|  | F2 | -1.667 | 0.342 | -4.874 | | 0.003 |
|  | F3 | -2.333 | 0.342 | -6.824 | | < .001 |
| I5 | I6 | -0.333 | 0.342 | -0.975 | | 1.000 |
|  | I7 | -0.333 | 0.342 | -0.975 | | 1.000 |
|  | I8 | -0.333 | 0.342 | -0.975 | | 1.000 |
|  | I9 | -0.667 | 0.342 | -1.950 | | 1.000 |
|  | I10 | -1.000 | 0.342 | -2.925 | | 0.476 |
|  | I11 | -1.333 | 0.342 | -3.899 | | 0.045 |
|  | I12 | -1.667 | 0.342 | -4.874 | | 0.003 |
|  | I13 | -1.667 | 0.342 | -4.874 | | 0.003 |
|  | I14 | -1.667 | 0.342 | -4.874 | | 0.003 |
|  | F1 | -1.667 | 0.342 | -4.874 | | 0.003 |
|  | F2 | -1.667 | 0.342 | -4.874 | | 0.003 |
|  | F3 | -2.333 | 0.342 | -6.824 | | < .001 |
| I6 | I7 | 8,88E-13 | 0.342 | 2,60E-12 | | 1.000 |
|  | I8 | 5,00E-13 | 0.342 | 1,46E-12 | | 1.000 |
|  | I9 | -0.333 | 0.342 | -0.975 | | 1.000 |
|  | I10 | -0.667 | 0.342 | -1.950 | | 1.000 |
|  | I11 | -1.000 | 0.342 | -2.925 | | 0.476 |
|  | I12 | -1.333 | 0.342 | -3.899 | | 0.045 |
|  | I13 | -1.333 | 0.342 | -3.899 | | 0.045 |
|  | I14 | -1.333 | 0.342 | -3.899 | | 0.045 |
|  | F1 | -1.333 | 0.342 | -3.899 | | 0.045 |
|  | F2 | -1.333 | 0.342 | -3.899 | | 0.045 |
|  | F3 | -2.000 | 0.342 | -5.849 | | < .001 |
| I7 | I8 | -3,89E-13 | 0.342 | -1. 136e-15 | | 1.000 |
|  | I9 | -0.333 | 0.342 | -0.975 | | 1.000 |
|  | I10 | -0.667 | 0.342 | -1.950 | | 1.000 |
|  | I11 | -1.000 | 0.342 | -2.925 | | 0.476 |
|  | I12 | -1.333 | 0.342 | -3.899 | | 0.045 |
|  | I13 | -1.333 | 0.342 | -3.899 | | 0.045 |
|  | I14 | -1.333 | 0.342 | -3.899 | | 0.045 |
|  | F1 | -1.333 | 0.342 | -3.899 | | 0.045 |
|  | F2 | -1.333 | 0.342 | -3.899 | | 0.045 |
|  | F3 | -2.000 | 0.342 | -5.849 | | < .001 |
| I8 | I9 | -0.333 | 0.342 | -0.975 | | 1.000 |
|  | I10 | -0.667 | 0.342 | -1.950 | | 1.000 |
|  | I11 | -1.000 | 0.342 | -2.925 | | 0.476 |
|  | I12 | -1.333 | 0.342 | -3.899 | | 0.045 |
|  | I13 | -1.333 | 0.342 | -3.899 | | 0.045 |
|  | I14 | -1.333 | 0.342 | -3.899 | | 0.045 |
|  | F1 | -1.333 | 0.342 | -3.899 | | 0.045 |
|  | F2 | -1.333 | 0.342 | -3.899 | | 0.045 |
|  | F3 | -2.000 | 0.342 | -5.849 | | < .001 |
| I9 | I10 | -0.333 | 0.342 | -0.975 | | 1.000 |
|  | I11 | -0.667 | 0.342 | -1.950 | | 1.000 |
|  | I12 | -1.000 | 0.342 | -2.925 | | 0.476 |
|  | I13 | -1.000 | 0.342 | -2.925 | | 0.476 |
|  | I14 | -1.000 | 0.342 | -2.925 | | 0.476 |
|  | F1 | -1.000 | 0.342 | -2.925 | | 0.476 |
|  | F2 | -1.000 | 0.342 | -2.925 | | 0.476 |
|  | F3 | -1.667 | 0.342 | -4.874 | | 0.003 |
| I10 | I11 | -0.333 | 0.342 | -0.975 | | 1.000 |
|  | I12 | -0.667 | 0.342 | -1.950 | | 1.000 |
|  | I13 | -0.667 | 0.342 | -1.950 | | 1.000 |
|  | I14 | -0.667 | 0.342 | -1.950 | | 1.000 |
|  | F1 | -0.667 | 0.342 | -1.950 | | 1.000 |
|  | F2 | -0.667 | 0.342 | -1.950 | | 1.000 |
|  | F3 | -1.333 | 0.342 | -3.899 | | 0.045 |
| I11 | I12 | -0.333 | 0.342 | -0.975 | | 1.000 |
|  | I13 | -0.333 | 0.342 | -0.975 | | 1.000 |
|  | I14 | -0.333 | 0.342 | -0.975 | | 1.000 |
|  | F1 | -0.333 | 0.342 | -0.975 | | 1.000 |
|  | F2 | -0.333 | 0.342 | -0.975 | | 1.000 |
|  | F3 | -1.000 | 0.342 | -2.925 | | 0.476 |
| I12 | I13 | 6,66E-13 | 0.342 | 1,95E-12 | | 1.000 |
|  | I14 | 0.000 | 0.342 | 0.000 | | 1.000 |
|  | F1 | 0.000 | 0.342 | 0.000 | | 1.000 |
|  | F2 | 4,44E-13 | 0.342 | 1,30E-12 | | 1.000 |
|  | F3 | -0.667 | 0.342 | -1.948e-15 | | 1.000 |
| I13 | I14 | -6,66E-13 | 0.342 | -1.948e-15 | | 1.000 |
|  | F1 | -6,66E-13 | 0.342 | -6.49e-16 | | 1.000 |
|  | F2 | -2,22E-13 | 0.342 | -1.950 | | 1.000 |
|  | F3 | -0.667 | 0.342 | -7.9750 | | 1.000 |
| I14 | F1 | 0.000 | 0.342 | 0.000 | | 1.000 |
|  | F2 | 4,44E-13 | 0.342 | 1,30E-12 | | 1.000 |
|  | F3 | -0.667 | 0.342 | -1.950 | | 1.000 |
| F1 | F2 | 4,44E-13 | 0.342 | 1,30E-12 | | 1.000 |
|  | F3 | -0.667 | 0.342 | -1.950 | | 1.000 |
| F2 | F3 | -0.667 | 0.342 | -1.950 | | 1.000 |
|  | | | | | | |

**Keterangan:**

* B : Baseline
* I1-I14 : Intervensi 1, Intervensi 2, Intervensi 3, dst
* F1- F3 : Followup 1-3
* Antara **Baseline** dengan Intervensi 1 hingga Intervensi 9 tidak ada perbedaan karena P>1000, p>0.476, p> 0.045, dan p>0.003. Namun, dari Intervensi hingga 14 serta Follow up 1 hingga Follow Up 3 terdapat perbedaan p<0.001
* Antara **Intervensi 1** dengan Intervensi 2 hingga Intervensi 9 tidak ada perbedaan karena P>1000, p>0.476, p> 0.045, dan p>0.003. Namun, dari Intervensi hingga 14 serta Follow up 1 hingga Follow Up 3 terdapat perbedaan p<0.001
* Antara  **Intervensi** **2** dengan Intervensi 3 hingga Intervensi 10 tidak ada perbedaan karena P>1000, p>0.476, p> 0.045, dan p>0.003. Namun, dari Intervensi hingga 14 serta Follow up 1 hingga Follow Up 3 terdapat perbedaan p<0.001
* Antara  **Intervensi** **3** dengan Intervensi 4 hingga Intervensi 11 tidak ada perbedaan karena P>1000, p>0.476, p> 0.045, dan p>0.003. Namun, dari Intervensi hingga 14 serta Follow up 1 hingga Follow Up 3 terdapat perbedaan p<0.001
* Antara  **Intervensi** **4** dengan Intervensi 5 hingga Intervensi 14, Followup 1 dan Follow up 2 tidak ada perbedaan karena P>1000, p>0.476, p> 0.045, dan p>0.003. Namun, dari Follow Up 3 terdapat perbedaan p<0.001
* Antara  **Intervensi** **5** dengan Intervensi 6 hingga Intervensi 14, Followup 1 dan Follow up 2 tidak ada perbedaan karena P>1000, p>0.476, p> 0.045, dan p>0.003. Namun, dari Follow up 3 terdapat perbedaan p<0.001
* Antara  **Intervensi** **6** dengan Intervensi 7 hingga Intervensi 14, Followup 1 dan Follow up 2 tidak ada perbedaan karena P>1000, p>0.476, p> 0.045. Namun, Namun, dari Follow up 3 terdapat perbedaan p<0.001
* Antara  **Intervensi** **7** dengan Intervensi 8 hingga Intervensi 14, Followup 1 dan Follow up 2 tidak ada perbedaan karena P>1000, p>0.476, p> 0.045. Namun, Namun, dari Follow up 3 terdapat perbedaan p<0.001
* Antara  **Intervensi** **8** dengan Intervensi 9 hingga Intervensi 14, Followup 1 dan Follow up 2 tidak ada perbedaan karena P>1000, p>0.476, p> 0.045. Namun, Namun, dari Follow up 3 terdapat perbedaan p<0.001
* Antara  **Intervensi** **9** dengan Intervensi 10 hingga Intervensi 14, Followup 1 hingga Follow up 3 tidak ada perbedaan karena P>1000, p>0.476, p> 0.045, dan p>0.003.
* Antara  **Intervensi** **10** dengan Intervensi 11 hingga Intervensi 14, Followup 1 hingga Follow up 3 tidak ada perbedaan karena P>1000, p>0.476, p> 0.045, dan p>0.003.
* Antara  **Intervensi** **11** dengan Intervensi 11 hingga Intervensi 14, Followup 1 hingga Follow up 3 tidak ada perbedaan karena P>1000, dan p>0.476.
* Antara  **Intervensi** **12** dengan Intervensi 13 dan Intervensi 14, Followup 1 hingga Follow up 3 tidak ada perbedaan karena P>1000.
* Antara  **Intervensi** **13** dengan Intervensi 14, Followup 1 hingga Follow up 3 tidak ada perbedaan karena P>1000, dan p>0.476.
* Antara  **Intervensi** **14** dengan Followup 1 hingga Follow up 3 tidak ada perbedaan karena P>1000.
* Antara  **Followup 1** dengan Followup 2 dan Follow up 3 tidak ada perbedaan karena P>1000.
* Antara  **Followup 2** dengan Followup 3 tidak ada perbedaan karena P>1000.