## Instrumen Penelitian

### Kebosanan Akademik

Kebosanan akademik diukur dengan menggunakan adaptasi dari *The Achievement Emotions Questionnaire* (AEQ) khusus pada aspek emosi kebosanan (Pekrun et al., 2011a). AEQ yang mengukur kebosanan terbagi menjadi 2 situasi yaitu *Class-Related Emotion Scales* (11 aitem) dan *Learning-Related Emotion Scales* (11 aitem). AEQ didasarkan pada 4 aspek, antara lain: *Affective* (sensasi yang tidak menyenangkan), *Cognitive* (persepsi tentang waktu), *Motivational* (keinginan untuk menarik diri dari aktivitas), *Physiological* (menurunnya gairah) (Pekrun, 2006a; Pekrun et al., 2011a). Adapun reliabilitas Alpha = .75 sampai .93, dengan Alpha > .80 untuk 20 dari 24 skala. Untuk *class related boredom* didapatkan : M = 30.84, SD = 9.88, α = .93 dan untuk *learning-related boredom* M = 30.69, SD = 9.29, α = .92. Pada tabel 4. merupakan *blue print* skala *Achievement Emotions Questionnaire* (AEQ) dari aspek kebosanan.

Tabel 4. Blue Print Achievement Emotions Questionnaire (AEQ) pada emosi kebosanan

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| --- | --- | --- | --- |
| Aspek/ Situation | Class-Related Boredom | Learning-Related Boredom | Jumlah aitem |
| *Affective* (sensasi yang tidak menyenangkan) | I get boredI find this class fairly dull. | The material bores me to death.Studying for my courses bores me.Studying is dull and monotonous. | 5 |
| *Cognitive* (persepsi tentang waktu), | The lecture bores me.Because I get bored my mind begins to wander. | While studying this boring material, I spend my time thinking of how time stands still.The material is so boring that I find myself daydreaming.I find my mind wandering while I study. | 5 |
| *Motivational* (keinginan untuk menarik diri dari aktifitas), | I’m tempted to walk out of the lecture because it is so boring.I think about what else I might be doing rather than sitting in this boring class.Because the time drags, I frequently look at my watch. | Because I’m bored I have no desire to learn.I would rather put off this boring work till tomorrow. | 5 |
| *Physiological* (menurunnya gairah) | I get so bored I have problems staying alert.I get restless because I can’t wait for the class to end.During class I feel like I could sink into my chair.I start yawning in class because I’m so bored. | Because I’m bored I get tired sitting at my desk.The material bores me so much that I feel depleted.While studying I seem to drift off because it’s so boring. | 7 |