**Hasil Analisis JASP**

Descriptive Statistic

|  |  |  |  |
| --- | --- | --- | --- |
| Stress Kerja | N | Mean | SD |
| Pretest KK | 5 | 55 | 3.674 |
| Posttest 1 KK | 5 | 40.6 | 5.857 |
| Posttest 2 KK | 5 | 33 | 2.000 |
| Pretes KE | 5 | 48.2 | 4.604 |
| Posttest 1 KE | 5 | 33 | 4.301 |
| Posttest 2 KE | 5 | 23.4 | 3.209 |

Uji Normalitas (Shapiro-Wilk)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Stress Kerja | W | | p | |
| KK | KE | KK | KE |
| Pre - Post 1 | 0.958 | 0.884 | 0.795 | 0.327 |
| Pre - Post 2 | 0.885 | 0.898 | 0.332 | 0.397 |
| Post 1 –  Post 2 | 0.934 | 0.943 | 0.627 | 0.685 |

Uji Homogenitas Stress Kerja **(Levene's)**

|  |  |  |
| --- | --- | --- |
| F | df | P |
| 0.344 | 1 | 0.574 |

Hasil Uji Hipotesis dengan menggunakan Independent Sample T-Test

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| t | df | p | Mean Difference | SE Difference | Cohen’s d |
| 2.581 | 8 | 0.033 | 6.800 | 2.634 | 1.633 |

kelompok pre dan post eksperimen **Paired Samples T-Test**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Stress Kerja** | **Uji T** | **df** | **P** | **Mean difference** | **SE Difference** | **Cohen’s D** |
| Pre – post 1 | 5.263 | 4 | 0.006 | 15.200 | 2.888 | 2.354 |
| Pre – post 2 | 10.939 | 4 | 0.001 | 24.800 | 2.267 | 2.267 |
| Post 1 – post 2 | 9.324 | 4 | 0.001 | 9.600 | 1.030 | 4.170 |