1. **Blueprint Skala Kesejahteraan Psikologis**

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| --- | --- | --- | --- |
| **No** | **Dimensi** | **F** | **UF** |
| 1 | Autonomy | 2 | 11 |
| 2 | Environmental Mastery | 4,6 | 1,12 |
| 3 | Personal Growth | 7,8 | 9,15 |
| 4 | Positive Relations with Others | 16,17 | 10,14 |
| 5 | Purpose in Life | 18,20 | 21 |
| 6 | Self-Acceptance | 13,22 | 19 |

1. **Blueprint Skala Self-Compassion**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **No** | **Komponen** | **Nomor Butir** | | **Jumlah Butir** |
| **Favorable** | **Unfavorable** |
| 1 | Mengasihi Diri (Self-Kindness) | 5, 12, 19, 23, 26 |  | 4 |
| 2 | Menghakimi Diri (Self-Judgement) |  | 1, 8, 11, 16, 21 | 4 |
| 3 | Kemanusiaan Universal (Common Humanity) | 3, 7, 10, 15 |  | 4 |
| 4 | Isolasi (Isolation) |  | 4, 13, 18, 25 | 4 |
| 5 | Mindfulness | 9, 14, 17, 22 |  | 4 |
| 6 | Overidentifikasi (Overidentification) |  | 2, 6, 20, 24 | 4 |

1. **Blueprint Skala Regulasi Emosi**

|  |  |  |  |
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| **No** | **Strategi Regulasi Emosi** | **Nomor Item** | **Jumlah** |
| 1 | Cognitive Reappraisal | 1, 2, 3, 4, 5, 6 | 6 |
| 2 | Expressive Supression | 7, 8, 9, 10 | 4 |
| Total | |  | 10 |