1. **Blueprint Skala Berpikir Positif**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Variabel** | **Aspek** | **Nomor Aitem Favorable** | **Nomer Aitem Unfavorable** | **Jumlah Aitem** |
| Berpikir Positif | Harapan yang positif | 1 | 2, 9 | 3 |
|  | Afirmasi diri | 3, 13 | 4 | 3 |
|  | Pernyataan yang tidak menilai | 5, 10, 14 | 6, 11, 15 | 6 |
|  | Penyesuaian diri yang realistis | 7 | 8, 12, 16 | 4 |
| Total |  | 7 | 9 | 16 |

1. **Blueprint Skala Efikasi Diri**

|  |  |  |  |
| --- | --- | --- | --- |
| **Variabel** | **Aspek** | **Nomor Aitem** | **Jumlah Aitem** |
|  | Magnitude (Tingkatan) | 1, 2, 3, 4, 5, 6 | 6 |
| Efikasi Diri | Generality (Generalitas) | 7, 8, 9, 10, 11, 12 | 6 |
|  | Strength (Kekuatan) | 13, 14, 15, 16, 17, 18 | 6 |
|  | Total | 18 | 18 |

1. **Blueprint Skala Kecemasan Berbicara Di Depan Umum**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Variabel** | **Aspek** | **Nomor Aitem Favorable** | **Nomor Aitem Unfavorable** | **Jumlah Aitem** |
|  | Fisik | 1, 2, 3, 4, 5 | 6, 7, 8, 9, 10 | 10 |
| Kecemasan Berbicara Di Depan Umum | Emosional | 11, 12 | 15 | 3 |
|  | Mental | 13, 14, 18, 19, 20, 21, 24, 25 | 16, 17 , 22, 23, 26 | 13 |
| Total |  | 15 | 11 | 26 |