* 1. **BLUEPRINT SKALA PENYESUAIAN DIRI**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| NO | Aspek | Nomor Aitem | | Total |
| Favorable | Nonfavorable |
| 1 | Memiliki hubungan interpsonal yang baik | 1, 3, 5, 7 | 2, 4, 6, 8 | 8 |
| 2 | Kemampuan untuk beradaptasi dengan tekanan atau stres | 9, 11, 13, 15 | 10, 12, 14, 16 | 8 |
| 3 | Mempunyai gambaran diri yang positif | 17, 19, 21, 23 | 18, 20, 22, 24 | 8 |
| 4 | Kemampuan untuk mengekspresikan emosi dengan baik | 25, 27, 29 | 26, 28, 30 | 6 |
| 5 | Memiliki persepsi terhadap realita | 31, 32, 33, 36 | 34, 35, 37 | 7 |
| Total Aitem | | | | 37 |

* 1. **BLUEPRINT SKALA BERPIKIR POSITIF**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| NO | Aspek | Aitem | | Jumlah |
| Favorable | Unfavorable |
| 1 | Sel Confidance | 1, 2,3,4,5,6 | - | 6 |
| 2 | Self Statisfication | 7,8,9,10,11,12,13,14,15,16,17,18,19,20 | - | 14 |
| 3 | Optimism | 21,22,23,24,25,26,27,28,29,30 | - | 10 |
| 4 | Appreciation | 31,32,33,34,35,36 | - | 6 |
| Jumlah | | |  | 36 |

* 1. **BLUEPRINT SKALA DUKUNGAN KELUARGA**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| NO | Aspek | Aitem | | Jumlah |
| Favorable | Unfavorable |
| 1 | Pengarahan | 2, 16 | 3, 19 | 4 |
| 2 | Hubungan yang dapat diandalkan | 1, 23 | 10, 18 | 4 |
| 3 | Berkesempatan untuk mengasuh | 4, 7 | 15, 24 | 4 |
| 4 | Keyakinan akan harga diri | 13, 20 | 6, 9 | 4 |
| 5 | Kasih sayang | 11, 17 | 2, 21 | 4 |
| 6 | Integritas sosial | 5, 8 | 14, 22 | 4 |
| Jumlah | | 12 | 12 | 24 |