**Lampiran 4**

**Self-Esteem InventoryModel (Dr.Stanley Copersmith)**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Section \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Fahey/Insel/Roth, *Fit and Well,* Sixth Edition. © 2005 The McGraw-Hill Companies.

**Lab A10-6**

*Self-Esteem Inventory*

Read each of the following statements; check the “like me” column if it describes how you usually feel and the “unlike me” column if it does not describe how you usually feel.

**Like me Unlike me**

\_\_\_\_\_\_ \_\_\_\_\_\_ 1. I spend a lot of time daydreaming.

\_\_\_\_\_\_ \_\_\_\_\_\_ 2. I’m pretty sure of myself.

\_\_\_\_\_\_ \_\_\_\_\_\_ 3. I often wish I were someone else.

\_\_\_\_\_\_ \_\_\_\_\_\_ 4. I’m easy to like.

\_\_\_\_\_\_ \_\_\_\_\_\_ 5. My family and I have a lot of fun together.

\_\_\_\_\_\_ \_\_\_\_\_\_ 6. I never worry about anything.

\_\_\_\_\_\_ \_\_\_\_\_\_ 7. I find it very hard to talk in front of a group.

\_\_\_\_\_\_ \_\_\_\_\_\_ 8. I wish I were younger.

\_\_\_\_\_\_ \_\_\_\_\_\_ 9. There are lots of things about myself I’d change if I could.

\_\_\_\_\_\_ \_\_\_\_\_\_ 10. I can make up my mind without too much trouble.

\_\_\_\_\_\_ \_\_\_\_\_\_ 11. I’m a lot of fun to be with.

\_\_\_\_\_\_ \_\_\_\_\_\_ 12. I get upset easily at home.

\_\_\_\_\_\_ \_\_\_\_\_\_ 13. I always do the right thing.

\_\_\_\_\_\_ \_\_\_\_\_\_ 14. I’m proud of my work.

\_\_\_\_\_\_ \_\_\_\_\_\_ 15. Someone always has to tell me what to do.

\_\_\_\_\_\_ \_\_\_\_\_\_ 16. It takes me a long time to get used to anything new.

\_\_\_\_\_\_ \_\_\_\_\_\_ 17. I’m often sorry for the things I do.

\_\_\_\_\_\_ \_\_\_\_\_\_ 18. I’m popular with people my own age.

\_\_\_\_\_\_ \_\_\_\_\_\_ 19. My family usually considers my feelings.

\_\_\_\_\_\_ \_\_\_\_\_\_ 20. I’m never happy.

\_\_\_\_\_\_ \_\_\_\_\_\_ 21. I’m doing the best work that I can.

\_\_\_\_\_\_ \_\_\_\_\_\_ 22. I give in very easily.

\_\_\_\_\_\_ \_\_\_\_\_\_ 23. I can usually take care of myself.

\_\_\_\_\_\_ \_\_\_\_\_\_ 24. I’m pretty happy.

\_\_\_\_\_\_ \_\_\_\_\_\_ 25. I would rather associate with people younger than me.

\_\_\_\_\_\_ \_\_\_\_\_\_ 26. My family expects too much of me.

\_\_\_\_\_\_ \_\_\_\_\_\_ 27. I like everyone I know.

\_\_\_\_\_\_ \_\_\_\_\_\_ 28. I like to be called on when I am in a group.

\_\_\_\_\_\_ \_\_\_\_\_\_ 29. I understand myself.

\_\_\_\_\_\_ \_\_\_\_\_\_ 30. It’s pretty tough to be me.

\_\_\_\_\_\_ \_\_\_\_\_\_ 31. Things are all mixed up in my life.

\_\_\_\_\_\_ \_\_\_\_\_\_ 32. People usually follow my ideas.

\_\_\_\_\_\_ \_\_\_\_\_\_ 33. No one pays much attention to me at home.

\_\_\_\_\_\_ \_\_\_\_\_\_ 34. I never get scolded.

\_\_\_\_\_\_ \_\_\_\_\_\_ 35. I’m not doing as well at work as I’d like to.

\_\_\_\_\_\_ \_\_\_\_\_\_ 36. I can make up my mind and stick to it.

\_\_\_\_\_\_ \_\_\_\_\_\_ 37. I really don’t like being a man/woman.

\_\_\_\_\_\_ \_\_\_\_\_\_ 38. I have a low opinion of myself.

\_\_\_\_\_\_ \_\_\_\_\_\_ 39. I don’t like to be with other people.

\_\_\_\_\_\_ \_\_\_\_\_\_ 40. There are many times when I’d like to leave home.

\_\_\_\_\_\_ \_\_\_\_\_\_ 41. I’m never shy.

\_\_\_\_\_\_ \_\_\_\_\_\_ 42. I often feel upset.

\_\_\_\_\_\_ \_\_\_\_\_\_ 43. I often feel ashamed of myself.

\_\_\_\_\_\_ \_\_\_\_\_\_ 44. I’m not as nice-looking as most people.

\_\_\_\_\_\_ \_\_\_\_\_\_ 45. If I have something to say, I usually say it.

**Scoring**

The test has a built in “lie scale” to help determine if you are trying too hard to appear to have high self-esteem. If you answered “like me” to three or more of the following items, retake the test with an eye toward being more realistic in your responses: 1, 6, 13, 20, 27, 34, 41, 48. To calculate your score, add up the number of times your responses match those given below. To determine how your level of self-esteem compares to that of others, find the value closest to your score in the table.

**Like me:** Items 2, 4, 5, 10, 11, 14, 18, 19, 21, 23, 24, 28, 29, 32, 36, 45, 47, 55, 57

**Unlike me:** Items 3, 7, 8, 9, 12, 15, 16, 17, 22, 25, 26, 30, 31, 33, 35, 37, 38, 39, 40, 42, 43, 44, 46, 49, 50, 51, 52, 53, 54, 56, 58

**Men Women**

33 32 Significantly below average

36 35 Somewhat below average

40 39 Average

44 43 Somewhat above average

47 46 Significantly above average

**LAB A10-6**

Source: Ryden, M. B. 1978. An adult version of the Coopersmith Self-Esteem Inventory: Test-retest reliability and social desirability. *Psychological Reports* 43:1189–1190. Copyright © 1978 Muriel Ryden. Reproduced with permission of the author. Used by permission. (Dr. Ryden’s scale is a version of a scale developed by Dr. Stanley Coopersmith to measure self-esteem in children. Dr. Ryden’s version is modified to be used with teens and young adults.)

**Lampiran 5**

**ANGKET PENELITIAN ADAPTASI DARI INVENTORI *SELF ESTEEM***

**Self Esteem Inventory**

(inventori yang diadaptasidariCoopersmith S, 1967 dan Dr. Reyden oleh The McGraw-Hill Companies Inc, 2005

**Identitas Responden :**

Nama :

Jenis Kelamin :

Bacalah pernyataan berikut dan check (√) pada kolom sesuai dengan diri saya jika mendeskripsikan apa yang sering kamu rasakan, dan check pada kolom tidak sesuai dengan diri saya ketika tidak mendeskripsikan apa yang sering kamurasakan.

|  |  |  |
| --- | --- | --- |
| Sesuai dengan diri saya | Tidak sesuai dengan diri saya | Pernyataan |

\_\_\_\_\_\_ \_\_\_\_\_\_ 1. Saya menghabiskan banyak waktu melamun.

\_\_\_\_\_\_ \_\_\_\_\_\_ 2. Aku cukup yakin pada diri saya sendiri.

\_\_\_\_\_\_ \_\_\_\_\_\_ 3. Saya sering berharap saya adalah orang lain.

\_\_\_\_\_\_ \_\_\_\_\_\_ 4. Saya mudah untuk menyukai sesuatu

\_\_\_\_\_\_ \_\_\_\_\_\_ 5. Saya dan keluarga saya memiliki banyak kesenangan bersama.

\_\_\_\_\_\_ \_\_\_\_\_\_ 6. Saya tidak pernah khawatir tentang apa pun.

\_\_\_\_\_\_ \_\_\_\_\_\_ 7. Saya merasa sangat sulit untuk berbicara di depan orang lain ataupun kelompok.

\_\_\_\_\_\_ \_\_\_\_\_\_ 8. Saya berharap saya masih kecil.

\_\_\_\_\_\_ \_\_\_\_\_\_ 9. Ada banyak hal tentang diri saya akan berubah jika saya bisa

melakukannya.

\_\_\_\_\_\_ \_\_\_\_\_\_ 10. Saya bias mengubah pikiran saya tanpa terlalu banyak kesulitan.

\_\_\_\_\_\_ \_\_\_\_\_\_ 11. Saya merasa senang jika bersama.

\_\_\_\_\_\_ \_\_\_\_\_\_ 12. Saya merasa sangat mudah marah ketika dirumah.

\_\_\_\_\_\_ \_\_\_\_\_\_ 13. Saya selalu melakukan hal yang benar.

\_\_\_\_\_\_ \_\_\_\_\_\_ 14. Saya bangga dengan pekerjaan saya.

\_\_\_\_\_ \_\_\_\_\_\_ 15. Saya selalu harus diberitahu orang lain tentang apa yang harus saya

lakukan.

\_\_\_\_\_\_ \_\_\_\_\_\_ 16. Perlu waktu lama untuk beradaptasi terhadap sesuatu yang baru

\_\_\_\_\_\_ \_\_\_\_\_\_ 17. Saya sering meminta maaf padahal yang saya lakukan.

\_\_\_\_\_\_ \_\_\_\_\_\_ 18. Saya seorang yang popular untuk anak seusia saya.

\_\_\_\_\_\_ \_\_\_\_\_\_ 19. Keluarga saya biasanya mempertimbangkan perasaan saya.

\_\_\_\_\_\_ \_\_\_\_\_\_ 20. Aku tidak pernah merasa bahagia.

\_\_\_\_\_\_ \_\_\_\_\_\_ 21. Saya melakukan pekerjaan yang terbaik yang bias saya lakukan.

\_\_\_\_\_\_ \_\_\_\_\_\_ 22. Saya sangat mudah menyerah

\_\_\_\_\_\_ \_\_\_\_\_\_ 23. Saya dapat mengurus diri saya sendiri.

\_\_\_\_\_\_ \_\_\_\_\_\_ 24. Aku cukup bahagia.

\_\_\_\_\_\_ \_\_\_\_\_\_ 25. Saya lebih suka bergaul dengan orang lebih muda dari saya.

\_\_\_\_\_\_ \_\_\_\_\_\_ 26. Keluarga saya mengharapkan terlalu banyak dari saya.

\_\_\_\_\_\_ \_\_\_\_\_\_ 27. Saya menyukai semua orang yang saya kenal.

\_\_\_\_\_\_ \_\_\_\_\_\_ 28. Saya selalu dipanggil untuk bergabung dalam kelompok.

\_\_\_\_\_\_ \_\_\_\_\_\_ 29. Saya memahami diriku sendiri.

\_\_\_\_\_\_ \_\_\_\_\_\_ 30. Hal ini cukup sulit untuk saya.

\_\_\_\_\_\_ \_\_\_\_\_\_ 31. Hal ini memang dibuat untuk hidup saya.

\_\_\_\_\_\_ \_\_\_\_\_\_ 32.Orang biasanya mengikuti ide-ide saya.

\_\_\_\_\_\_ \_\_\_\_\_\_ 33. Tidak satupun orang memberikan perhatian yang lebih

kepada saya di rumah.

\_\_\_\_\_\_ \_\_\_\_\_\_ 34. Saya tidak pernah dimarahi.

\_\_\_\_\_ \_\_\_\_\_\_ 35. Aku tidak melakukan yang terbaik seperti apa yang saya inginkan.

\_\_\_\_\_\_ \_\_\_\_\_\_ 36. Saya bias membuat pikiran saya dan menaatinya.

\_\_\_\_\_\_ \_\_\_\_\_\_ 37. Saya sangat tidak suka menjadi seorang pria / wanita.

\_\_\_\_\_\_ \_\_\_\_\_\_ 38. Sayamemilikipendapat yang rendahdirikusendiri.

\_\_\_\_\_\_ \_\_\_\_\_\_ 39. Saya tidak suka dengan orang lain.

\_\_\_\_\_\_ \_\_\_\_\_\_ 40. Saya sering memikirkan untuk meninggalkan rumah.

\_\_\_\_\_\_ \_\_\_\_\_\_ 41. Aku tidak pernah merasa malu.

\_\_\_\_\_\_ \_\_\_\_\_\_ 42. Saya sering merasa kesal.

\_\_\_\_\_\_ \_\_\_\_\_\_ 43. Saya sering merasa malu pada diri saya sendiri.

\_\_\_\_\_\_ \_\_\_\_\_\_ 44. Saya secantik/setampan seperti banyak orang.

\_\_\_\_\_\_ \_\_\_\_\_\_ 45. Jika saya ingin mengatakan sesuatu, saya selalu mengatakannya.

\_\_\_\_\_\_ \_\_\_\_\_\_ 46. Orang lain sangat sering memilih saya

\_\_\_\_\_\_ \_\_\_\_\_\_ 47. Keluarga saya memahami saya.

\_\_\_\_\_\_ \_\_\_\_\_\_ 48. Saya selalu mengatakan yang sebenarnya.

\_\_\_\_\_\_ \_\_\_\_\_\_ 49. Orang lain membuat saya merasa saya tidak cukup baik.

\_\_\_\_\_\_ \_\_\_\_\_\_ 50. Saya tidak peduli apa yang terjadi pada saya.

\_\_\_\_\_\_ \_\_\_\_\_\_ 51. Saya gagal.

\_\_\_\_\_\_ \_\_\_\_\_\_ 52. Saya mudah marah ketika saya dimarahi.

\_\_\_\_\_\_ \_\_\_\_\_\_ 53. Orang lain jauh lebih baik dari saya.

\_\_\_\_\_\_ \_\_\_\_\_\_ 54. Saya selalu merasa bahwa keluarga saya selalu mendorong saya.

\_\_\_\_\_\_ \_\_\_\_\_\_ 55. Saya selalu tahu harus berkata apa kepada orang-orang.

\_\_\_\_\_\_ \_\_\_\_\_\_ 56. Saya sering berkecil hati.

\_\_\_\_\_\_ \_\_\_\_\_\_ 57. Sesuatu hal biasanya tidak mengganggu saya.

\_\_\_\_\_\_ \_\_\_\_\_\_ 58. Saya tidak bias diandalkan.