**BLUEPRINT**

# Blueprint Skala Psychological Well-Being

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| --- | --- | --- | --- |
| **Aspek** | **Sebaran aitem** | | **Jumlah** |
| *favorable* | *unfavorable* |
| Otonomi | 10,16 | 7 | 3 |
| Penguasaan Lingkungan | 1, 8 | 4 | 3 |
| Pertumbuhan Pribadi | 5, 13 | 17 | 3 |
| Hubungan Positif | 11 | 6, 14 | 3 |
| Tujuan Hidup | 15,18 | 2 | 3 |
| Penerimaan Diri | 3,9 | 12 | 3 |
| Total |  |  | 18 |

* + - 1. **Blueprint Skala Self Compassion**

|  |  |  |  |
| --- | --- | --- | --- |
| **No.** | **Komponen** | **Nomor Item** | |
| ***Favorable*** | ***Unfavorable*** |
| 1. | *Self Kindness* | 5, 12, 19, 23, 26 | - |
| 2. | *Self Judgment* | - | 1, 8, 11,16, 21 |
| 3. | *Common Humanity* | 3, 7, 10, 15 | - |
| 4. | *Isolation* | - | 4, 13, 18, 25 |
| 5. | *Mindfulness* | 9, 14, 17, 22 | - |
| 6. | *Over Identification* | - | 2, 6, 20, 24 |
| TOTAL | | 13 | 13 |

# Blueprint Skala Work-Family Conflict

|  |  |  |
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| **No.** | **Komponen** | **Nomor Item** |
| 1. | *Time-based* WIF | 3, 5, 1 |
| 2. | *Time-based* FIW | 7, 12, 8 |
| 3. | *Strain-based* WIF | 2, 10, 16 |
| 4. | *Strain-based* FIW | 13, 6, 17 |
| 5. | *Behavior-based* WIF | 9, 4, 11 |
| 6. | *Behavior-based* FIW | 15, 18, 14 |
| TOTAL | | 18 |