**Blueprint Dukungan Sosial**

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| **Aspek** | **Indikator** | **Favorabel** | **Unfavorabel** |
| Dukungan Emosial | Kehangatan, kasih sayang, perhatian, simpati | 3,4,5,7 | 16,24,35,38,39,34 |
| Dukungan Penilaian | Penghargaan, penilaian yang positif, memberi dorongan, semangat dan pujian | 15,17,1 | 20,32,36,37 |
| Dukungan Instrumental | Memberi bantuan biaya, bantuan fasilitas, memberi bantuan pelayanan | 2,6,9,10,18,21,22,26,28 | 11,12,23,25,29,31,40 |
| Dukungan Informasi | Memberi informasi, nasehat, saran, petunjuk dan sugesti | 8,13,14,19 | 27,30,33 |

**Blueprint Coping Stress**

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| **Aspek** | **Indikator** | **Favorabel** | **Unfavorabel** |
| Problem Focused Coping | Mencari dukungan social | 8, 9,11, 18, 34 | 13, 16, 20, 27,40, |
| Melakukan pemecahan masalah | 1, 2, 3, 4, 8, 22, 30, 33 | 5, 10, 12, 15, 23, 24, 26, 32 |
| Emotion Focused Coping | Kontrol diri | 6, 14, 36, 28 | 21, 25, 29, 32,  35, 37, 38 |
|  | Menilai masalah secara positif | 7, 14, 31, | 17, 19, 39, 40 |