**Blueprint Work-Life Balance**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No** | **Dimensi** | **Aitem Favourable** | **Aitem Unfavourable** | **Jumlah** |
| Nomor Aitem | Nomor Aitem |
| 1 | Work Interference  with Personal Life |  | 1,2,3,4,5 | 5 |
| 2 | Personal Life  Interference with  Work |  | 6,7,8,9,10,11 | 6 |
| 3 | Work Enhancement of  Personal Life | 12,13,14 |  | 3 |
| 4 | Personal Life  Enchancement of  Work | 15,16,17 |  | 3 |
| Total | | 6 | 11 | 17 |

**Blueprint Psychological Well-Being**

Sebelum

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No** | **Dimensi** | **Aitem** | **Aitem** | **Jumlah** |
| **Favorable** | **Unfavorable** |
| **1** | Autonomy | 1,7, 25, 37 | 13, 19, 31 | 7 |
| **2** | Environmental *Mastery* | 2, 20, 38 | 8, 14, 26, 32 | 7 |
| **3** | *Personal Growth* | 9, 21, 33 | 3, 15, 27, 39 | 7 |
| **4** | *Positive Relations With Others* | 4, 22, 28, 40 | 10, 16, 34 | 7 |
| **5** | *Purpose in Life* | 11, 29, 35 | 5, 17, 23, 41 | 7 |
| **6** | Self-Acceptance | 6, 12, 24, 42 | 18, 30, 36 | 7 |
| **Total** | | **21** | **21** | **42** |

Sesudah

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No** | **Dimensi** | **Aitem** | **Aitem** | **Jumlah** |
| **Favorable** | **Unfavorable** |
| **1** | Autonomy | 37 | 13, 31 | 3 |
| **2** | Environmental *Mastery* | 20, 38 | 14, 26, 32 | 5 |
| **3** | *Personal Growth* | 9, 21, 33 | 3, 27, 39 | 6 |
| **4** | *Positive Relations With Others* | 4, 28 | 10, 16, 34 | 5 |
| **5** | *Purpose in Life* | 11, 29, 35 | 5, 23 | 5 |
| **6** | Self-Acceptance | 12, 24 | 30 | 3 |
| **Total** | | **13** | **14** | **27** |