**Hasil Analisis JASP 0.16 *for Windows*:**

1. Uji Validitas dan Uji Reliabilitas

Uji validitas skala kebersyukuran dilakukan untuk menguji item yang valid. Hasil dari uji validitas pada skala kebersyukuran terdiri dari 16 item dengan indeks Corrected Item-Total Correlation rix≥0.30. Hasil uji reliabilitas skala kebersyukuran memiliki nilai 0.977. Hal ini menunjukkan reliabilitasnya (α) > 0.90 sehingga skala kebersyukuran dikatakan mempunyai reliabilitas yang sempurna. Pada skala regulasi emosi memiliki hasil uji validitas terdiri dari 16 item dengan 6 item yang gugur (rix<0.30). Kemudian melakukan putaran kedua untuk menguji validitas pada skala regulasi emosi. Rentang daya diskriminasi item yang gugur yaitu -0.025-0.145. Item yang gugur dihilangkan dan 10 item tersisa dilakukan uji validitas terdiri dari 10 item memiliki indeks (rix ≥0.30). pada tahap ini terdapat rentang indeks diskriminasi item antara 0.369-0.946. Hasil uji reliabilitas skala regulasi emosi yaitu 0.941. Hal ini menunjukkan koefisien reliabilitasnya (α)> 0.90 sehingga skala regulasi emosi dapat dikatakan mempunyai reliabilitas yang sempurna. Sedangkan untuk uji validitas skala *subjective well-being* memiliki 38 item dengan indeks (rix≥30). Pada tahap ini memiliki daya diskriminasi item antara 0.342-0.634. Hasil uji reliabilitas skala *subjective well-being* yaitu 0.924. hal ini menunjukkan koefisien reliabilitas (α)>0.90 sehingga skala *subjective well-being* dapat dikatakan reliabilitas yang sempurna.

Tabel 1. Uji Validitas Skala Kebersyukuran

|  | | | | | |
| --- | --- | --- | --- | --- | --- |
|  | | **If item dropped** | |  | |
| **Item** | | **Cronbach's α** | | **Item-rest correlation** | |
| X1.1 |  | 0.973 |  | 0.989 |  |
| X1.2 |  | 0.973 |  | 0.986 |  |
| X1.3 |  | 0.973 |  | 0.987 |  |
| X1.4 |  | 0.973 |  | 0.989 |  |
| X1.5 |  | 0.974 |  | 0.982 |  |
| X1.6 |  | 0.974 |  | 0.981 |  |
| X1.7 |  | 0.974 |  | 0.980 |  |
| X1.8 |  | 0.976 |  | 0.829 |  |
| X1.9 |  | 0.976 |  | 0.822 |  |
| X1.10 |  | 0.974 |  | 0.982 |  |
| X1.11 |  | 0.974 |  | 0.982 |  |
| X1.12 |  | 0.974 |  | 0.935 |  |
| X1.13 |  | 0.984 |  | 0.091 |  |
| X1.14 |  | 0.976 |  | 0.795 |  |
| X1.15 |  | 0.974 |  | 0.918 |  |
| X1.16 |  | 0.984 |  | 0.058 |  |
|  | | | | | |

Tabel 2. Uji Reliabilitas Skala Kebersyukuran

|  | | | |
| --- | --- | --- | --- |
| **Estimate** | | **Cronbach's α** | |
| Point estimate |  | 0.977 |  |
| 95% CI lower bound |  | 0.974 |  |
| 95% CI upper bound |  | 0.980 |  |
|  | | | |
| *Note.*   Variables X1.1 and X1.4 correlated perfectly. Variables X1.10 and X1.11 correlated perfectly. | | | |

Tabel 3. Uji Validitas Skala Regulasi Emosi

| **Frequentist Individual Item Reliability Statistics** | | | | | |
| --- | --- | --- | --- | --- | --- |
|  | | **If item dropped** | |  | |
| **Item** | | **Cronbach's α** | | **Item-rest correlation** | |
| X2.1 |  | 0.821 |  | 0.375 |  |
| X2.2 |  | 0.792 |  | 0.870 |  |
| X2.3 |  | 0.823 |  | 0.352 |  |
| X2.4 |  | 0.839 |  | 0.145 |  |
| X2.5 |  | 0.818 |  | 0.429 |  |
| X2.6 |  | 0.794 |  | 0.817 |  |
| X2.7 |  | 0.792 |  | 0.870 |  |
| X2.8 |  | 0.839 |  | 0.045 |  |
| X2.9 |  | 0.792 |  | 0.870 |  |
| X2.10 |  | 0.845 |  | 0.039 |  |
| X2.11 |  | 0.792 |  | 0.870 |  |
| X2.12 |  | 0.843 |  | 0.046 |  |
| X2.13 |  | 0.792 |  | 0.870 |  |
| X2.14 |  | 0.837 |  | 0.108 |  |
| X2.15 |  | 0.793 |  | 0.859 |  |
| X2.16 |  | 0.843 |  | -0.025 |  |
|  | | | | | |

Untuk menemukan item yang valid, skala regulasi emosi melakukan putaran kedua untuk uji validitas :

Tabel 4. Uji Validitas Skala Regulasi Emosi

|  | | | | | |
| --- | --- | --- | --- | --- | --- |
|  | | **If item dropped** | |  | |
| **Item** | | **Cronbach's α** | | **Item-rest correlation** | |
| X2.1 |  | 0.952 |  | 0.395 |  |
| X2.2 |  | 0.926 |  | 0.946 |  |
| X2.3 |  | 0.953 |  | 0.369 |  |
| X2.5 |  | 0.950 |  | 0.437 |  |
| X2.6 |  | 0.929 |  | 0.877 |  |
| X2.7 |  | 0.926 |  | 0.946 |  |
| X2.9 |  | 0.926 |  | 0.946 |  |
| X2.11 |  | 0.926 |  | 0.946 |  |
| X2.13 |  | 0.926 |  | 0.946 |  |
| X2.15 |  | 0.927 |  | 0.927 |  |
|  | | | | | |

Tabel 5. Uji Relibilitas Skala Regulasi Emosi

| **Frequentist Scale Reliability Statistics** | | | |
| --- | --- | --- | --- |
| **Estimate** | | **Cronbach's α** | |
| Point estimate |  | 0.941 |  |
| 95% CI lower bound |  | 0.929 |  |
| 95% CI upper bound |  | 0.951 |  |
|  | | | |
| *Note.*   Variables X2.2 and X2.7 correlated perfectly. Variables X2.2 and X2.9 correlated perfectly. Variables X2.7 and X2.9 correlated perfectly. Variables X2.2 and X2.11 correlated perfectly. Variables X2.7 and X2.11 correlated perfectly. Variables X2.9 and X2.11 correlated perfectly. Variables X2.2 and X2.13 correlated perfectly. Variables X2.7 and X2.13 correlated perfectly. Variables X2.9 and X2.13 correlated perfectly. Variables X2.11 and X2.13 correlated perfectly. | | | |

Tabel 6. Uji Validitas Skala *Subjective Well-Being*

| **Frequentist Individual Item Reliability Statistics** | | | | | |
| --- | --- | --- | --- | --- | --- |
|  | | **If item dropped** | |  | |
| **Item** | | **Cronbach's α** | | **Item-rest correlation** | |
| Y1 |  | 0.923 |  | 0.409 |  |
| Y2 |  | 0.921 |  | 0.525 |  |
| Y3 |  | 0.922 |  | 0.442 |  |
| Y4 |  | 0.923 |  | 0.394 |  |
| Y5 |  | 0.922 |  | 0.479 |  |
| Y6 |  | 0.921 |  | 0.534 |  |
| Y7 |  | 0.921 |  | 0.585 |  |
| Y8 |  | 0.923 |  | 0.342 |  |
| Y9 |  | 0.924 |  | 0.409 |  |
| Y10 |  | 0.921 |  | 0.585 |  |
| Y11 |  | 0.922 |  | 0.479 |  |
| Y12 |  | 0.924 |  | 0.363 |  |
| Y13 |  | 0.922 |  | 0.457 |  |
| Y14 |  | 0.920 |  | 0.609 |  |
| Y15 |  | 0.921 |  | 0.544 |  |
| Y16 |  | 0.922 |  | 0.440 |  |
| Y17 |  | 0.921 |  | 0.520 |  |
| Y18 |  | 0.921 |  | 0.516 |  |
| Y1.1 |  | 0.921 |  | 0.563 |  |
| Y1.2 |  | 0.921 |  | 0.526 |  |
| Y1.3 |  | 0.923 |  | 0.390 |  |
| Y1.4 |  | 0.921 |  | 0.563 |  |
| Y1.5 |  | 0.923 |  | 0.352 |  |
| Y1.6 |  | 0.920 |  | 0.634 |  |
| Y1.7 |  | 0.922 |  | 0.507 |  |
| Y1.8 |  | 0.921 |  | 0.521 |  |
| Y1.9 |  | 0.921 |  | 0.563 |  |
| Y1.10 |  | 0.922 |  | 0.507 |  |
| Y1.11 |  | 0.923 |  | 0.352 |  |
| Y1.12 |  | 0.923 |  | 0.352 |  |
| Y1.13 |  | 0.921 |  | 0.521 |  |
| Y1.14 |  | 0.921 |  | 0.534 |  |
| Y1.15 |  | 0.922 |  | 0.507 |  |
| Y1.16 |  | 0.923 |  | 0.390 |  |
| Y1.17 |  | 0.922 |  | 0.507 |  |
| Y1.18 |  | 0.921 |  | 0.560 |  |
| Y1.19 |  | 0.923 |  | 0.390 |  |
| Y1.20 |  | 0.923 |  | 0.354 |  |
|  | | | | | |

Tabel 7. Uji Reliabilitas Skala Subjective Well-Being

| **Frequentist Scale Reliability Statistics** | | | |
| --- | --- | --- | --- |
| **Estimate** | | **Cronbach's α** | |
| Point estimate |  | 0.924 |  |
| 95% CI lower bound |  | 0.910 |  |
| 95% CI upper bound |  | 0.936 |  |
|  | | | |
| *Note.*   Variables Y5 and Y11 correlated perfectly. Variables Y1.1 and Y1.4 correlated perfectly. Variables Y1.1 and Y1.9 correlated perfectly. Variables Y1.4 and Y1.9 correlated perfectly. Variables Y1.7 and Y1.10 correlated perfectly. Variables Y1.5 and Y1.11 correlated perfectly. Variables Y1.5 and Y1.12 correlated perfectly. Variables Y1.11 and Y1.12 correlated perfectly. Variables Y1.8 and Y1.13 correlated perfectly. Variables Y1.7 and Y1.15 correlated perfectly. Variables Y1.10 and Y1.15 correlated perfectly. Variables Y1.3 and Y1.16 correlated perfectly. Variables Y1.7 and Y1.17 correlated perfectly. Variables Y1.10 and Y1.17 correlated perfectly. Variables Y1.15 and Y1.17 correlated perfectly. Variables Y1.3 and Y1.19 correlated perfectly. Variables Y1.16 and Y1.19 correlated perfectly. | | | |

1. Uji Normalitas dan Uji Linieritas

Tabel 8. Uji Normalitas

|  | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | | **Shapiro-Wilk** | | **P** | |
| Kebersyukuran |  |  | 0.821 |  | < .001 |  |  |
| Regulasi Emosi |  |  | 0.938 |  | < .001 |  |  |
| *Subjective Well-Being* |  |  | 0.977 |  | < .001 |  |  |
|  | | | | | | | |

Berdasarkan Tabel 1. terdapat hasil uji normalitas penelitian ini yaitu terdapat pada tabel uji normalitas *Shapiro-Wilk* kebersyukuran (X1) memiliki nilai signifikan 0.821 <0.001, variabel regulasi emosi (X2) memiliki nilai signifikan 0.938 < 0.001, dan *subjective well-being*(Y) memiliki nilai signifikan 0.977 < 0.001 sehingga dapat disimpulkan bahwa ketiga variabel tersebut terdistribusi normal. Selanjutnya peneliti melakukan uji linieritas menggunakan teknik ANOVA pada program JASP 0.16 *for Windows*:

Tabel 9. Uji linieritas

|  | | | | | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Model** | |  | | **Sum of Squares** | | **df** | | **Mean Square** | | **F** | | **p** | |
| H₁ |  | Regression |  | 29534.176 |  | 2 |  | 14767.088 |  | 32.314 |  | < .001 |  |
|  |  | Residual |  | 128868.435 |  | 282 |  | 456.980 |  |  |  |  |  |
|  |  | Total |  | 158402.611 |  | 284 |  |  |  |  |  |  |  |
|  | | | | | | | | | | | | | |

Pada tabel diatas, terdapat uji linieritas pada variabel kebersyukuran (X1) dan regulasi emosi (X2) dengan *subjective well-being* (Y) dimana F=32.314 dan p=<0.001 yang artinya memiliki hubungan linier. Setelah dilakukan uji normalitas dan uji linieritas, data penelitian kemudian dianalisis deskriptif, sebagai berikut:

1. Deskripsi Data

Tabel 10. Deskripsi Data

| **Variabel** | | **Mean** | | **Std. Deviation** | | **Range** |
| --- | --- | --- | --- | --- | --- | --- |
| Kebersyukuran |  | 53.302 |  | 11.307 |  | 45.000 |  |  |
| Regulasi Emosi |  | 49.596 |  | 7.647 |  | 38.000 |  |  |
| *Subjective Well-Being* |  | 166.453 |  | 23.617 |  | 123.000 |  |  |

Berdasarkan Tabel 3. variabel kebersyukuran (X1) memiliki nilai rata-rata sebesar 53.302 dengan nilai standar deviasi 11.307. Variabel regulasi emosi (X2) memiliki nilai rata-rata sebesar 49.596 dengan standar deviasi 7.647. Sedangkan variabel *subjective well-being* (Y) memiliki nilai rata-rata 166.453 dengan standar deviasi 23.617.

1. Uji Hipotesis

Tabel 11. Korelasi *Pearson*

| **Variabel** |  | |  | | | **Pearson's r** | | | **P** | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| *Subjective Well-Being* |  | - | |  | Kebersyukuran | |  | 0.408 | |  | < .001 |  |
| *Subjective Well-Being* |  | - | |  | Regulasi Emosi | |  | 0.428 | |  | < .001 |  |
| Kebersyukuran |  | - | |  | Regulasi Emosi | |  | 0.892 | |  | < .001 |  |
|  | | | | | | | | | | | |

Selanjutnya, berdasarkan tabel diatas variabel kebersyukuran (X1) dengan *subjective well-being* (Y) memiliki nilai signifikan sebesar 0.408 dengan p=< 0.001 artinya terdapat hubungan antara kebersyukuran (X1) dengan *subjective well-being* (Y). Sedangkan variabel regulasi emosi (X1) dengan *subjective well-being* (Y)cmemiliki nilai signifikan 0.428 dengan p=<0.001 artinya terdapat hubungan antara regulasi emosi (X2) dengan *subjective well-being* (Y).

Tabel 12.Uji R *Square*

| **Model** | | **R** | | **R²** | | **Adjusted R²** | | **RMSE** | | **R² Change** | | **F Change** | | **df1** | | **df2** | | **p** | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| H₀ |  | 0.000 |  | 0.000 |  | 0.000 |  | 23.617 |  | 0.000 |  |  |  | 0 |  | 284 |  |  |  |
| H₁ |  | 0.432 |  | 0.186 |  | 0.181 |  | 21.377 |  | 0.186 |  | 32.314 |  | 2 |  | 282 |  | < .001 |  |
|  | | | | | | | | | | | | | | | | | | | |

Ringkasan analisis pada tabel diatas menunjukan nilai signifikan p<0.001 dengan F hitung sebesar 32.314. Kebersyukuran (X1) dan regulasi emosi (X2) secara simultan mempengaruhi *subjective well-being* (Y). Selain itu, didapatkan R senilai 0.432 dengan nilai R *Square*= 0.186 x 100% = 18.6%. Artinya variabel kebersyukuran dan regulasi emosi mempengaruhi sebesar 18.6% terhadap *subjective well-being* dan 81.4% dari variabel lain.