**Blue Print Penelitian Dukungan sosial Dan Kesejahteraan Psikologis Sebagai Prediktor Stres Akadmik Pada Siswa Sekolah Menengah Kejuruan**

1. **Blue Print Skala Stres Akademik**

|  |  |  |  |
| --- | --- | --- | --- |
| No. | Aspek | Butir Fafovarble | Jumlah |
| 1. | *Biological* | 1,5,9,13,17 | 5 |
| 2. | *Psychological (cognition)* | 2,6,10,14,18 | 5 |
| 3. | *Psychosocial (emotion)* | 3,7,11,15,19 | 5 |
| 4. | *Psychosocial (social behavior)* | 4,8,12,16,20 | 5 |

1. **Blue Print Skala Dukungan Sosial**

|  |  |  |
| --- | --- | --- |
| Skala (# item) | Nomor Item | jumlah |
| *Subskala* |  |  |
| Dukungan Emosional/ informatif | 2, 3, 7, 8, 12, 15, 16,18 | 8 |
| Dukungan nyata | 1, 4, 11, 14 | 4 |
| Dukungan afektif | 5, 9,13, 19 | 4 |
| Interaksi Sosial Positif | 6, 10, 17 | 3 |

1. **Blue Print Skala Kesejahteraan Psikologis**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| No. | Aspek | Nomor Item | | Jumlah |
| Favorable | Unfavorable |
| 1. | Autonomy | 1, | 2,3 | 3 |
| 2. | Environmental Mastery | 4,5 | 6 | 3 |
| 3. | Personal Growth | 7,8 | 9 | 3 |
| 4. | Positive Relation with other | 10 | 11,12 | 3 |
| 5. | Purpose In Live | 13,14 | 15 | 3 |
| 6. | Self Acceptance | 16,17 | 18 | 3 |