

## 1. Hasil Uji Validitas & Reliabilitas Alat Ukur Aktualisasi Diri

### Reliability Statistics

Cronbach's Alpha	N of Items
.697	16

### Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
AKD1	69.37	150.543	.311	.686
AKD2	69.59	147.515	.401	.679
AKD3	69.45	149.629	.328	.685
AKD4	69.24	150.176	.304	.686
AKD5	69.57	150.689	.310	.686
AKD6	69.42	147.165	.417	.678
AKD7	69.24	150.427	.336	.685
AKD8	70.36	149.914	.461	.682
AKD9	69.21	149.237	.380	.682
AKD10	68.43	151.367	.327	.687
AKD11	69.65	148.220	.374	.681
AKD12	69.30	149.961	.329	.685
AKD13	68.98	149.840	.315	.685
AKD14	70.15	151.464	.350	.686
AKD15	69.02	150.368	.306	.686
TOTAL	35.90	39.843	1.000	.659

## 2. Hasil Uji Validitas dan Reliabilitas Alat Ukur Kecemasan

### Reliability Statistics

Cronbach's Alpha	N of Items
.751	41

### Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
KEC1	236.88	1664.182	.638	.745
KEC2	237.11	1657.364	.694	.743
KEC3	237.28	1667.735	.539	.745
KEC4	237.15	1663.827	.532	.745
KEC5	236.97	1662.518	.643	.744
KEC6	236.89	1665.012	.533	.745
KEC7	236.51	1663.012	.591	.744
KEC8	236.54	1669.705	.554	.745
KEC9	236.92	1657.014	.626	.743
KEC10	236.92	1660.001	.658	.744
KEC11	236.90	1660.442	.661	.744
KEC12	237.11	1666.231	.548	.745
KEC13	236.94	1659.369	.623	.744
KEC14	236.80	1657.123	.629	.743
KEC15	236.89	1661.603	.641	.744
KEC16	236.49	1670.820	.583	.746
KEC17	236.70	1662.636	.649	.744
KEC18	236.72	1662.753	.636	.744
KEC19	236.58	1666.119	.647	.745
KEC20	236.92	1661.492	.667	.744
KEC21	237.13	1677.469	.584	.747
KEC22	236.90	1664.556	.626	.745
KEC23	236.86	1674.964	.494	.746
KEC24	236.31	1676.072	.488	.746
KEC25	236.83	1660.424	.638	.744
KEC26	236.84	1673.063	.598	.746
KEC27	237.07	1671.837	.530	.746
KEC28	237.00	1665.833	.550	.745
KEC29	236.42	1678.287	.449	.747

KEC30	237.09	1670.971	.639	.746
KEC31	236.46	1669.045	.607	.745
KEC32	236.70	1662.313	.633	.744
KEC33	236.97	1667.376	.670	.745
KEC34	236.76	1668.684	.548	.745
KEC35	236.90	1669.409	.519	.745
KEC36	236.63	1671.808	.633	.746
KEC37	236.44	1673.436	.547	.746
KEC38	236.37	1672.066	.562	.746
KEC39	237.37	1669.675	.483	.746
KEC40	236.46	1676.090	.503	.746
TOTAL	119.91	427.197	1.000	.954

### 3. Hasil Uji Validitas dan Reliabilitas Alat Ukur Kecemasan Dimensi *State*

#### *Anxiety*

##### Reliability Statistics

Cronbach's Alpha	N of Items
.928	20

##### Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
KEC1	56.16	124.655	.621	.924
KEC2	56.40	122.357	.701	.922
KEC3	56.57	125.067	.546	.925
KEC4	56.43	123.895	.538	.926
KEC5	56.26	123.674	.655	.923
KEC6	56.17	124.142	.544	.925
KEC7	55.79	124.241	.576	.925
KEC8	55.82	126.555	.513	.926
KEC9	56.20	121.876	.645	.923
KEC10	56.20	122.721	.682	.922
KEC11	56.18	125.029	.570	.925
KEC12	56.39	124.992	.537	.925
KEC13	56.22	123.004	.620	.924

KEC14	56.08	123.131	.590	.924
KEC15	56.17	123.601	.641	.923
KEC16	55.77	126.947	.537	.925
KEC17	55.99	124.104	.639	.923
KEC18	56.01	124.268	.618	.924
KEC19	55.86	125.441	.616	.924
KEC20	56.21	123.689	.664	.923

#### 4. Hasil Uji Validitas dan Reliabilitas Alat Ukur Kecemasan Dimensi *Trait*

##### *Anxiety*

##### Reliability Statistics

Cronbach's Alpha	N of Items
.909	20

##### Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
KEC1	58.12	90.416	.562	.904
KEC2	57.90	87.985	.565	.904
KEC3	57.85	89.246	.504	.905
KEC4	57.30	89.399	.506	.905
KEC5	57.83	86.672	.600	.903
KEC6	57.83	89.386	.575	.904
KEC7	58.06	88.800	.522	.905
KEC8	57.99	87.615	.526	.905
KEC9	57.41	89.407	.499	.905
KEC10	58.08	88.503	.649	.902
KEC11	57.45	88.149	.604	.903
KEC12	57.69	86.417	.639	.902
KEC13	57.96	89.082	.574	.904
KEC14	57.75	88.077	.539	.904
KEC15	57.90	88.219	.509	.905
KEC16	57.62	89.383	.589	.903
KEC17	57.43	88.807	.568	.904

KEC18	57.36	89.269	.529	.905
KEC19	58.37	88.183	.475	.907
KEC20	57.45	89.479	.518	.905

## 5. Hasil Uji Normalitas Data

### One-Sample Kolmogorov-Smirnov Test

		Unstandardized Residual
N		240
Normal Parameters <sup>a,b</sup>	Mean	.0000000
	Std. Deviation	5.37904577
Most Extreme Differences	Absolute	.032
	Positive	.026
	Negative	-.032
Test Statistic		.032
Asymp. Sig. (2-tailed)		.200 <sup>c,d</sup>

a. Test distribution is Normal.

b. Calculated from data.

c. Lilliefors Significance Correction.

d. This is a lower bound of the true significance.

## 6. Hasil Uji Korelasi Aktualisasi Diri dengan Kecemasan

### Correlations

		AKTUALISASI_DIRI	KECEMASAN
AKTUALISASI_DIRI	Pearson Correlation	1	-.523**
	Sig. (2-tailed)		.000
	N	240	240
KECEMASAN	Pearson Correlation	-.523**	1
	Sig. (2-tailed)	.000	
	N	240	240

\*\* . Correlation is significant at the 0.01 level (2-tailed).

## 7. Hasil Uji Korelasi Aktualisasi Diri dengan Kecemasan Dimensi *State*

### *Anxiety*

**Correlations**

		STATE_ANXIETY	SELF_ACTUALIZATION
STATE_ANXIETY	Pearson Correlation	1	-.441**
	Sig. (2-tailed)		.000
	N	240	240
SELF_ACTUALIZATION	Pearson Correlation	-.441**	1
	Sig. (2-tailed)	.000	
	N	240	240

\*\* . Correlation is significant at the 0.01 level (2-tailed).

## 8. Hasil Uji Korelasi Aktualisasi Diri dengan Kecemasan Dimensi *Trait*

### *Anxiety*

**Correlations**

		TRAIT_ANXIETY	SELF_ACTUALIZATION
TRAIT_ANXIETY	Pearson Correlation	1	-.567**
	Sig. (2-tailed)		.000
	N	240	240
SELF_ACTUALIZATION	Pearson Correlation	-.567**	1
	Sig. (2-tailed)	.000	
	N	240	240

\*\* . Correlation is significant at the 0.01 level (2-tailed).