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LAMPIRAN

A. Ceklis Harian

Nama :

Tanggal :

Di bawah ini terdapat beberapa pernyataan singkat terkait kondisimu. Berilah tanda ceklis (v) pada kolom di samping pernyataan yang mewakili dirimu sehari-hari. Semua jawaban adalah benar selama dikerjakan dengan jujur dan sesuai kondisimu. Selamat mengisi 😊

No.	Pernyataan	Selalu	Sering	Kadang-kadang	Jarang	Tidak pernah
1	Murung					
2	Menghabiskan banyak waktu di dalam kamar					
3	Lelah setelah beraktivitas ringan					
4	Sulit memahami pembicaraan saat berkomunikasi					
5	Malu berhadapan dengan orang lain					
6	Menyesali kondisi diri					
7	Membayangkan hal buruk tentang masa depan					
8	Membayangkan percobaan bunuh diri					
9	Mengalami gangguan tidur: banyak tidur (≥ 10 jam/hari) atau kurang tidur (≤ 4 jam/hari)					
10	Nafsu makan berkurang					
11	Menangis					
12	Menghindari beraktivitas					
13	Mudah lupa akan sesuatu					
14	Takut ketika berbicara dengan orang lain					
15	Menyalahkan diri sendiri					
16	Pesimis					
17	Melakukan percobaan bunuh diri					

B. Skala Keberfungsian Keluarga

Nama :

Tanggal :

Di bawah ini terdapat beberapa pernyataan singkat terkait pendapatmu tentang kondisi keluargamu. Berilah tanda ceklis (v) pada kolom di samping pernyataan yang mewakili apa yang kamu rasakan. Semua jawaban adalah benar selama dikerjakan dengan jujur dan sesuai kondisimu. Selamat mengisi 😊

No	Pernyataan	SS	S	TS	STS
1	Perkataan ayah selalu sesuai dengan apa yang dilakukan				
2	Meskipun sibuk ayah selalu siap mendengarkan keluhan saya				
3	Masalah yang terjadi dalam keluarga selalu diselesaikan dengan diskusi				
4	Ayah selalu mengajarkan pada saya bagaimana cara bergaul yang baik				
5	Bagi saya ibu adalah tempat terbaik untuk berbagi cerita tentang masalah saya				
6	Saya merasa disayangi dan diterima apa adanya oleh orangtua saya				
7	Saya cenderung diabaikan ketika berada di tengah keluarga				
8	Ayah merupakan teladan terbaik saya dalam berperilaku				
9	Dalam keluarga saya selalu ada waktu untuk berkumpul dan berdiskusi bersama				
10	Dalam keluarga saya setiap anggota keluarga memiliki kesempatan yang sama untuk mengeluarkan pendapat				
11	Saya lebih sering menyelesaikan permasalahan saya sendiri, tanpa campur tangan orangtua				
12	Hubungan saya dengan orangtua adalah hubungan yang penuh kasih sayang				
13	Ayah saya selalu membantu apabila saya berada dalam kesulitan				
14	Ayah memberi kepercayaan yang besar kepada saya				
15	Saya merasa lebih mudah untuk terbuka kepada orangtua saya daripada kepada orang lain				
16	Ayah bukan merupakan teladan moral yang baik bagi saya				
17	Ayah menanamkan pada saya tentang rasa tanggung jawab				
18	Saya merasa aman dalam keluarga karena semua orang saling peduli				
19	Keluarga saya selalu memberikan dukungan moral bagi setiap anggotanya				
20	Ibu kurang bertanggung jawab terhadap keluarga				



21	Dalam keluarga saya terjalin komunikasi yang baik dan efektif sehingga ada saling pengertian				
22	Nasihat yang diberikan ayah tidak sesuai dengan yang dilakukannya				
23	Saya merasa ayah melaksanakan tugasnya sebagai ayah dengan baik				
24	Dalam keluarga saya sering terjadi perdebatan karena masalah komunikasi				
25	Orangtua saya tidak memperhatikan pendapat saya dalam menyelesaikan permasalahan keluarga				
26	Saya ingin menajdi seperti ayah saya yang bisa bertanggung jawab dan menjadi panutan dalam keluarga				
27	Orangtua saya tidak adil dalam memperlakukan anak-anaknya				
28	Saya cenderung tertutup mengenai permasalahan saya terhadap orangtua				
29	Ayah dan ibu saya sibuk dengan urusannya masing-masing				
30	Ibu kurang memotivasi saya untuk berprestasi				
31	Saya lebih suka memendam perasaan saya daripada harus mengungkapkannya kepada orangtua				
32	Di dalam keluarga tidak ada yang peduli dengan perasaan saya				
33	Saya tidak pernah diajarkan untuk bertanggung jawab terhadap hidup saya				
34	Ayah selalu ragu atas keputusan yang saya buat				
35	Ibu merupakan panutan utama saya				
36	Orangtua saya sering memberikan pujian yang tulus kepada saya				
37	Saya merasa sifat buruk ayah menurun pada saya				
38	Orangtua saya menuntut saya menjadi apa yang mereka mau, walaupun itu tidak sesuai dengan keinginan saya				