1. **Blueprint Skala *Self Compassion***

|  |  |  |  |
| --- | --- | --- | --- |
| No | Aspek - Subskala | Nomor Aitem | Jumlah |
| 1 | Mengasihi Diri (Favorable) | 5,12,19,23,26 | 5 |
| 2 | Menghakimi Diri (Unfavorable) | 1,8,11,16,21 | 5 |
| 3 | Kemanusiaan Universal (Favorable) | 3,7,10,15 | 4 |
| 4 | Isolasi (Unfavorable) | 4,13,18,25 | 4 |
| 5 | Kewawasan (Favorable) | 9,14,17,22 | 4 |
| 6 | Overidentifikasi (Unfavorable) | 2,6,20,24 | 4 |
| Total | | | 26 |

1. **Blueprint Skala Dukungan Sosial**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| No. | Aspek | Indikator | Nomor Aitem | | Jumlah |
| Favorable | Unfavorable |
| 1. | Dukungan Emosional | Rasa Empati | 5 | 18 | 8 |
| Perhatian | 1 | 19 |
| Kepedulian | 2 | 17 |
| Dorongan | 20 | 4 |
| 2 | Dukungan Instrumental | Bantuan Meminjamkan | 21 | 3 | 4 |
| Bantuan Kebutuhan | 13 | 10 |
| 3 | Dukungan Informasional | Nasihat | 16 | 6 | 8 |
| Arahan | 22 | 7 |
| Saran | 8 | 14 |
| Feedback | 9 | 15 |
| 4 | Dukungan Persahabatan | Kehadiran/Ketersediaan | 23 | 11 | 4 |
| Meluangkan Waktu | 24 | 12 |
| Total | | | | | 24 |

1. **Blueprint Skala *Body Dissatisfaction***

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| No. | Aspek | Nomor Aitem | | Jumlah |
| Favorable | Unfavorable |
| 1. | Penilaian Negatif Terhadap Tubuh | 3,6,10 | 1,9 | 5 |
| 2. | Perasaan Malu Terhadap Bentuk Tubuh | 2,5,8 | 4,15 | 5 |
| 3. | *Body Checking* | 7 | 16 | 2 |
| 4. | Kamufalse Tubuh | 11 | 12 | 2 |
| 5. | Penghindaran Aktivitas Sosial | 13,17,18 | 14,19 | 5 |
| Total | | | | 19 |