**Paired Samples T-Test**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Measure 1** | |  | | **Measure 2** | | **t** | | **df** | | **p** | | **Mean Difference** | | **SE Difference** | | **Cohen's d** | |
| PRE-TEST |  | - |  | POST-TEST |  | 2.729 |  | 34 |  | 0.010 |  | 5.143 |  | 1.885 |  | 0.461 |  |
|  | | | | | | | | | | | | | | | | | |
| *Note.*  Student's t-test. | | | | | | | | | | | | | | | | | |

Hasil uji T menunjukkan bahwa terdapat perbedaan yang signifikan pada tingkat stress kerja sebelum diberikan psikoedukasi manajemen stress dan setelah diberi psikoedukasi manajamen stress dengan perbedaan rerata 5.143 (*mean difference*), t-score menunjukkan 2.729 dan p = 0.010 < 0.005, nilai cohen’s d menunjukkan adanya efek yang cukup besar yaitu 0.461.

**Assumption Checks**

| **Test of Normality (Shapiro-Wilk)** | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | |  | |  | | **W** | | **p** | |
| Pre-Test |  | - |  | Post-Test |  | 0.974 |  | 0.576 |  |
|  | | | | | | | | | |
| *Note.*  Significant results suggest a deviation from normality. | | | | | | | | | |

Berdasarkan uji normalitas tersebut menunjukkan nilai p = 0.576 > 0.05. Data terdistribusi normal.

**Descriptives**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | **N** | | **Mean** | | **SD** | | **SE** | | **Coefficient of variation** | |
| PRE-TEST |  | 35 |  | 93.629 |  | 14.124 |  | 2.387 |  | 0.151 |  |
| POST-TEST |  | 35 |  | 88.486 |  | 12.910 |  | 2.182 |  | 0.146 |  |
|  | | | | | | | | | | | |

**Descriptives Plots**

**Pre-Test – Post-Test**

Chart, line chart, box and whisker chart

Description automatically generatedBerdasarkan uji deskriptif menunjukkan adanya penurunan stress kerja pada guru setelah diberikan psikoedukasi manajemen stress.