1. **Blue print Quarter life crisis**

|  |  |  |  |
| --- | --- | --- | --- |
| **Dimensi Dukungan Sosial** | *Favorable* | *Unfavorable* | Jumlah |
| Bingung dalam menentukan keputusan | 1,3 | 2,4 | 4 |
| Putus asa | 7,9,11 | - | 3 |
| Penilaian diri yang negatif | 13,15,17 | 18 | 4 |
| Terjebak dalam situasi yang sulit  Cemas  Tertekan | 19,21,23  25,27,29  31,33,35 | -  -  - | 3  3  3 |
| Total | 8 | 8 | 11 |

1. **Blue Print Dukungan Sosial**

|  |  |  |  |
| --- | --- | --- | --- |
| **Dimensi Dukungan Sosial** | *Favorable* | *Unfavorable* | Jumlah |
| Dukungan Emosional | 1,8 | 4,15 | 4 |
| Dukungan Instrumental | - | 2 | 1 |
| Dukungan Informasi | 3,13 | 5,7 | 4 |
| Dukungan Persahabatan | 9,14 | - | 2 |
| Total | 8 | 8 | 11 |

1. **Blue Print Self Disclosure**

|  |  |  |  |
| --- | --- | --- | --- |
| **Aspek-aspek** | **Favorable** | **Unfavorable** | **Jumlah** |
| Ketepatan | - | ,3,17 | 2 |
| Motivasi | 6, | 5,7,19 | 4 |
| Waktu | - | - | 1 |
| Kedalaman | 14,16 | 13,15,21 | 5 |
| **Total** | **11** | **11** | **11** |