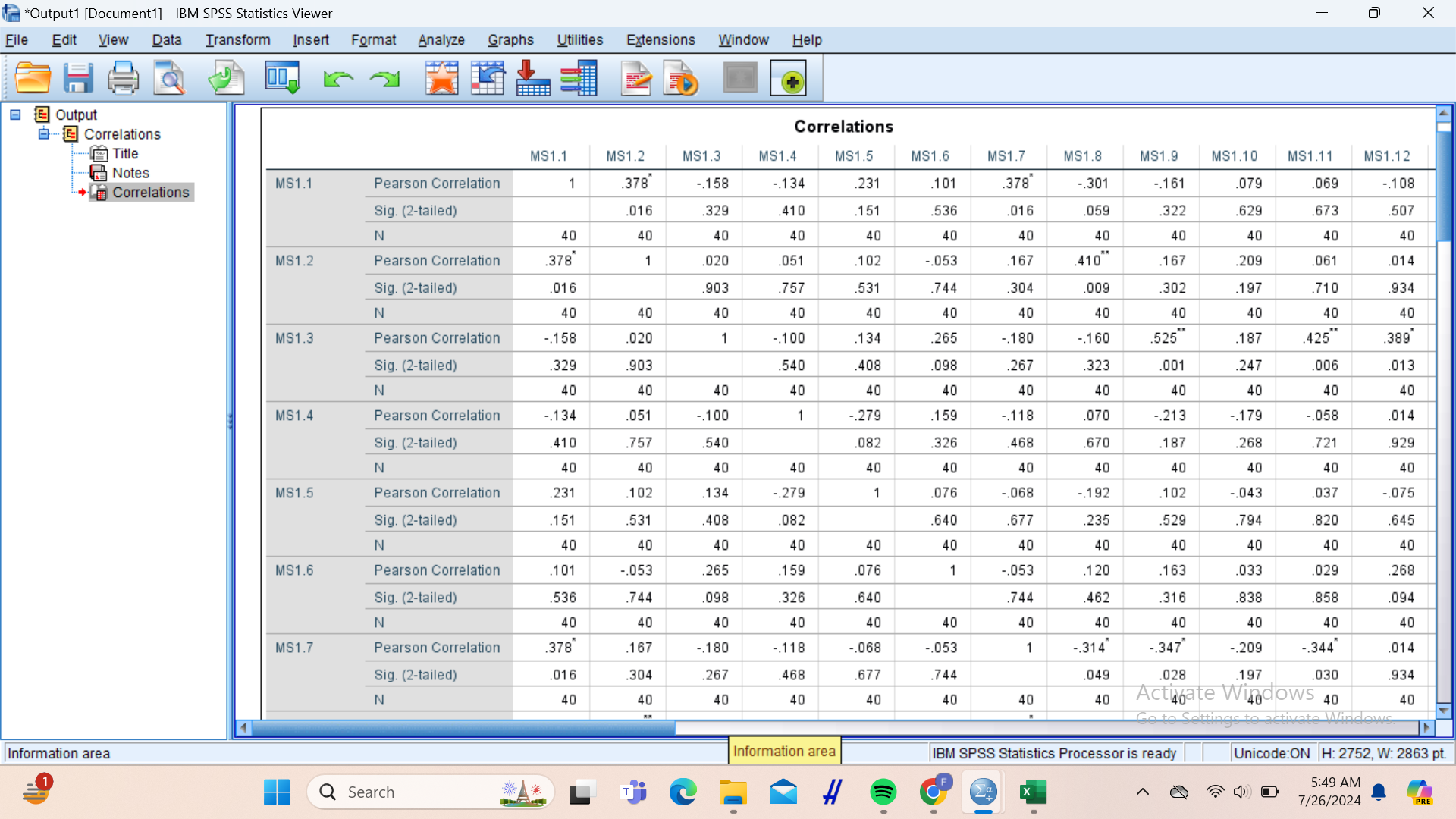
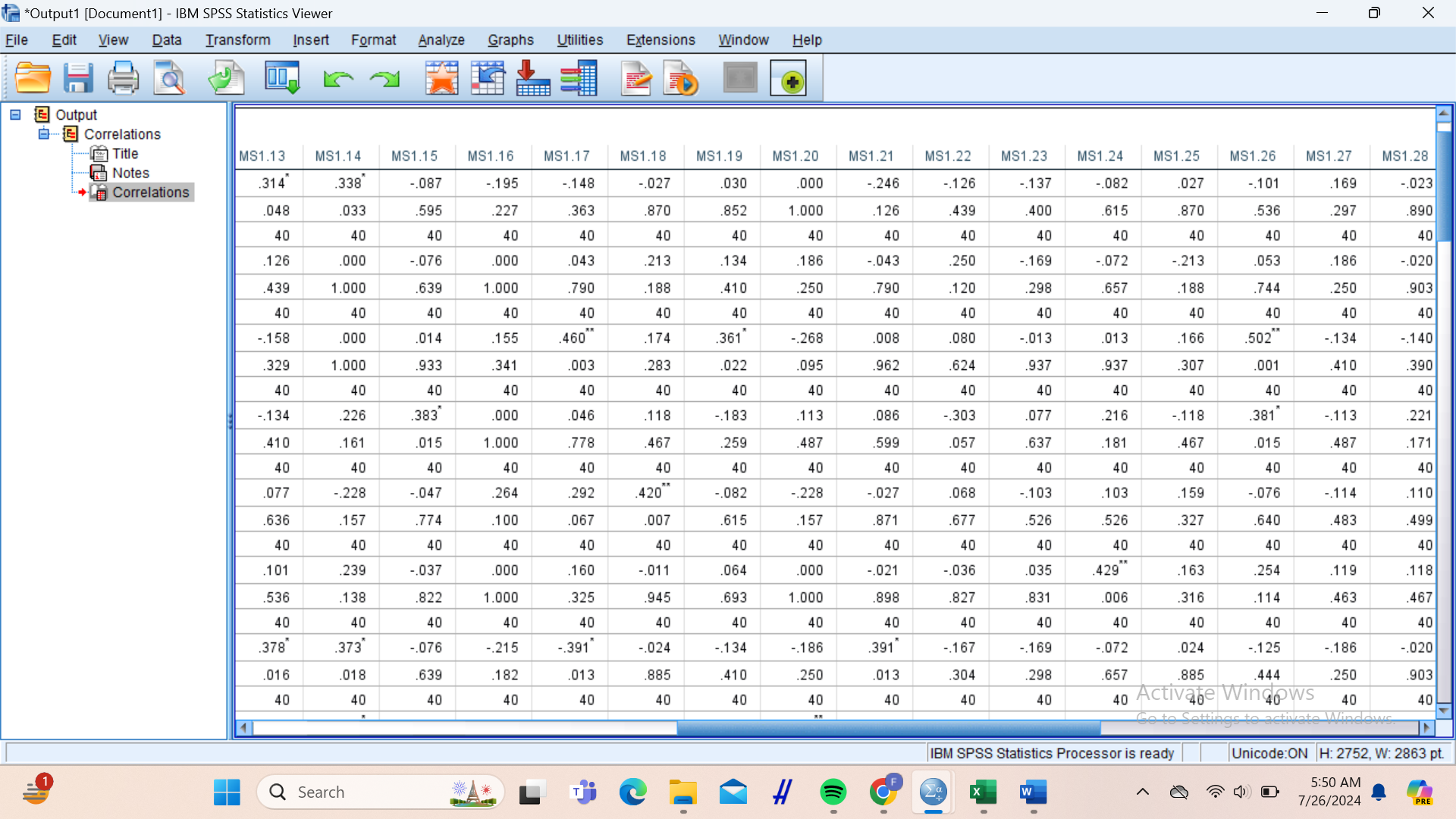
1. **Hasil Analisis SPSS**

**Validitas dan Rehabilitas Skala**

****



**Uji Normalitas Manejemen Stres**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Case Processing Summary** | | | | | | | |
|  | Kelas | Cases | | | | | |
|  | Valid | | Missing | | Total | |
|  | N | Percent | N | Percent | N | Percent |
| Hasil | Pre Test Manajemen Stres | 40 | 100.0% | 0 | 0.0% | 40 | 100.0% |
| Post Test Manajemen Stres | 40 | 100.0% | 0 | 0.0% | 40 | 100.0% |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Descriptives** | | | | | |
|  | Kelas | | | Statistic | Std. Error |
| Hasil | Pre Test Manajemen Stres | Mean | | 109.18 | .709 |
| 95% Confidence Interval for Mean | Lower Bound | 107.74 |  |
| Upper Bound | 110.61 |  |
| 5% Trimmed Mean | | 109.42 |  |
| Median | | 110.00 |  |
| Variance | | 20.097 |  |
| Std. Deviation | | 4.483 |  |
| Minimum | | 97 |  |
| Maximum | | 116 |  |
| Range | | 19 |  |
| Interquartile Range | | 5 |  |
| Skewness | | -.903 | .374 |
| Kurtosis | | .880 | .733 |
| Post Test Manajemen Stres | Mean | | 115.93 | .960 |
| 95% Confidence Interval for Mean | Lower Bound | 113.98 |  |
| Upper Bound | 117.87 |  |
| 5% Trimmed Mean | | 115.67 |  |
| Median | | 116.00 |  |
| Variance | | 36.892 |  |
| Std. Deviation | | 6.074 |  |
| Minimum | | 107 |  |
| Maximum | | 130 |  |
| Range | | 23 |  |
| Interquartile Range | | 9 |  |
| Skewness | | .628 | .374 |
| Kurtosis | | -.149 | .733 |

**Uji Normalitas Pemahaman Al-Fatihah**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Case Processing Summary** | | | | | | | |
|  | Kelas | Cases | | | | | |
|  | Valid | | Missing | | Total | |
|  | N | Percent | N | Percent | N | Percent |
| Hasil | Pre Pemahaman | 40 | 100.0% | 0 | 0.0% | 40 | 100.0% |
| Post Pemahaman | 40 | 100.0% | 0 | 0.0% | 40 | 100.0% |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Descriptives** | | | | | |
|  | Kelas | | | Statistic | Std. Error |
| Hasil | Pre Pemahaman Al-Fatihah | Mean | | 15.55 | .322 |
| 95% Confidence Interval for Mean | Lower Bound | 14.90 |  |
| Upper Bound | 16.20 |  |
| 5% Trimmed Mean | | 15.72 |  |
| Median | | 16.00 |  |
| Variance | | 4.151 |  |
| Std. Deviation | | 2.037 |  |
| Minimum | | 10 |  |
| Maximum | | 18 |  |
| Range | | 8 |  |
| Interquartile Range | | 3 |  |
| Skewness | | -1.282 | .374 |
| Kurtosis | | 1.261 | .733 |
| Post Pemahaman Al-Fatihah | Mean | | 15.55 | .322 |
| 95% Confidence Interval for Mean | Lower Bound | 14.90 |  |
| Upper Bound | 16.20 |  |
| 5% Trimmed Mean | | 15.72 |  |
| Median | | 16.00 |  |
| Variance | | 4.151 |  |
| Std. Deviation | | 2.037 |  |
| Minimum | | 10 |  |
| Maximum | | 18 |  |
| Range | | 8 |  |
| Interquartile Range | | 3 |  |
| Skewness | | -1.282 | .374 |
| Kurtosis | | 1.261 | .733 |

**Uji Hipotesis**

**Data Umum**

|  |  |  |  |
| --- | --- | --- | --- |
| **Statistics** | | | |
|  | | Usia | Jenis Kelamin |
| N | Valid | 40 | 40 |
| Missing | 0 | 0 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Usia** | | | | | |
|  | | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | 60 - 74 Tahun (Lanjut Usia) | 35 | 87.5 | 87.5 | 87.5 |
| 75 - 90 Tahun (Lanjut Usia Tua) | 5 | 12.5 | 12.5 | 100.0 |
| Total | 40 | 100.0 | 100.0 |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Descriptive Statistics** | | | | | |
|  | N | Minimum | Maximum | Mean | Std. Deviation |
| VAR00002 | 40 | 50 | 78 | 63.83 | 7.139 |
| Valid N (listwise) | 40 |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Jenis Kelamin** | | | | | |
|  | | Frequency | Percent | Valid Percent | Cumulative Percent |
| Valid | Laki-laki | 5 | 12.5 | 12.5 | 12.5 |
| Perempuan | 35 | 87.5 | 87.5 | 100.0 |
| Total | 40 | 100.0 | 100.0 |  |

**Data Khusus**

**Paired T-Test**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Paired Samples Statistics** | | | | | |
|  | | Mean | N | Std. Deviation | Std. Error Mean |
| Pair 1 | Pre Test | 15.55 | 40 | 2.037 | .322 |
| Post Test | 19.29 | 40 | 1.198 | .189 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Paired Samples Correlations** | | | | |
|  | | N | Correlation | Sig. |
| Pair 1 | Pre Test & Post Test | 40 | .031 | .849 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Paired Samples Test** | | | | | | | | | | | | | | | |
|  | | Paired Differences | | | | | | | t | | | df | | | Sig. (2-tailed) |
| Mean | Std. Deviation | Std. Error Mean | 95% Confidence Interval of the Difference | | |  | | |  | | |  | |
| Lower | Upper |  | | |  | | |  | | |
| Pair 1 | Pre Test - Post Test | 3.725 | 2.331 | .369 | 4.471 | 2.979 | 10.105 | | | 39 | | | .000 | | |