**Hasil Analisis Jasp**

1. **Validitas dan Reliabilitas Skala Kesejahteraan Psikologis**

| **Frequentist Scale Reliability Statistics** | | | |
| --- | --- | --- | --- |
| **Estimate** | | **Cronbach's α** | |
| Point estimate |  | 0.702 |  |
| 95% CI lower bound |  | 0.587 |  |
| 95% CI upper bound |  | 0.790 |  |
|  | | | |
| *Note.*   Of the observations, pairwise complete cases were used. | | | |

| **Frequentist Individual Item Reliability Statistics** | | | | | |
| --- | --- | --- | --- | --- | --- |
|  | | **If item dropped** | |  | |
| **Item** | | **Cronbach's α** | | **Item-rest correlation** | |
| P1 |  | 0.695 |  | 0.232 |  |
| P2 |  | 0.660 |  | 0.551 |  |
| P3 |  | 0.687 |  | 0.302 |  |
| P4 |  | 0.682 |  | 0.362 |  |
| P5 |  | 0.709 |  | 0.085 |  |
| P6 |  | 0.682 |  | 0.353 |  |
| P7 |  | 0.685 |  | 0.327 |  |
| P8 |  | 0.681 |  | 0.371 |  |
| P9 |  | 0.710 |  | 0.076 |  |
| P10 |  | 0.688 |  | 0.300 |  |
| P11 |  | 0.681 |  | 0.364 |  |
| P12 |  | 0.689 |  | 0.286 |  |
| P13 |  | 0.687 |  | 0.314 |  |
| P14 |  | 0.695 |  | 0.220 |  |
| P15 |  | 0.693 |  | 0.243 |  |
| P16 |  | 0.697 |  | 0.204 |  |
| P17 |  | 0.702 |  | 0.147 |  |
| P18 |  | 0.680 |  | 0.369 |  |
| P19 |  | 0.700 |  | 0.175 |  |
|  | | | | | |
|  | | | | | |

1. **Validitas dan Reliabilitas Skala Self-Compassion**

| **Frequentist Scale Reliability Statistics** | | | |
| --- | --- | --- | --- |
| **Estimate** | | **Cronbach's α** | |
| Point estimate |  | 0.705 |  |
| 95% CI lower bound |  | 0.594 |  |
| 95% CI upper bound |  | 0.791 |  |
|  | | | |
| *Note.*   Of the observations, pairwise complete cases were used. | | | |

| **Frequentist Individual Item Reliability Statistics** | | | | | |
| --- | --- | --- | --- | --- | --- |
|  | | **If item dropped** | |  | |
| **Item** | | **Cronbach's α** | | **Item-rest correlation** | |
| P1\_27 |  | 0.680 |  | 0.410 |  |
| P2\_28 |  | 0.677 |  | 0.449 |  |
| P3\_29 |  | 0.696 |  | 0.255 |  |
| P4\_30 |  | 0.670 |  | 0.563 |  |
| P5\_31 |  | 0.706 |  | 0.138 |  |
| P6\_32 |  | 0.693 |  | 0.291 |  |
| P7\_33 |  | 0.701 |  | 0.180 |  |
| P8\_34 |  | 0.696 |  | 0.246 |  |
| P9\_35 |  | 0.710 |  | 0.030 |  |
| P10\_36 |  | 0.705 |  | 0.121 |  |
| P11\_37 |  | 0.700 |  | 0.192 |  |
| P12\_38 |  | 0.715 |  | -0.013 |  |
| P13\_39 |  | 0.711 |  | 0.045 |  |
| P14\_40 |  | 0.706 |  | 0.118 |  |
| P15\_41 |  | 0.690 |  | 0.332 |  |
| P16\_42 |  | 0.708 |  | 0.093 |  |
| P17\_43 |  | 0.694 |  | 0.288 |  |
| P18\_44 |  | 0.708 |  | 0.084 |  |
| P19\_45 |  | 0.692 |  | 0.307 |  |
| P20 |  | 0.692 |  | 0.300 |  |
| P21 |  | 0.682 |  | 0.428 |  |
| P22 |  | 0.695 |  | 0.267 |  |
| P23 |  | 0.702 |  | 0.158 |  |
| P24 |  | 0.679 |  | 0.445 |  |
| P25 |  | 0.682 |  | 0.424 |  |
| P26 |  | 0.710 |  | 0.056 |  |
|  | | | | | |
|  | | | | | |

1. **Validitas dan Reliabilitas Skala Regulasi Emosi**

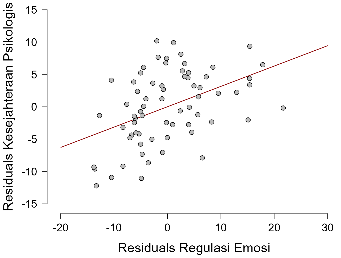
| **Frequentist Scale Reliability Statistics** | | | |
| --- | --- | --- | --- |
| **Estimate** | | **Cronbach's α** | |
| Point estimate |  | 0.842 |  |
| 95% CI lower bound |  | 0.778 |  |
| 95% CI upper bound |  | 0.891 |  |
|  | | | |
| *Note.*   Of the observations, pairwise complete cases were used. | | | |

| **Frequentist Individual Item Reliability Statistics** | | | |
| --- | --- | --- | --- |
| **Item** | | **Item-rest correlation** | |
| P1\_33 |  | 0.560 |  |
| P2\_34 |  | 0.611 |  |
| P3\_35 |  | 0.664 |  |
| P4\_36 |  | 0.458 |  |
| P5 |  | 0.490 |  |
| P6\_38 |  | 0.584 |  |
| P7\_39 |  | 0.569 |  |
| P8\_40 |  | 0.497 |  |
| P9 |  | 0.489 |  |
| P10\_42 |  | 0.455 |  |
|  | | | |

1. **Uji Normalitas**

| **Descriptive Statistics** | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | | **Kesejahteraan Psikologis** | | **Self-Compassion** | | **Regulasi Emosi** | |
| Valid |  | 68 |  | 68 |  | 68 |  |
| Shapiro-Wilk |  | 0.978 |  | 0.976 |  | 0.956 |  |
|  | | | | | | | |

1. **Uji Linieritas**



1. **Uji Hipotesis**

| **ANOVA** | | | | | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Model** | |  | | **Sum of Squares** | | **df** | | **Mean Square** | | **F** | | **p** | |
| H₁ |  | Regression |  | 624.389 |  | 2 |  | 312.195 |  | 12.133 |  | < .001 |  |
|  |  | Residual |  | 1672.493 |  | 65 |  | 25.731 |  |  |  |  |  |
|  |  | Total |  | 2296.882 |  | 67 |  |  |  |  |  |  |  |
|  | | | | | | | | | | | | | |
| *Note.*  The intercept model is omitted, as no meaningful information can be shown. | | | | | | | | | | | | | |

1. **R Square**

| **Model Summary - Kesejahteraan Psikologis** | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Model** | | **R** | | **R²** | | **Adjusted R²** | | **RMSE** | |
| H₀ |  | 0.000 |  | 0.000 |  | 0.000 |  | 5.855 |  |
| H₁ |  | 0.521 |  | 0.272 |  | 0.249 |  | 5.073 |  |
|  | | | | | | | | | |

1. **Hasil Analisis Jasp**
2. **Validitas dan Reliabilitas Skala Kesejahteraan Psikologis**

| **Frequentist Scale Reliability Statistics** | | | |
| --- | --- | --- | --- |
| **Estimate** | | **Cronbach's α** | |
| Point estimate |  | 0.702 |  |
| 95% CI lower bound |  | 0.587 |  |
| 95% CI upper bound |  | 0.790 |  |
|  | | | |
| *Note.*   Of the observations, pairwise complete cases were used. | | | |

| **Frequentist Individual Item Reliability Statistics** | | | | | |
| --- | --- | --- | --- | --- | --- |
|  | | **If item dropped** | |  | |
| **Item** | | **Cronbach's α** | | **Item-rest correlation** | |
| P1 |  | 0.695 |  | 0.232 |  |
| P2 |  | 0.660 |  | 0.551 |  |
| P3 |  | 0.687 |  | 0.302 |  |
| P4 |  | 0.682 |  | 0.362 |  |
| P5 |  | 0.709 |  | 0.085 |  |
| P6 |  | 0.682 |  | 0.353 |  |
| P7 |  | 0.685 |  | 0.327 |  |
| P8 |  | 0.681 |  | 0.371 |  |
| P9 |  | 0.710 |  | 0.076 |  |
| P10 |  | 0.688 |  | 0.300 |  |
| P11 |  | 0.681 |  | 0.364 |  |
| P12 |  | 0.689 |  | 0.286 |  |
| P13 |  | 0.687 |  | 0.314 |  |
| P14 |  | 0.695 |  | 0.220 |  |
| P15 |  | 0.693 |  | 0.243 |  |
| P16 |  | 0.697 |  | 0.204 |  |
| P17 |  | 0.702 |  | 0.147 |  |
| P18 |  | 0.680 |  | 0.369 |  |
| P19 |  | 0.700 |  | 0.175 |  |
|  | | | | | |
|  | | | | | |

1. **Validitas dan Reliabilitas Skala Self-Compassion**

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| **Estimate** | | **Cronbach's α** | |
| Point estimate |  | 0.705 |  |
| 95% CI lower bound |  | 0.594 |  |
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|  | | | |
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| P9\_35 |  | 0.710 |  | 0.030 |  |
| P10\_36 |  | 0.705 |  | 0.121 |  |
| P11\_37 |  | 0.700 |  | 0.192 |  |
| P12\_38 |  | 0.715 |  | -0.013 |  |
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| P16\_42 |  | 0.708 |  | 0.093 |  |
| P17\_43 |  | 0.694 |  | 0.288 |  |
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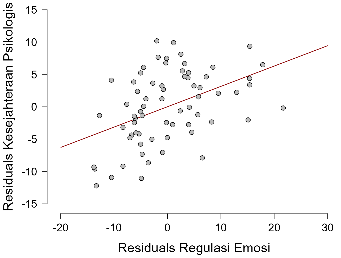
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| P9 |  | 0.489 |  |
| P10\_42 |  | 0.455 |  |
|  | | | |

1. **Uji Normalitas**

| **Descriptive Statistics** | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | | **Kesejahteraan Psikologis** | | **Self-Compassion** | | **Regulasi Emosi** | |
| Valid |  | 68 |  | 68 |  | 68 |  |
| Shapiro-Wilk |  | 0.978 |  | 0.976 |  | 0.956 |  |
|  | | | | | | | |

1. **Uji Linieritas**



1. **Uji Hipotesis**

| **ANOVA** | | | | | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Model** | |  | | **Sum of Squares** | | **df** | | **Mean Square** | | **F** | | **p** | |
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|  | | | | | | | | | | | | | |
| *Note.*  The intercept model is omitted, as no meaningful information can be shown. | | | | | | | | | | | | | |

1. **R Square**

| **Model Summary - Kesejahteraan Psikologis** | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Model** | | **R** | | **R²** | | **Adjusted R²** | | **RMSE** | |
| H₀ |  | 0.000 |  | 0.000 |  | 0.000 |  | 5.855 |  |
| H₁ |  | 0.521 |  | 0.272 |  | 0.249 |  | 5.073 |  |
|  | | | | | | | | | |