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LAMPIRAN

No.	Aitem	1	2	3	4	5
1.	Saya ingin makan ketika merasa kesal					
2.	Saya ingin makan ketika merasa takut					
3.	Saya ingin makan ketika merasa sedih					
4.	Saya ingin makan ketika merasa gelisah					
5.	Saya ingin makan ketika sedang tidak ada kegiatan (bosan)					
6.	Saya ingin makan ketika merasa tertekan atau patah semangat					
7.	Saya ingin makan ketika merasa kesepian					
8.	Saya ingin makan ketika dikecewakan oleh orang lain					
9.	Saya ingin makan ketika sedang marah					
10.	Saya ingin makan ketika mengalami hal yang tidak menyenangkan					
11.	Saya ingin makan ketika merasa cemas, khawatir atau tegang					
12.	Saya ingin makan ketika terjadi hal yang bertentangan dengan keinginan saya (terdapat sesuatu yang salah dalam situasi)					
13.	Saya ingin makan ketika merasa kecewa					

Lampiran 1. Skala *Emotional Eating*

No.	Aitem	0	1	2	3	4
1.	Seberapa sering Anda merasa marah karena sesuatu yang tidak terduga terjadi					
2.	Seberapa sering Anda merasa tidak dapat mengendalikan hal-hal penting dalam hidup Anda					
3.	Seberapa sering Anda merasa gelisah dan tertekan					
4.	Seberapa sering Anda merasa yakin terhadap kemampuan diri untuk mengatasi masalah pribadi					
5.	Seberapa sering Anda merasa banyak hal yang berjalan sesuai dengan keinginan Anda					
6.	Seberapa sering Anda merasa tidak mampu menyelesaikan hal yang harus dikerjakan					
7.	Seberapa sering Anda mampu mengontrol gangguan dalam kehidupan Anda					
8.	Seberapa sering Anda merasa lebih mampu mengatasi masalah jika dibandingkan dengan orang lain					
9.	Seberapa sering Anda marah karena adanya masalah yang tidak dapat Anda kendalikan					
10.	Seberapa sering Anda merasa kesulitan yang menumpuk, sehingga Anda tidak mampu untuk mengatasinya					

Lampiran 2. Skala Tingkat Stres

Surat Pernyataan

Saya bertanda tangan dibawah ini:

Nama : Imam Rizqi Ramadhani, S.Psi

Pekerjaan : Karyawan Swasta

Menyatakan **bersedia** untuk memberikan izin menggunakan skala Sub-Skala *Emotional Eating* dari *Dutch Eating Behavior Questionnaire* (DEBQ) yang telah diadaptasi ke Bahasa Indonesia sebagai alat ukur penelitian yang disusun oleh:

Nama : Afni Nurul Izzah Bur

NIM : C021191037

Judul Skripsi : Kontribusi Tingkat Stres terhadap *Emotional Eating* pada Mahasiswa di Kota Makassar

Demikian surat pernyataan ini dibuat untuk dipergunakan sebagaimana mestinya.

Sidoarjo, 20 Agustus 2023



(Imam Rizqi Ramadhani)

Lampiran 3. Izin Menggunakan Skala *Emotional Eating*

Surat Pernyataan

Saya bertanda tangan dibawah ini:

Nama : Irma Suryani Sulaeman, S.Psi

Pekerjaan : Wiraswasta

Menyatakan **bersedia** untuk memberikan izin menggunakan skala *Perceived Stress Scale* (PSS-10) yang telah diadaptasi ke Bahasa Indonesia sebagai alat ukur penelitian yang disusun oleh:

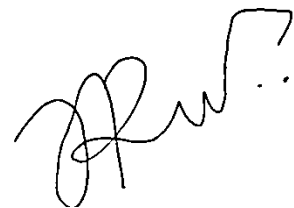
Nama : Afni Nurul Izzah Bur

NIM : C021191037

Judul Skripsi : Kontribusi Tingkat Stres terhadap *Emotional Eating* pada Mahasiswa di Kota Makassar

Demikian surat pernyataan ini dibuat untuk dipergunakan sebagaimana mestinya.

Sidenreng Rappang, 23 Agustus 2023



(Irma Suryani Sulaeman)

Lampiran 4. Izin Menggunakan Skala Tingkat Stres

	Sig. (2-tailed)	.188	.054	.309		.000	.038	.000	.000	.411	.051	.000
	N	215	215	215	215	215	215	215	215	215	215	215
TS5	Pearson Correlation	-.144*	-.039	-.034	.329**	1	-.031	.285**	.387**	-.050	-.098	.277**
	Sig. (2-tailed)	.035	.569	.617	.000		.652	.000	.000	.470	.150	.000
	N	215	215	215	215	215	215	215	215	215	215	215
TS6	Pearson Correlation	.381**	.395**	.409**	-.142*	-.031	1	-.029	-.019	.394**	.581**	.582**
	Sig. (2-tailed)	.000	.000	.000	.038	.652		.670	.783	.000	.000	.000
	N	215	215	215	215	215	215	215	215	215	215	215
TS7	Pearson Correlation	-.031	-.006	.088	.373**	.285**	-.029	1	.424**	-.011	.047	.408**
	Sig. (2-tailed)	.648	.930	.200	.000	.000	.670		.000	.871	.490	.000
	N	215	215	215	215	215	215	215	215	215	215	215
TS8	Pearson Correlation	.032	-.034	.048	.433**	.387**	-.019	.424**	1	-.072	-.018	.394**
	Sig. (2-tailed)	.642	.616	.485	.000	.000	.783	.000		.292	.797	.000
	N	215	215	215	215	215	215	215	215	215	215	215
TS9	Pearson Correlation	.570**	.530**	.542**	-.056	-.050	.394**	-.011	-.072	1	.512**	.667**
	Sig. (2-tailed)	.000	.000	.000	.411	.470	.000	.871	.292		.000	.000
	N	215	215	215	215	215	215	215	215	215	215	215
TS10	Pearson Correlation	.496**	.464**	.433**	-.133	-.098	.581**	.047	-.018	.512**	1	.657**
	Sig. (2-tailed)	.000	.000	.000	.051	.150	.000	.490	.797	.000		.000
	N	215	215	215	215	215	215	215	215	215	215	215
TOTAL TS	Pearson Correlation	.622**	.622**	.671**	.269**	.277**	.582**	.408**	.394**	.667**	.657**	1
	Sig. (2-tailed)	.000	.000	.000	.000	.000	.000	.000	.000	.000	.000	
	N	215	215	215	215	215	215	215	215	215	215	215

Lampiran 8. Hasil Uji Validitas Skala Tingkat Stres

Reliability Statistics

Cronbach's Alpha	N of Items
.704	10

Lampiran 9. Hasil Uji Reliabilitas Skala Tingkat Stres

One-Sample Kolmogorov-Smirnov Test

N		Unstandardized Residual
215		
Normal Parameters ^{a,b}	Mean	.0000000
	Std. Deviation	11.24981935
Most Extreme Differences	Absolute	.045
	Positive	.039
	Negative	-.045
Test Statistic		.045
Asymp. Sig. (2-tailed)		.200 ^{c,d}

Lampiran 10. Hasil Uji Normalitas

ANOVA Table

			Sum of Squares	df	Mean Square	F	Sig.
Total EE *	Between	(Combined)	7399.509	27	274.056	2.141	.002
Total Stres	Groups	Linearity	4250.709	1	4250.709	33.210	.000
		Deviation from Linearity	3148.800	26	121.108	.946	.544
	Within Groups		23934.705	187	127.993		
	Total		31334.214	214			

Lampiran 11. Hasil Uji Linearitas

Model Summary^b

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.368 ^a	.136	.132	11.276

a. Predictors: (Constant), Total Stres

b. Dependent Variable: Total EE

ANOVA^a

	Model	Sum of Squares	df	Mean Square	F	Sig.
1	Regression	4250.709	1	4250.709	33.430	.000 ^b
	Residual	27083.505	213	127.153		
	Total	31334.214	214			

a. Dependent Variable: Total EE

b. Predictors: (Constant), Total Stres

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	17.870	3.387		5.276	.000
	Total Stres	.803	.139	.368	5.782	.000

a. Dependent Variable: Total EE

Lampiran 12. Hasil Uji Hipotesis