**Lampiran**

1. **Blueprint Skala Kesejahteraan Psikologis**

|  |  |  |  |
| --- | --- | --- | --- |
| **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**

|  |  |  |  |
| --- | --- | --- | --- |
| **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 |

1. **Skala Penelitian Kesejahteraan Psikologis**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| No | **Pertanyaan** | Sangat Tidak Setuju | Tidak Setuju | Netral | Setuju | Sangat Setuju |
| 1 | Saya sering sedih dengan tuntutan kehidupan saya sehari-hari |  |  |  |  |  |
| 2 | Saya selalu bertanggungjawab atas situasi dimana saya tinggal |  |  |  |  |  |
| 3 | Saya sangat mampu mengatur tatanggung jawab yang melekat dalam diri saya |  |  |  |  |  |
| 4 | Saya hampir selalu menikmati proses belajar pengalaman baru yg menantang ide-ide saya |  |  |  |  |  |
| 5 | Menurut saya hidup adalah proses belajar berkelanjutan |  |  |  |  |  |
| 6 | Saya menyerah untuk melakukan perubahan besar untuk masa depan saya |  |  |  |  |  |
| 7 | Saya sulit mempertahankan hubungan dekat dengan orang lain, hal ini membuat saya kesal dengan diri saya |  |  |  |  |  |
| 8 | Pendapat orang lain yang lebih kuat sangat mudah mempengaruhi saya |  |  |  |  |  |
| 9 | Saya selalu dibuat kecewa dengan beberapa tanggungjawab yang harus saya tuntaskan tidak sesuai dengan targetnya |  |  |  |  |  |
| 10 | Saya menyukai sebagian besar kepribadian saya |  |  |  |  |  |
| 11 | Saya kurang mampu menjalin hubungan pertemanan yang hangat dan saling percaya satu sama lainnya |  |  |  |  |  |
| 12 | Kegagalan yang saya alami selama ini mendorong saya untuk tidak melakukan perubahan besar untuk masa depan saya |  |  |  |  |  |
| 13 | Keberadaan saya dianggap penting/diperhitungkan oleh orang-orang disekitar saya |  |  |  |  |  |
| 14 | Orang-orang disekitar saya menganggap/menilai diri saya sebagai orang yang dapat meringankan beban orang lain |  |  |  |  |  |
| 15 | Saya solah-olah telah melakukan semua hal yang harus dilakukan dalam hidup |  |  |  |  |  |
| 16 | Terkadang saya merasa ada yang salah dalam kepribadian saya yang sering kali menghambat capaian hidup saya |  |  |  |  |  |
| 17 | Saya merasa semua hal yang saya lakukan sesuai dengan tujuan hidup saya kedepan |  |  |  |  |  |
| 18 | Saya melakukan sesuatu tanpa harus memikirkan tujuan dalam hidup |  |  |  |  |  |
| 19 | Saya merasa puas dengan pengalaman hidup saya selama ini |  |  |  |  |  |

1. **Skala Penelitian Self-Compassion**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| No | **Pertanyaan** | Hampir Tidak Pernah | Tidak Pernah | Netral | Selalu | Hampir Selalu |
| 1 | Saya tidak menerima dan menghakimi kelemahan dan kekurangan saya |  |  |  |  |  |
| 2 | Ketika saya sedang terpuruk, saya cenderung terobsesi dan terus terpaku pada segala hal yang salah. |  |  |  |  |  |
| 3 | Ketika hal-hal buruk terjadi pada saya, saya melihat kesulitan hidup sebagai bagian hidup yang dilewati semua orang |  |  |  |  |  |
| 4 | Ketika saya memikirkan kekurangan saya, hal tersebut akan membuat diri saya terkucil dari seisi dunia |  |  |  |  |  |
| 5 | Saya mencoba untuk mencintai diri saya ketika saya merasakan sakit secara emosional |  |  |  |  |  |
| 6 | Ketika saya gagal pada suatu hal yang penting bagi saya, saya larut dalam perasaan tidak mampu |  |  |  |  |  |
| 7 | Ketika saya merasa sedih, saya mengingatkan diri saya bahwa ada banyak orang di dunia ini yang mengalami hal yang sama dengan saya |  |  |  |  |  |
| 8 | Di waktu-waktu yang sangat sulit, saya cenderung bersikap keras pada diri saya |  |  |  |  |  |
| 9 | Ketika sesuatu membuat saya kesal, saya berusaha menjaga emosi saya tetap stabil |  |  |  |  |  |
| 10 | Ketika saya merasa merasa tidak mampu pada beberapa hal, saya mengingatkan diri saya bahwa perasaan tidak mampu juga dirasakan oleh sebagian besar orang. |  |  |  |  |  |
| 11 | Saya tidak toleran dan tidak sabar terhadap beberapa aspek kepribadian saya yang tidak saya sukai |  |  |  |  |  |
| 12 | Ketika saya mengalami waktu sulit, saya akan memberikan kepedulian dan kelembutan yang saya butuhkan |  |  |  |  |  |
| 13 | Ketika saya merasa sedih, saya cenderung merasa orang lain mungkin lebih bahagia dibandingkan saya |  |  |  |  |  |
| 14 | Ketika suatu hal menyakitkan terjadi, saya mencoba untuk melihat situasi secara berimbang |  |  |  |  |  |
| 15 | Saya mencoba untuk melihat kegagalan saya sebagai bagian dari kondisi yang dialami manusia pada umumnya |  |  |  |  |  |
| 16 | Ketika saya melihat aspek-aspek diri saya yang tidak saya sukai, saya merasa sedih pada diri saya |  |  |  |  |  |
| 17 | Ketika saya gagal pada suatu hal yang penting bagi saya, saya berusaha untuk melihatnya sebagai sesuatu yang wajar |  |  |  |  |  |
| 18 | Ketika saya sungguh menderita, saya cenderung merasa bahwa orang lain lebih mudah dalam menjalani hidup. |  |  |  |  |  |
| 19 | Saya baik terhadap diri saya saat mengalami penderitaan |  |  |  |  |  |
| 20 | Ketika suatu hal menjengkelkan terjadi, saya terbawa perasaan. |  |  |  |  |  |
| 21 | Saya bisa bersikap tidak berperasaan pada diri saya saat mengalami penderitaan |  |  |  |  |  |
| 22 | Ketika saya sedang terpuruk, saya mencoba menanggapi perasaan saya dengan rasa ingin tahu dan keterbukaan |  |  |  |  |  |
| 23 | Saya bersikap toleran terhadap kelemahan dan kekurangan saya |  |  |  |  |  |
| 24 | Ketika sesuatu yang menyakitkan terjadi, saya cenderung membesar-besarkan kejadian tersebut. |  |  |  |  |  |
| 25 | Ketika saya gagal pada hal yang penting bagi saya, saya cenderung merasa sendiri di tengah-tengah kegagalan tersebut |  |  |  |  |  |
| 26 | Saya mencoba untuk memahami dan bersabar pada aspek-aspek kepribadian saya yang tidak saya sukai |  |  |  |  |  |

1. **Skala Peneletian Regulasi Emosi**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| No | **Pertanyaan** | Sangat Setuju | Setuju | Agak Setuju | Netral | Agak Tidak Setuju | Tidak Setuju | Sangat Tidak Setuju |
| 1 | Saya mengendalikan emosi dengan mengubah pola pikir saya sesuai dengan situasi di lingkungan sekitar. |  |  |  |  |  |  |  |
| 2 | Ketika saya ingin merasakan lebih sedikit emosi negatif, saya mengubah pola pikir berdasarkan situasi yang ada. |  |  |  |  |  |  |  |
| 3 | Ketika saya ingin merasakan lebih banyak emosi positif, saya mengubah pola pikir berdasarkan situasi yang ada. |  |  |  |  |  |  |  |
| 4 | Ketika saya ingin merasakan lebih banyak emosi positif, maka saya mengubah pola pikir saya. |  |  |  |  |  |  |  |
| 5 | Ketika saya ingin merasakan lebih sedikit emosi negatif, maka saya mengubah pola pikir saya. |  |  |  |  |  |  |  |
| 6 | Ketika saya dihadapkan pada situasi yang penuh tekanan, saya berusaha untuk tetap tenang. |  |  |  |  |  |  |  |
| 7 | Saya mengendalikan emosi dengan tidak mengungkapkannya |  |  |  |  |  |  |  |
| 8 | Ketika saya merasakan emosi negatif, saya tidak mengungkapkannya. |  |  |  |  |  |  |  |
| 9 | Saya memendam perasaan untuk diri sendiri |  |  |  |  |  |  |  |
| 10 | Ketika saya merasakan emosi positif, saya berhati-hati untuk tidak mengungkapkannya |  |  |  |  |  |  |  |

1. **Tabulasi Data Penelitian Skala Kesejahteraan Psikologis**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Nama Responden** | **Pekerjaan** | **P1** | **P2** | **P3** | **P4** | **P5** | **P6** | **P7** | **P8** | **P9** | **P10** |
| Puguh Candra | Ojek Online | 5 | 1 | 1 | 4 | 5 | 2 | 5 | 2 | 1 | 5 |
| Suyati | Karyawan Swasta | 4 | 2 | 1 | 4 | 4 | 3 | 5 | 4 | 4 | 4 |
| Sriati | Karyawan Swasta | 4 | 3 | 3 | 4 | 4 | 3 | 5 | 2 | 3 | 3 |
| Eva Yuliana | Operator SPBU | 4 | 2 | 2 | 4 | 5 | 4 | 4 | 3 | 3 | 4 |
| Hambayah Lukman | Wiraswasta | 4 | 2 | 2 | 4 | 4 | 3 | 4 | 2 | 2 | 4 |
| Riesya Fauziah | Karyawan Swasta | 4 | 3 | 3 | 4 | 4 | 2 | 5 | 3 | 2 | 4 |
| Eko Kristamto N | Karyawan Swasta | 4 | 4 | 4 | 4 | 4 | 4 | 5 | 2 | 4 | 5 |
| Anik Faidah | Guru Ngaji | 4 | 3 | 4 | 4 | 4 | 3 | 4 | 3 | 2 | 4 |
| Erma Endiana | Wiraswasta | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 4 | 2 |
| Jaka Riyadi | Wiraswasta | 2 | 5 | 4 | 3 | 2 | 2 | 2 | 2 | 2 | 4 |
| Abdul Hamid | Wiraswasta | 2 | 4 | 4 | 4 | 5 | 2 | 2 | 3 | 3 | 4 |
| Yudiono | Wiraswasta | 5 | 4 | 4 | 4 | 5 | 1 | 2 | 1 | 5 | 4 |
| Septian | Swasta | 4 | 4 | 4 | 4 | 5 | 2 | 2 | 4 | 5 | 2 |
| Lidiah | Swasta | 4 | 4 | 4 | 5 | 4 | 1 | 2 | 4 | 4 | 4 |
| Tirto Cahyo | Swasta | 2 | 4 | 4 | 2 | 2 | 2 | 2 | 2 | 4 | 2 |
| Nur Fadila | Swasta | 4 | 4 | 2 | 4 | 4 | 4 | 4 | 4 | 2 | 3 |
| Yohanes W | Swasta | 2 | 2 | 4 | 4 | 4 | 3 | 4 | 2 | 4 | 4 |
| Natalia | Swasta | 2 | 2 | 2 | 2 | 2 | 4 | 2 | 4 | 2 | 4 |
| Wawan | Swasta | 2 | 4 | 5 | 1 | 1 | 5 | 2 | 2 | 5 | 2 |
| Desi | Swasta | 4 | 2 | 1 | 5 | 5 | 2 | 1 | 4 | 5 | 2 |
| Wagino | Guru | 2 | 2 | 4 | 4 | 4 | 4 | 4 | 2 | 2 | 2 |
| Trianawati | Guru | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 4 |
| Kiki | Swasta | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 3 | 4 |
| Fatma | Swasta | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 4 | 4 | 5 |
| Siswoyo | Swasta | 1 | 1 | 4 | 4 | 5 | 5 | 5 | 5 | 5 | 5 |
| Ahmad Hariyadi | Wiraswasta | 2 | 5 | 4 | 4 | 5 | 1 | 1 | 2 | 2 | 4 |
| Sigit | Swasta | 4 | 2 | 2 | 4 | 4 | 4 | 2 | 4 | 4 | 4 |
| Lisa A | Swasta | 2 | 2 | 4 | 4 | 4 | 2 | 2 | 4 | 4 | 4 |
| Fatoni | Swasta | 1 | 1 | 1 | 1 | 4 | 4 | 4 | 4 | 4 | 4 |
| Nur Atika | Swasta | 2 | 2 | 2 | 2 | 4 | 4 | 4 | 4 | 4 | 4 |
| Siti Nur | Swasta | 2 | 2 | 2 | 2 | 4 | 4 | 4 | 4 | 4 | 4 |
| Yudi | Swasta | 2 | 2 | 2 | 4 | 5 | 5 | 5 | 5 | 5 | 5 |
| Heri | Swasta | 2 | 2 | 2 | 4 | 4 | 4 | 4 | 4 | 2 | 4 |
| Fatia | Swasta | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 2 | 4 | 2 |
| Rizky | Swasta | 3 | 4 | 4 | 4 | 5 | 4 | 3 | 2 | 4 | 3 |
| Hana | Swasta | 3 | 4 | 4 | 4 | 5 | 2 | 3 | 2 | 4 | 3 |
| Ikshan | Swasta | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| Rozak | Swasta | 4 | 4 | 4 | 3 | 2 | 4 | 2 | 2 | 4 | 4 |
| Ria Agustin | Swasta | 4 | 4 | 4 | 4 | 2 | 2 | 2 | 4 | 4 | 4 |
| Rudi | Swasta | 2 | 4 | 4 | 4 | 2 | 4 | 4 | 4 | 2 | 4 |
| Wulan | Swasta | 4 | 2 | 2 | 4 | 4 | 4 | 4 | 4 | 4 | 2 |
| Fatrul | Swasta | 4 | 4 | 2 | 2 | 2 | 4 | 4 | 4 | 2 | 3 |
| Sofi | Swasta | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 2 | 4 | 4 |
| Yohanes | Swasta | 2 | 2 | 2 | 2 | 4 | 4 | 4 | 4 | 5 | 5 |
| Kristin | Swasta | 2 | 2 | 4 | 4 | 5 | 5 | 5 | 2 | 1 | 4 |
| Rudi Hartanto | Swasta | 1 | 1 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| Yuliati | Swasta | 2 | 2 | 4 | 4 | 4 | 4 | 4 | 5 | 5 | 5 |
| Zairin | Swasta | 5 | 4 | 1 | 2 | 4 | 5 | 5 | 4 | 1 | 4 |
| Widji Astuti | Swasta | 1 | 5 | 4 | 4 | 5 | 2 | 1 | 2 | 2 | 2 |
| Rahmat | Swasta | 2 | 2 | 4 | 4 | 4 | 4 | 2 | 4 | 4 | 2 |
| Arika | Swasta | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 4 | 4 | 4 |
| Diana Purwanti | Wiraswasta | 1 | 4 | 4 | 3 | 4 | 2 | 2 | 2 | 2 | 4 |
| Sasialis Wanto | Wiraswasta | 2 | 4 | 4 | 4 | 4 | 2 | 2 | 2 | 2 | 4 |
| Febri Setiawan | Wiraswasta | 2 | 4 | 4 | 4 | 5 | 1 | 4 | 3 | 2 | 4 |
| Siti Yuniar | Swasta | 2 | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 4 | 4 |
| Agus Mulyono | Swasta | 4 | 4 | 4 | 4 | 2 | 4 | 4 | 4 | 2 | 4 |
| Yunita | Swasta | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 4 | 4 | 4 |
| Arip | Swasta | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| Lestari P | Swasta | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| Fatih | Swasta | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| Ratna A. P | Swasta | 4 | 4 | 2 | 2 | 2 | 2 | 2 | 2 | 4 | 4 |
| Anton Hardianto | Swasta | 2 | 2 | 2 | 2 | 2 | 4 | 4 | 4 | 2 | 2 |
| M. Adi Yusuf | Swasta | 1 | 1 | 1 | 1 | 2 | 2 | 4 | 4 | 4 | 4 |
| Nita | Swasta | 4 | 2 | 2 | 4 | 4 | 4 | 4 | 2 | 2 | 4 |
| Suprianto | Swasta | 4 | 4 | 4 | 2 | 2 | 4 | 4 | 4 | 2 | 2 |
| - | Swasta | 3 | 2 | 4 | 3 | 3 | 3 | 3 | 3 | 4 | 3 |
| - | Swasta | 3 | 4 | 4 | 4 | 4 | 2 | 3 | 3 | 3 | 3 |
| Faturohman | Swasta | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 4 | 4 |

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| **Nama Responden** | **Pekerjaan** | **P11** | **P12** | **P13** | **P14** | **P15** | **P16** | **P17** | **P18** | **P19** | **Total** |
| Puguh Candra | Ojek Online | 1 | 5 | 1 | 1 | 3 | 1 | 3 | 2 | 4 | 52 |
| Suyati | Karyawan Swasta | 2 | 5 | 3 | 2 | 4 | 4 | 4 | 2 | 4 | 65 |
| Sriati | Karyawan Swasta | 3 | 5 | 2 | 3 | 3 | 4 | 4 | 3 | 3 | 64 |
| Eva Yuliana | Operator SPBU | 5 | 4 | 2 | 2 | 4 | 4 | 4 | 4 | 4 | 68 |
| Hambayah Lukman | Wiraswasta | 1 | 4 | 3 | 1 | 3 | 4 | 3 | 4 | 2 | 56 |
| Riesya Fauziah | Karyawan Swasta | 2 | 5 | 2 | 2 | 3 | 3 | 3 | 2 | 2 | 58 |
| Eko Kristamto N | Karyawan Swasta | 1 | 5 | 2 | 1 | 4 | 4 | 4 | 4 | 2 | 67 |
| Anik Faidah | Guru Ngaji | 4 | 4 | 2 | 4 | 2 | 3 | 2 | 2 | 3 | 61 |
| Erma Endiana | Wiraswasta | 2 | 4 | 2 | 2 | 2 | 2 | 4 | 4 | 4 | 62 |
| Jaka Riyadi | Wiraswasta | 2 | 1 | 5 | 4 | 4 | 2 | 4 | 1 | 4 | 55 |
| Abdul Hamid | Wiraswasta | 2 | 2 | 2 | 2 | 1 | 1 | 4 | 1 | 3 | 51 |
| Yudiono | Wiraswasta | 3 | 2 | 4 | 4 | 2 | 5 | 2 | 2 | 2 | 61 |
| Septian | Swasta | 2 | 5 | 4 | 2 | 4 | 4 | 5 | 2 | 4 | 68 |
| Lidiah | Swasta | 2 | 5 | 4 | 2 | 3 | 5 | 4 | 4 | 4 | 69 |
| Tirto Cahyo | Swasta | 2 | 4 | 2 | 2 | 3 | 4 | 4 | 3 | 3 | 53 |
| Nur Fadila | Swasta | 2 | 4 | 2 | 2 | 3 | 2 | 2 | 4 | 3 | 59 |
| Yohanes W | Swasta | 2 | 4 | 2 | 2 | 4 | 2 | 2 | 2 | 4 | 57 |
| Natalia | Swasta | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 44 |
| Wawan | Swasta | 1 | 5 | 2 | 1 | 2 | 4 | 1 | 4 | 2 | 51 |
| Desi | Swasta | 2 | 1 | 4 | 2 | 4 | 5 | 5 | 4 | 2 | 60 |
| Wagino | Guru | 2 | 1 | 2 | 2 | 4 | 5 | 5 | 5 | 5 | 61 |
| Trianawati | Guru | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 4 | 4 | 44 |
| Kiki | Swasta | 4 | 4 | 4 | 1 | 1 | 4 | 4 | 5 | 5 | 47 |
| Fatma | Swasta | 5 | 5 | 5 | 5 | 4 | 2 | 2 | 5 | 5 | 65 |
| Siswoyo | Swasta | 5 | 5 | 2 | 2 | 2 | 2 | 2 | 5 | 5 | 70 |
| Ahmad Hariyadi | Wiraswasta | 2 | 2 | 4 | 4 | 2 | 4 | 4 | 2 | 4 | 58 |
| Sigit | Swasta | 2 | 2 | 4 | 2 | 4 | 4 | 4 | 2 | 4 | 62 |
| Lisa A | Swasta | 2 | 4 | 2 | 2 | 4 | 4 | 4 | 2 | 4 | 60 |
| Fatoni | Swasta | 4 | 2 | 2 | 2 | 2 | 2 | 4 | 4 | 4 | 54 |
| Nur Atika | Swasta | 5 | 5 | 2 | 2 | 2 | 2 | 2 | 4 | 5 | 61 |
| Siti Nur | Swasta | 4 | 2 | 2 | 4 | 4 | 2 | 4 | 4 | 5 | 63 |
| Yudi | Swasta | 5 | 5 | 2 | 2 | 4 | 4 | 2 | 4 | 4 | 72 |
| Heri | Swasta | 2 | 4 | 2 | 2 | 2 | 2 | 2 | 4 | 2 | 54 |
| Fatia | Swasta | 2 | 2 | 2 | 4 | 4 | 2 | 2 | 4 | 2 | 58 |
| Rizky | Swasta | 3 | 2 | 3 | 3 | 4 | 4 | 4 | 4 | 3 | 66 |
| Hana | Swasta | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 63 |
| Ikshan | Swasta | 4 | 4 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 62 |
| Rozak | Swasta | 4 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 45 |
| Ria Agustin | Swasta | 4 | 2 | 2 | 2 | 4 | 4 | 2 | 2 | 2 | 58 |
| Rudi | Swasta | 2 | 4 | 2 | 2 | 4 | 2 | 2 | 4 | 4 | 60 |
| Wulan | Swasta | 4 | 4 | 2 | 4 | 4 | 2 | 2 | 4 | 2 | 62 |
| Fatrul | Swasta | 2 | 4 | 2 | 4 | 3 | 4 | 2 | 3 | 3 | 58 |
| Sofi | Swasta | 2 | 4 | 4 | 2 | 4 | 4 | 4 | 4 | 4 | 68 |
| Yohanes | Swasta | 5 | 5 | 2 | 2 | 2 | 2 | 4 | 4 | 4 | 64 |
| Kristin | Swasta | 4 | 4 | 2 | 2 | 2 | 2 | 4 | 4 | 4 | 62 |
| Rudi Hartanto | Swasta | 4 | 4 | 2 | 2 | 2 | 4 | 4 | 4 | 4 | 64 |
| Yuliati | Swasta | 4 | 4 | 2 | 2 | 1 | 4 | 5 | 5 | 5 | 71 |
| Zairin | Swasta | 1 | 5 | 1 | 4 | 2 | 5 | 2 | 2 | 5 | 62 |
| Widji Astuti | Swasta | 2 | 4 | 3 | 3 | 3 | 3 | 4 | 2 | 5 | 57 |
| Rahmat | Swasta | 2 | 4 | 2 | 2 | 4 | 2 | 2 | 4 | 2 | 56 |
| Arika | Swasta | 4 | 2 | 2 | 2 | 2 | 2 | 2 | 4 | 2 | 60 |
| Diana Purwanti | Wiraswasta | 3 | 2 | 3 | 3 | 2 | 2 | 4 | 2 | 3 | 52 |
| Sasialis Wanto | Wiraswasta | 3 | 2 | 2 | 3 | 3 | 2 | 4 | 2 | 4 | 55 |
| Febri Setiawan | Wiraswasta | 3 | 3 | 3 | 3 | 4 | 2 | 4 | 1 | 4 | 60 |
| Siti Yuniar | Swasta | 2 | 2 | 2 | 3 | 4 | 4 | 4 | 4 | 4 | 65 |
| Agus Mulyono | Swasta | 4 | 4 | 4 | 4 | 4 | 2 | 4 | 4 | 2 | 68 |
| Yunita | Swasta | 2 | 4 | 2 | 2 | 4 | 2 | 2 | 4 | 2 | 62 |
| Arip | Swasta | 2 | 4 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 60 |
| Lestari P | Swasta | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 38 |
| Fatih | Swasta | 2 | 2 | 2 | 4 | 4 | 4 | 2 | 2 | 2 | 44 |
| Ratna A. P | Swasta | 5 | 4 | 5 | 2 | 2 | 4 | 4 | 4 | 4 | 62 |
| Anton Hardianto | Swasta | 1 | 2 | 2 | 2 | 2 | 4 | 4 | 4 | 4 | 51 |
| M. Adi Yusuf | Swasta | 4 | 4 | 2 | 2 | 2 | 2 | 4 | 5 | 5 | 54 |
| Nita | Swasta | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 68 |
| Suprianto | Swasta | 4 | 4 | 4 | 4 | 2 | 4 | 4 | 4 | 2 | 64 |
| - | Swasta | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 57 |
| - | Swasta | 3 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 61 |
| Faturohman | Swasta | 4 | 4 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 46 |

1. **Tabulasi Data Penelitian Skala Self-Compassion**

|  |  |  |  |  |  |  |  |  |  |  |  |
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| **Nama Responden** | **Pekerjaan** | **P1** | **P2** | **P3** | **P4** | **P5** | **P6** | **P7** | **P8** | **P9** | **P10** |
| Puguh Candra | Ojek Online | 5 | 5 | 4 | 4 | 4 | 4 | 4 | 2 | 4 | 4 |
| Suyati | Karyawan Swasta | 3 | 3 | 4 | 2 | 4 | 1 | 1 | 3 | 5 | 5 |
| Sriati | Karyawan Swasta | 3 | 4 | 5 | 4 | 5 | 3 | 3 | 3 | 4 | 5 |
| Eva Yuliana | Operator SPBU | 3 | 3 | 4 | 4 | 3 | 2 | 5 | 3 | 5 | 5 |
| Hambayah Lukman | Wiraswasta | 3 | 1 | 4 | 4 | 3 | 4 | 5 | 3 | 3 | 4 |
| Riesya Fauziah | Karyawan Swasta | 4 | 4 | 2 | 4 | 3 | 4 | 4 | 4 | 4 | 4 |
| Eko Kristamto N | Karyawan Swasta | 5 | 4 | 4 | 2 | 4 | 2 | 4 | 4 | 4 | 2 |
| Anik Faidah | Guru Ngaji | 5 | 4 | 3 | 4 | 3 | 3 | 4 | 3 | 4 | 3 |
| Erma Endiana | Wiraswasta | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| Jaka Riyadi | Wiraswasta | 4 | 4 | 4 | 5 | 5 | 5 | 4 | 4 | 5 | 5 |
| Abdul Hamid | Wiraswasta | 4 | 4 | 2 | 4 | 2 | 5 | 4 | 4 | 3 | 2 |
| Yudiono | Wiraswasta | 5 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| Septian | Swasta | 1 | 4 | 5 | 4 | 5 | 4 | 4 | 1 | 5 | 5 |
| Lidiah | Swasta | 1 | 4 | 4 | 4 | 5 | 4 | 5 | 2 | 5 | 5 |
| Tirto Cahyo | Swasta | 4 | 4 | 2 | 4 | 2 | 4 | 2 | 2 | 4 | 2 |
| Nur Fadila | Swasta | 1 | 1 | 2 | 4 | 2 | 4 | 4 | 2 | 4 | 2 |
| Yohanes W | Swasta | 1 | 1 | 4 | 2 | 4 | 4 | 4 | 2 | 2 | 2 |
| Natalia | Swasta | 1 | 1 | 4 | 2 | 4 | 2 | 4 | 4 | 2 | 2 |
| Wawan | Swasta | 4 | 4 | 1 | 5 | 1 | 4 | 2 | 1 | 4 | 2 |
| Desi | Swasta | 1 | 1 | 5 | 1 | 5 | 1 | 4 | 1 | 2 | 5 |
| Wagino | Guru | 4 | 4 | 2 | 5 | 1 | 5 | 1 | 4 | 2 | 4 |
| Trianawati | Guru | 5 | 5 | 1 | 5 | 1 | 5 | 1 | 5 | 4 | 4 |
| Kiki | Swasta | 5 | 5 | 1 | 5 | 1 | 2 | 4 | 2 | 4 | 4 |
| Fatma | Swasta | 1 | 1 | 4 | 4 | 2 | 4 | 4 | 2 | 4 | 4 |
| Siswoyo | Swasta | 4 | 5 | 1 | 5 | 1 | 5 | 2 | 2 | 4 | 4 |
| Ahmad Hariyadi | Wiraswasta | 5 | 5 | 4 | 5 | 5 | 4 | 4 | 2 | 5 | 4 |
| Sigit | Swasta | 1 | 1 | 4 | 2 | 4 | 2 | 4 | 2 | 4 | 4 |
| Lisa A | Swasta | 1 | 1 | 4 | 2 | 4 | 4 | 4 | 2 | 4 | 4 |
| Fatoni | Swasta | 4 | 4 | 2 | 4 | 2 | 4 | 4 | 2 | 4 | 4 |
| Nur Atika | Swasta | 5 | 5 | 1 | 5 | 4 | 2 | 4 | 2 | 4 | 4 |
| Siti Nur | Swasta | 4 | 4 | 2 | 4 | 2 | 2 | 4 | 2 | 5 | 5 |
| Yudi | Swasta | 5 | 5 | 2 | 4 | 4 | 2 | 4 | 2 | 4 | 4 |
| Heri | Swasta | 4 | 4 | 2 | 4 | 4 | 2 | 4 | 2 | 4 | 4 |
| Fatia | Swasta | 1 | 1 | 2 | 4 | 2 | 2 | 4 | 2 | 4 | 2 |
| Rizky | Swasta | 1 | 4 | 4 | 2 | 4 | 2 | 5 | 2 | 3 | 4 |
| Hana | Swasta | 1 | 4 | 4 | 2 | 4 | 2 | 5 | 2 | 3 | 4 |
| Ikshan | Swasta | 5 | 5 | 1 | 5 | 1 | 4 | 2 | 2 | 4 | 4 |
| Rozak | Swasta | 1 | 4 | 2 | 4 | 4 | 2 | 4 | 2 | 4 | 4 |
| Ria Agustin | Swasta | 4 | 4 | 2 | 4 | 4 | 2 | 4 | 4 | 2 | 2 |
| Rudi | Swasta | 4 | 4 | 2 | 4 | 2 | 4 | 4 | 4 | 2 | 2 |
| Wulan | Swasta | 1 | 4 | 2 | 4 | 2 | 4 | 2 | 4 | 2 | 2 |
| Fatrul | Swasta | 1 | 1 | 4 | 2 | 2 | 4 | 4 | 2 | 4 | 4 |
| Sofi | Swasta | 1 | 1 | 2 | 4 | 4 | 2 | 4 | 2 | 4 | 4 |
| Yohanes | Swasta | 4 | 4 | 2 | 4 | 2 | 4 | 2 | 2 | 4 | 4 |
| Kristin | Swasta | 4 | 4 | 2 | 4 | 2 | 2 | 4 | 2 | 4 | 4 |
| Rudi Hartanto | Swasta | 5 | 5 | 1 | 5 | 1 | 5 | 4 | 2 | 4 | 4 |
| Yuliati | Swasta | 5 | 5 | 1 | 5 | 1 | 5 | 4 | 2 | 4 | 4 |
| Zairin | Swasta | 1 | 1 | 4 | 1 | 1 | 5 | 5 | 1 | 4 | 5 |
| Widji Astuti | Swasta | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 5 | 2 |
| Rahmat | Swasta | 1 | 1 | 4 | 4 | 2 | 4 | 2 | 4 | 2 | 2 |
| Arika | Swasta | 4 | 4 | 2 | 2 | 4 | 4 | 4 | 2 | 4 | 4 |
| Diana Purwanti | Wiraswasta | 4 | 5 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 4 |
| Sasialis Wanto | Wiraswasta | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 4 | 4 |
| Febri Setiawan | Wiraswasta | 4 | 4 | 4 | 4 | 4 | 4 | 3 | 3 | 5 | 3 |
| Siti Yuniar | Swasta | 4 | 4 | 2 | 2 | 4 | 2 | 4 | 2 | 4 | 4 |
| Agus Mulyono | Swasta | 4 | 4 | 2 | 2 | 4 | 2 | 4 | 2 | 4 | 4 |
| Yunita | Swasta | 4 | 1 | 4 | 2 | 4 | 2 | 4 | 2 | 4 | 4 |
| Arip | Swasta | 4 | 4 | 4 | 2 | 4 | 2 | 2 | 4 | 4 | 4 |
| Lestari P | Swasta | 4 | 4 | 2 | 4 | 2 | 4 | 2 | 4 | 2 | 2 |
| Fatih | Swasta | 4 | 4 | 2 | 2 | 4 | 2 | 4 | 2 | 2 | 2 |
| Ratna A. P | Swasta | 1 | 1 | 4 | 2 | 2 | 4 | 2 | 4 | 4 | 4 |
| Anton Hardianto | Swasta | 4 | 4 | 2 | 2 | 4 | 2 | 2 | 4 | 2 | 2 |
| M. Adi Yusuf | Swasta | 4 | 4 | 2 | 5 | 2 | 4 | 2 | 2 | 4 | 5 |
| Nita | Swasta | 4 | 4 | 4 | 2 | 4 | 2 | 2 | 4 | 2 | 4 |
| Suprianto | Swasta | 1 | 1 | 4 | 2 | 4 | 2 | 2 | 4 | 4 | 4 |
| - | Swasta | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 4 | 4 | 4 |
| - | Swasta | 3 | 4 | 3 | 4 | 4 | 4 | 3 | 4 | 4 | 3 |
| Faturohman | Swasta | 4 | 4 | 2 | 4 | 2 | 4 | 4 | 2 | 2 | 2 |

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| **Nama Responden** | **Pekerjaan** | **P11** | **P12** | **P13** | **P14** | **P15** | **P16** | **P17** | **P18** | **P19** | **P20** |
| Puguh Candra | Ojek Online | 2 | 3 | 2 | 2 | 4 | 2 | 4 | 4 | 4 | 2 |
| Suyati | Karyawan Swasta | 5 | 5 | 1 | 5 | 5 | 1 | 3 | 1 | 5 | 5 |
| Sriati | Karyawan Swasta | 1 | 3 | 3 | 3 | 5 | 1 | 3 | 3 | 4 | 4 |
| Eva Yuliana | Operator SPBU | 4 | 4 | 4 | 3 | 4 | 4 | 3 | 5 | 2 | 2 |
| Hambayah Lukman | Wiraswasta | 3 | 3 | 3 | 3 | 4 | 4 | 4 | 4 | 4 | 3 |
| Riesya Fauziah | Karyawan Swasta | 2 | 4 | 4 | 4 | 4 | 4 | 2 | 2 | 2 | 3 |
| Eko Kristamto N | Karyawan Swasta | 1 | 5 | 4 | 4 | 4 | 2 | 4 | 1 | 2 | 1 |
| Anik Faidah | Guru Ngaji | 3 | 2 | 2 | 3 | 3 | 4 | 4 | 4 | 3 | 3 |
| Erma Endiana | Wiraswasta | 2 | 4 | 4 | 4 | 4 | 4 | 4 | 1 | 4 | 2 |
| Jaka Riyadi | Wiraswasta | 4 | 4 | 5 | 5 | 5 | 5 | 4 | 5 | 1 | 4 |
| Abdul Hamid | Wiraswasta | 3 | 3 | 4 | 3 | 4 | 4 | 4 | 4 | 3 | 3 |
| Yudiono | Wiraswasta | 5 | 3 | 4 | 4 | 4 | 4 | 4 | 4 | 2 | 4 |
| Septian | Swasta | 4 | 4 | 4 | 5 | 5 | 4 | 4 | 4 | 3 | 4 |
| Lidiah | Swasta | 4 | 4 | 4 | 5 | 5 | 4 | 4 | 4 | 4 | 2 |
| Tirto Cahyo | Swasta | 4 | 2 | 4 | 2 | 2 | 4 | 2 | 4 | 2 | 4 |
| Nur Fadila | Swasta | 4 | 4 | 2 | 4 | 4 | 2 | 4 | 4 | 2 | 4 |
| Yohanes W | Swasta | 4 | 2 | 4 | 4 | 4 | 4 | 2 | 4 | 4 | 2 |
| Natalia | Swasta | 2 | 4 | 2 | 2 | 2 | 4 | 2 | 2 | 4 | 2 |
| Wawan | Swasta | 4 | 1 | 4 | 2 | 3 | 4 | 1 | 4 | 3 | 5 |
| Desi | Swasta | 5 | 2 | 2 | 4 | 4 | 1 | 5 | 1 | 2 | 5 |
| Wagino | Guru | 2 | 4 | 2 | 4 | 4 | 2 | 4 | 2 | 4 | 2 |
| Trianawati | Guru | 4 | 2 | 2 | 4 | 5 | 1 | 5 | 1 | 2 | 4 |
| Kiki | Swasta | 4 | 2 | 2 | 4 | 4 | 2 | 4 | 2 | 4 | 2 |
| Fatma | Swasta | 4 | 2 | 4 | 2 | 2 | 4 | 4 | 2 | 4 | 2 |
| Siswoyo | Swasta | 4 | 4 | 1 | 5 | 5 | 2 | 4 | 2 | 4 | 2 |
| Ahmad Hariyadi | Wiraswasta | 4 | 4 | 4 | 4 | 5 | 5 | 4 | 4 | 4 | 2 |
| Sigit | Swasta | 4 | 2 | 2 | 4 | 4 | 2 | 4 | 2 | 2 | 4 |
| Lisa A | Swasta | 2 | 4 | 2 | 4 | 2 | 4 | 2 | 2 | 4 | 2 |
| Fatoni | Swasta | 4 | 2 | 4 | 2 | 4 | 2 | 4 | 4 | 2 | 4 |
| Nur Atika | Swasta | 4 | 2 | 4 | 2 | 2 | 4 | 2 | 4 | 4 | 2 |
| Siti Nur | Swasta | 4 | 2 | 4 | 2 | 2 | 2 | 4 | 4 | 2 | 4 |
| Yudi | Swasta | 4 | 2 | 5 | 1 | 1 | 4 | 2 | 4 | 2 | 4 |
| Heri | Swasta | 2 | 2 | 4 | 2 | 4 | 2 | 2 | 4 | 4 | 2 |
| Fatia | Swasta | 4 | 2 | 2 | 4 | 4 | 2 | 4 | 4 | 2 | 4 |
| Rizky | Swasta | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| Hana | Swasta | 2 | 2 | 2 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| Ikshan | Swasta | 5 | 1 | 5 | 1 | 2 | 4 | 2 | 2 | 4 | 2 |
| Rozak | Swasta | 4 | 2 | 4 | 2 | 2 | 4 | 2 | 4 | 4 | 4 |
| Ria Agustin | Swasta | 4 | 2 | 4 | 2 | 4 | 2 | 4 | 2 | 2 | 4 |
| Rudi | Swasta | 4 | 2 | 4 | 2 | 2 | 4 | 2 | 4 | 2 | 2 |
| Wulan | Swasta | 2 | 4 | 2 | 4 | 4 | 2 | 2 | 4 | 2 | 2 |
| Fatrul | Swasta | 2 | 2 | 4 | 2 | 2 | 4 | 2 | 2 | 4 | 2 |
| Sofi | Swasta | 4 | 2 | 2 | 4 | 4 | 2 | 2 | 4 | 4 | 2 |
| Yohanes | Swasta | 4 | 2 | 4 | 2 | 2 | 2 | 4 | 2 | 4 | 2 |
| Kristin | Swasta | 2 | 4 | 2 | 4 | 4 | 4 | 2 | 4 | 2 | 4 |
| Rudi Hartanto | Swasta | 4 | 2 | 4 | 2 | 4 | 2 | 4 | 2 | 4 | 1 |
| Yuliati | Swasta | 2 | 4 | 2 | 5 | 5 | 1 | 4 | 2 | 4 | 4 |
| Zairin | Swasta | 1 | 1 | 4 | 2 | 2 | 5 | 2 | 2 | 4 | 1 |
| Widji Astuti | Swasta | 4 | 2 | 2 | 5 | 4 | 2 | 5 | 4 | 1 | 4 |
| Rahmat | Swasta | 4 | 2 | 4 | 4 | 4 | 2 | 4 | 2 | 4 | 2 |
| Arika | Swasta | 2 | 2 | 4 | 2 | 2 | 4 | 2 | 2 | 4 | 2 |
| Diana Purwanti | Wiraswasta | 3 | 4 | 4 | 4 | 4 | 4 | 3 | 4 | 4 | 2 |
| Sasialis Wanto | Wiraswasta | 4 | 4 | 2 | 4 | 4 | 3 | 4 | 4 | 4 | 1 |
| Febri Setiawan | Wiraswasta | 5 | 4 | 4 | 4 | 3 | 4 | 3 | 4 | 4 | 3 |
| Siti Yuniar | Swasta | 2 | 2 | 4 | 2 | 2 | 4 | 4 | 2 | 4 | 4 |
| Agus Mulyono | Swasta | 2 | 4 | 4 | 2 | 2 | 4 | 2 | 4 | 4 | 2 |
| Yunita | Swasta | 2 | 4 | 2 | 4 | 4 | 4 | 2 | 4 | 2 | 2 |
| Arip | Swasta | 2 | 4 | 4 | 2 | 2 | 2 | 4 | 2 | 4 | 2 |
| Lestari P | Swasta | 4 | 2 | 4 | 4 | 4 | 2 | 4 | 2 | 2 | 4 |
| Fatih | Swasta | 4 | 2 | 4 | 2 | 4 | 4 | 2 | 4 | 2 | 4 |
| Ratna A. P | Swasta | 2 | 4 | 2 | 4 | 2 | 4 | 2 | 4 | 2 | 4 |
| Anton Hardianto | Swasta | 4 | 2 | 4 | 2 | 2 | 4 | 2 | 2 | 4 | 2 |
| M. Adi Yusuf | Swasta | 4 | 2 | 4 | 2 | 4 | 2 | 4 | 2 | 2 | 4 |
| Nita | Swasta | 2 | 4 | 2 | 4 | 4 | 2 | 4 | 2 | 2 | 4 |
| Suprianto | Swasta | 2 | 4 | 2 | 4 | 4 | 2 | 4 | 2 | 4 | 2 |
| - | Swasta | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| - | Swasta | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| Faturohman | Swasta | 4 | 2 | 4 | 2 | 2 | 2 | 4 | 2 | 4 | 4 |

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| **Nama Responden** | **Pekerjaan** | **P21** | **P22** | **P23** | **P24** | **P25** | **P26** | **Total** |
| Puguh Candra | Ojek Online | 5 | 2 | 4 | 4 | 4 | 4 | 92 |
| Suyati | Karyawan Swasta | 2 | 5 | 1 | 1 | 1 | 5 | 82 |
| Sriati | Karyawan Swasta | 4 | 3 | 3 | 4 | 3 | 4 | 90 |
| Eva Yuliana | Operator SPBU | 4 | 3 | 4 | 5 | 4 | 4 | 96 |
| Hambayah Lukman | Wiraswasta | 3 | 3 | 4 | 4 | 4 | 4 | 91 |
| Riesya Fauziah | Karyawan Swasta | 4 | 2 | 2 | 4 | 4 | 4 | 88 |
| Eko Kristamto N | Karyawan Swasta | 4 | 4 | 4 | 4 | 2 | 5 | 86 |
| Anik Faidah | Guru Ngaji | 4 | 3 | 4 | 4 | 4 | 4 | 90 |
| Erma Endiana | Wiraswasta | 4 | 4 | 4 | 5 | 5 | 4 | 100 |
| Jaka Riyadi | Wiraswasta | 5 | 5 | 4 | 5 | 5 | 4 | 115 |
| Abdul Hamid | Wiraswasta | 4 | 2 | 3 | 4 | 5 | 1 | 88 |
| Yudiono | Wiraswasta | 4 | 4 | 3 | 5 | 4 | 3 | 102 |
| Septian | Swasta | 2 | 2 | 4 | 2 | 4 | 4 | 97 |
| Lidiah | Swasta | 4 | 4 | 4 | 4 | 4 | 4 | 103 |
| Tirto Cahyo | Swasta | 4 | 2 | 2 | 4 | 4 | 2 | 78 |
| Nur Fadila | Swasta | 4 | 2 | 2 | 2 | 2 | 4 | 76 |
| Yohanes W | Swasta | 2 | 4 | 4 | 4 | 4 | 2 | 80 |
| Natalia | Swasta | 2 | 4 | 4 | 2 | 2 | 2 | 68 |
| Wawan | Swasta | 4 | 2 | 2 | 4 | 4 | 2 | 77 |
| Desi | Swasta | 5 | 2 | 4 | 1 | 2 | 4 | 75 |
| Wagino | Guru | 2 | 4 | 4 | 1 | 1 | 5 | 79 |
| Trianawati | Guru | 4 | 2 | 4 | 4 | 4 | 2 | 86 |
| Kiki | Swasta | 2 | 4 | 4 | 2 | 2 | 4 | 81 |
| Fatma | Swasta | 1 | 5 | 5 | 1 | 1 | 5 | 78 |
| Siswoyo | Swasta | 2 | 4 | 5 | 1 | 1 | 5 | 84 |
| Ahmad Hariyadi | Wiraswasta | 5 | 4 | 4 | 5 | 5 | 5 | 111 |
| Sigit | Swasta | 4 | 2 | 4 | 2 | 2 | 4 | 76 |
| Lisa A | Swasta | 2 | 4 | 4 | 2 | 2 | 2 | 74 |
| Fatoni | Swasta | 4 | 2 | 2 | 4 | 4 | 2 | 84 |
| Nur Atika | Swasta | 2 | 4 | 4 | 2 | 2 | 4 | 84 |
| Siti Nur | Swasta | 4 | 4 | 4 | 4 | 4 | 4 | 88 |
| Yudi | Swasta | 2 | 4 | 4 | 2 | 2 | 4 | 83 |
| Heri | Swasta | 2 | 4 | 2 | 4 | 2 | 4 | 80 |
| Fatia | Swasta | 2 | 4 | 4 | 4 | 4 | 2 | 76 |
| Rizky | Swasta | 3 | 3 | 3 | 3 | 3 | 3 | 76 |
| Hana | Swasta | 3 | 3 | 3 | 3 | 3 | 3 | 76 |
| Ikshan | Swasta | 2 | 4 | 4 | 1 | 1 | 5 | 78 |
| Rozak | Swasta | 4 | 2 | 2 | 4 | 4 | 4 | 83 |
| Ria Agustin | Swasta | 4 | 2 | 4 | 2 | 4 | 2 | 80 |
| Rudi | Swasta | 2 | 4 | 2 | 4 | 4 | 2 | 78 |
| Wulan | Swasta | 2 | 4 | 4 | 4 | 4 | 2 | 75 |
| Fatrul | Swasta | 2 | 4 | 4 | 2 | 4 | 2 | 72 |
| Sofi | Swasta | 2 | 4 | 4 | 2 | 2 | 4 | 76 |
| Yohanes | Swasta | 2 | 4 | 2 | 2 | 2 | 4 | 76 |
| Kristin | Swasta | 2 | 4 | 2 | 4 | 4 | 4 | 84 |
| Rudi Hartanto | Swasta | 1 | 5 | 5 | 1 | 1 | 5 | 83 |
| Yuliati | Swasta | 4 | 2 | 2 | 4 | 4 | 2 | 87 |
| Zairin | Swasta | 1 | 5 | 2 | 4 | 5 | 2 | 71 |
| Widji Astuti | Swasta | 1 | 5 | 5 | 4 | 4 | 2 | 91 |
| Rahmat | Swasta | 2 | 4 | 4 | 4 | 4 | 4 | 80 |
| Arika | Swasta | 2 | 4 | 4 | 2 | 2 | 4 | 78 |
| Diana Purwanti | Wiraswasta | 3 | 3 | 4 | 4 | 3 | 3 | 96 |
| Sasialis Wanto | Wiraswasta | 3 | 2 | 4 | 3 | 4 | 3 | 90 |
| Febri Setiawan | Wiraswasta | 5 | 5 | 5 | 5 | 3 | 5 | 104 |
| Siti Yuniar | Swasta | 4 | 2 | 2 | 4 | 4 | 2 | 80 |
| Agus Mulyono | Swasta | 2 | 4 | 4 | 2 | 2 | 2 | 78 |
| Yunita | Swasta | 2 | 4 | 4 | 2 | 2 | 4 | 79 |
| Arip | Swasta | 4 | 2 | 2 | 4 | 4 | 2 | 80 |
| Lestari P | Swasta | 4 | 2 | 2 | 4 | 4 | 4 | 82 |
| Fatih | Swasta | 4 | 4 | 4 | 2 | 2 | 4 | 80 |
| Ratna A. P | Swasta | 2 | 4 | 4 | 2 | 2 | 4 | 76 |
| Anton Hardianto | Swasta | 2 | 2 | 2 | 4 | 4 | 2 | 72 |
| M. Adi Yusuf | Swasta | 4 | 4 | 4 | 2 | 4 | 4 | 86 |
| Nita | Swasta | 4 | 4 | 4 | 2 | 2 | 2 | 80 |
| Suprianto | Swasta | 4 | 2 | 4 | 2 | 2 | 4 | 76 |
| - | Swasta | 3 | 3 | 3 | 3 | 3 | 3 | 81 |
| - | Swasta | 3 | 3 | 3 | 3 | 3 | 3 | 87 |
| Faturohman | Swasta | 4 | 4 | 4 | 2 | 2 | 2 | 78 |

1. **Tabulasi Data Penelitian Skala Regiulasi Emosi**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Nama Responden** | **Pekerjaan** | **P1** | **P2** | **P3** | **P4** | **P5** | **P6** | **P7** | **P8** | **P9** | **P10** | **Total** |
| Puguh Candra | Ojek Online | 1 | 3 | 1 | 1 | 3 | 1 | 1 | 3 | 1 | 1 | 15 |
| Suyati | Karyawan Swasta | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 3 | 15 |
| Sriati | Karyawan Swasta | 1 | 1 | 2 | 2 | 2 | 2 | 1 | 1 | 3 | 2 | 15 |
| Eva Yuliana | Operator SPBU | 2 | 3 | 4 | 3 | 3 | 1 | 1 | 3 | 2 | 2 | 22 |
| Hambayah Lukman | Wiraswasta | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 2 | 3 | 25 |
| Riesya Fauziah | Karyawan Swasta | 3 | 2 | 3 | 3 | 3 | 2 | 2 | 3 | 6 | 3 | 27 |
| Eko Kristamto N | Karyawan Swasta | 2 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 19 |
| Anik Faidah | Guru Ngaji | 5 | 3 | 3 | 3 | 1 | 2 | 3 | 3 | 5 | 3 | 28 |
| Erma Endiana | Wiraswasta | 3 | 3 | 3 | 3 | 3 | 2 | 3 | 3 | 3 | 3 | 26 |
| Jaka Riyadi | Wiraswasta | 1 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 7 | 5 | 19 |
| Abdul Hamid | Wiraswasta | 2 | 2 | 2 | 2 | 2 | 2 | 4 | 4 | 2 | 4 | 22 |
| Yudiono | Wiraswasta | 6 | 6 | 6 | 6 | 6 | 1 | 2 | 2 | 2 | 4 | 37 |
| Septian | Swasta | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 3 | 20 |
| Lidiah | Swasta | 2 | 2 | 2 | 2 | 2 | 2 | 5 | 5 | 4 | 3 | 26 |
| Tirto Cahyo | Swasta | 3 | 3 | 5 | 5 | 5 | 5 | 5 | 2 | 3 | 2 | 36 |
| Nur Fadila | Swasta | 5 | 5 | 5 | 5 | 5 | 5 | 3 | 3 | 3 | 2 | 39 |
| Yohanes W | Swasta | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 2 | 2 | 2 | 39 |
| Natalia | Swasta | 2 | 2 | 2 | 2 | 2 | 5 | 5 | 2 | 2 | 2 | 24 |
| Wawan | Swasta | 2 | 1 | 5 | 6 | 5 | 5 | 5 | 1 | 1 | 1 | 31 |
| Desi | Swasta | 2 | 6 | 6 | 5 | 2 | 2 | 1 | 2 | 2 | 2 | 28 |
| Wagino | Guru | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 18 |
| Trianawati | Guru | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 9 |
| Kiki | Swasta | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 2 | 17 |
| Fatma | Swasta | 2 | 2 | 2 | 1 | 1 | 1 | 5 | 2 | 2 | 2 | 18 |
| Siswoyo | Swasta | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 18 |
| Ahmad Hariyadi | Wiraswasta | 1 | 1 | 1 | 2 | 2 | 1 | 4 | 6 | 4 | 2 | 22 |
| Sigit | Swasta | 2 | 5 | 5 | 5 | 2 | 2 | 2 | 2 | 2 | 2 | 27 |
| Lisa A | Swasta | 2 | 2 | 2 | 2 | 5 | 5 | 5 | 5 | 5 | 5 | 33 |
| Fatoni | Swasta | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 7 | 12 |
| Nur Atika | Swasta | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 10 |
| Siti Nur | Swasta | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 18 |
| Yudi | Swasta | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 2 | 10 |
| Heri | Swasta | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 18 |
| Fatia | Swasta | 5 | 5 | 5 | 2 | 2 | 5 | 5 | 5 | 5 | 5 | 39 |
| Rizky | Swasta | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 27 |
| Hana | Swasta | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 27 |
| Ikshan | Swasta | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 16 |
| Rozak | Swasta | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 19 |
| Ria Agustin | Swasta | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 18 |
| Rudi | Swasta | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 45 |
| Wulan | Swasta | 2 | 2 | 5 | 2 | 2 | 2 | 5 | 5 | 5 | 5 | 30 |
| Fatrul | Swasta | 2 | 2 | 2 | 5 | 5 | 2 | 2 | 2 | 2 | 2 | 24 |
| Sofi | Swasta | 5 | 5 | 5 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 27 |
| Yohanes | Swasta | 2 | 1 | 1 | 2 | 2 | 2 | 2 | 2 | 1 | 2 | 15 |
| Kristin | Swasta | 2 | 1 | 2 | 5 | 5 | 2 | 2 | 2 | 2 | 2 | 23 |
| Rudi Hartanto | Swasta | 2 | 2 | 1 | 2 | 2 | 2 | 2 | 2 | 3 | 2 | 18 |
| Yuliati | Swasta | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 18 |
| Zairin | Swasta | 2 | 1 | 2 | 5 | 5 | 1 | 2 | 2 | 1 | 2 | 21 |
| Widji Astuti | Swasta | 6 | 5 | 5 | 1 | 1 | 5 | 6 | 6 | 5 | 5 | 40 |
| Rahmat | Swasta | 2 | 2 | 2 | 2 | 2 | 5 | 5 | 2 | 2 | 2 | 24 |
| Arika | Swasta | 2 | 2 | 2 | 2 | 5 | 5 | 5 | 2 | 5 | 5 | 30 |
| Diana Purwanti | Wiraswasta | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 4 | 4 | 2 | 22 |
| Sasialis Wanto | Wiraswasta | 2 | 2 | 2 | 1 | 4 | 2 | 2 | 4 | 2 | 2 | 21 |
| Febri Setiawan | Wiraswasta | 2 | 2 | 5 | 4 | 4 | 1 | 3 | 4 | 4 | 4 | 29 |
| Siti Yuniar | Swasta | 6 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 22 |
| Agus Mulyono | Swasta | 2 | 2 | 5 | 5 | 5 | 2 | 2 | 2 | 5 | 2 | 30 |
| Yunita | Swasta | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 18 |
| Arip | Swasta | 2 | 2 | 6 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 22 |
| Lestari P | Swasta | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 18 |
| Fatih | Swasta | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 18 |
| Ratna A. P | Swasta | 2 | 2 | 1 | 1 | 1 | 2 | 2 | 1 | 2 | 2 | 14 |
| Anton Hardianto | Swasta | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 18 |
| M. Adi Yusuf | Swasta | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 9 |
| Nita | Swasta | 5 | 5 | 2 | 2 | 2 | 2 | 2 | 2 | 5 | 5 | 27 |
| Suprianto | Swasta | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 18 |
| - | Swasta | 2 | 4 | 5 | 4 | 4 | 4 | 2 | 4 | 4 | 5 | 33 |
| - | Swasta | 2 | 4 | 2 | 2 | 4 | 2 | 4 | 4 | 4 | 4 | 28 |
| Faturohman | Swasta | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 18 |

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**

| **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**

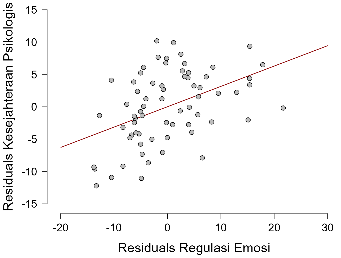
| **Frequentist Scale Reliability Statistics** | | | |
| --- | --- | --- | --- |
| **Estimate** | | **Cronbach's α** | |
| Point estimate |  | 0.842 |  |
| 95% CI lower bound |  | 0.778 |  |
| 95% CI upper bound |  | 0.891 |  |
|  | | | |
| *Note.*   Of the observations, pairwise complete cases were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