1. **Blueprint Kuesioner (Skala) Manejemen Stres (X)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Variable** | **Faktor** | **Indikator** | **Butir Item** | | | | **Jumlah** |
| **F** | | **UF** | |
| **Manajemen Stres** | Problem Focused Coping  (PFC) | *1. Active Coping 2. Planning 3. Suppression of competing actives 4. Restraint Coping 5. Seeking Support for Instrumental Reasons* | 1,2,3 4,5,6 7,8 9,10 12 | | 11 | | **12** |
| Emosional Focused Coping (EFC) | *1. Seeking Support for Emotional  Reasons 2. Positive Reinterpreation and growth 3. Acception 4. Turning to Religion 5. Denial* | 13,17,18  14,16,20 15 21,24,27, 28,28,30 22,23 | | 19      31,32 | | **18** |
| Maladaptive Coping | *1. Focus and Venting Emotion 2. Behavioral Disangement 3. Mental Disangement 4. Penggunaan Alkohol dan Obat terlarang* | 25,26 33 | | 34 35,36,37 38 | | **8** |
| **Total** | | | | **29** | | **9** | **38** |

1. **Blueprint Kuesioner (Skala) Pemahaman QS. Al-Fatihah (Y)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Variable** | **Indikator** | **Butir Item** | | **Jumalah** |
| **F** | **UF** |
| **Pemahaman QS. Al-Fatihah** | Dzikir | 1, 2, 3, 6, 10, 11, 12, 14, 15, 17, 20 |  | **11** |
| Sholat | 13, 18, 19 |  | **3** |
| Relaksasi | 5, 7, 8, 9, 16 | 4 | **6** |
| **Total** | | **19** | **1** | **20** |