

ANALISA DATA

1. KARAKTERISTIK SUBJEK KESELURUHAN

Statistics

Jenis Kelamin

N	Valid	141
	Missing	0

Jenis Kelamin

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Perempuan	66	46.8	46.8	46.8
	Laki-laki	75	53.2	53.2	100.0
	Total	141	100.0	100.0	

➔ Explore

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Usia	141	100.0%	0	0.0%	141	100.0%

Descriptives

			Statistic	Std. Error
Usia	Mean		23.04	.240
	95% Confidence Interval for Mean	Lower Bound	22.57	
		Upper Bound	23.52	
	5% Trimmed Mean		23.02	
	Median		23.00	
	Variance		8.112	
	Std. Deviation		2.848	
	Minimum		18	
	Maximum		29	
	Range		11	
	Interquartile Range		3	
	Skewness		.295	.204
	Kurtosis		-.474	.406

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Usia	.149	141	.000	.953	141	.000

a. Lilliefors Significance Correction

Usia

→ Frequencies

Statistics

Rutinitas Bernyanyi

N	Valid	141
	Missing	0

Rutinitas Bernyanyi

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Rutin	70	49.6	49.6	49.6
	Tidak Rutin	71	50.4	50.4	100.0
	Total	141	100.0	100.0	

→ Frequencies

Statistics

Pekerjaan

N	Valid	141
	Missing	0

Pekerjaan

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Karyawan	38	27.0	27.0	27.0
	Desainer	8	5.7	5.7	32.6
	Pengusaha	23	16.3	16.3	48.9
	Mahasiswa	54	38.3	38.3	87.2
	Cooking	1	.7	.7	87.9
	Trainer	2	1.4	1.4	89.4
	Animator TV	2	1.4	1.4	90.8
	Administrasi	1	.7	.7	91.5
	Atlet	2	1.4	1.4	92.9
	Musisi	5	3.5	3.5	96.5
	Dokter	1	.7	.7	97.2
	Arsitek	2	1.4	1.4	98.6
	Fotografer	1	.7	.7	99.3
	Guru	1	.7	.7	100.0
	Total	141	100.0	100.0	

→ Frequencies

Statistics

Total Stress

N	Valid	141
	Missing	0

Total Stress

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Normal	66	46.8	46.8	46.8
	Ringan	18	12.8	12.8	59.6
	Sedang	33	23.4	23.4	83.0
	Parah	22	15.6	15.6	98.6
	Sangat Parah	2	1.4	1.4	100.0
	Total	141	100.0	100.0	

→ Explore

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Total DASS	141	100.0%	0	0.0%	141	100.0%

Descriptives

			Statistic	Std. Error
Total DASS	Mean		35.86	1.625
	95% Confidence Interval for Mean	Lower Bound	32.65	
		Upper Bound	39.07	
	5% Trimmed Mean		35.17	
	Median		35.00	
	Variance		372.294	
	Std. Deviation		19.295	
	Minimum		2	
	Maximum		94	
	Range		92	
	Interquartile Range		32	
	Skewness		.498	.204
	Kurtosis		-.348	.406

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Total DASS	.102	141	.001	.966	141	.001

a. Lilliefors Significance Correction

Total DASS

2. KARAKTERISTIK SUBJEK YANG BERNYANYI

➔ Explore

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Usia Mulai Bernyanyi	70	100.0%	0	0.0%	70	100.0%

Descriptives

			Statistic	Std. Error
Usia Mulai Bernyanyi	Mean		6.31	.402
	95% Confidence Interval for Mean	Lower Bound	5.51	
		Upper Bound	7.12	
	5% Trimmed Mean		6.12	
	Median		6.00	
	Variance		11.320	
	Std. Deviation		3.365	
	Minimum		1	
	Maximum		16	
	Range		15	
	Interquartile Range		5	
	Skewness		.742	.287
	Kurtosis		.536	.566

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Usia Mulai Bernyanyi	.109	70	.040	.950	70	.007

a. Lilliefors Significance Correction

Usia Mulai Bernyanyi

➔ Frequencies

Statistics

Inisiatif Bernyanyi

N	Valid	70
Missing	0	

Inisiatif Bernyanyi

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Inisiatif Pribadi	68	97.1	97.1	97.1
	Terpaksa	2	2.9	2.9	100.0
	Total	70	100.0	100.0	

➔ Explore

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Durasi Bernyanyi (Jam)	70	100.0%	0	0.0%	70	100.0%

Descriptives

			Statistic	Std. Error
Durasi Bernyanyi (Jam)	Mean		1.27	.054
	95% Confidence Interval for Mean	Lower Bound	1.16	
		Upper Bound	1.38	
	5% Trimmed Mean		1.25	
	Median		1.00	
	Variance		.201	
	Std. Deviation		.448	
	Minimum		1	
	Maximum		2	
	Range		1	
	Interquartile Range		1	
	Skewness		1.051	.287
	Kurtosis		-.923	.566

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Durasi Bernyanyi (Jam)	.456	70	.000	.556	70	.000

a. Lilliefors Significance Correction

Durasi Bernyanyi (Jam)

➔ Explore

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Jumlah Bernyanyi dalam Seminggu (kali)	70	100.0%	0	0.0%	70	100.0%

Descriptives

			Statistic	Std. Error
Jumlah Bernyanyi dalam Seminggu (kali)	Mean		3.27	.200
	95% Confidence Interval for Mean	Lower Bound	2.87	
		Upper Bound	3.67	
	5% Trimmed Mean		3.19	
	Median		3.00	
	Variance		2.809	
	Std. Deviation		1.676	
	Minimum		1	
	Maximum		7	
	Range		6	
	Interquartile Range		2	
	Skewness		.677	.287
	Kurtosis		-.177	.566

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Jumlah Bernyanyi dalam Seminggu (kali)	.164	70	.000	.912	70	.000

a. Lilliefors Significance Correction

Jumlah Bernyanyi dalam Seminggu (kali)

Statistics

Manfaat Bernanyi

N	Valid	70
	Missing	0

Manfaat Bernanyi

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid				
Menenangkan Diri	10	14.3	14.3	14.3
Berpikir Positif	2	2.9	2.9	17.1
Santai/Relaksasi	5	7.1	7.1	24.3
Meningkatkan Kepercayaan Diri	5	7.1	7.1	31.4
Mudah Tidur	2	2.9	2.9	34.3
Bersemangat	5	7.1	7.1	41.4
Mengurangi Stres	18	25.7	25.7	67.1
Meningkatkan Kreativitas	3	4.3	4.3	71.4
Melatih Kesabaran	3	4.3	4.3	75.7
Fokus	3	4.3	4.3	80.0
Meningkatkan Daya Ingat	1	1.4	1.4	81.4
Mengontrol Emosi	3	4.3	4.3	85.7
Mengisi Waktu Saat Bosan	2	2.9	2.9	88.6
Mengurangi Panik	1	1.4	1.4	90.0
Mengekspresikan Perasaan	3	4.3	4.3	94.3
Mendapat Komunitas Baru	1	1.4	1.4	95.7
Meningkatkan Kebahagiaan	1	1.4	1.4	97.1
Melatih Pernapasan	1	1.4	1.4	98.6
Mengurangi Kecemasan/Kegugupan Berbicara	1	1.4	1.4	100.0
Total	70	100.0	100.0	

→ Explore

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Total DASS	70	49.6%	71	50.4%	141	100.0%

Descriptives

		Statistic	Std. Error
Total DASS	Mean	22.17	1.419
	95% Confidence Interval for Mean	Lower Bound	19.34
		Upper Bound	25.00
	5% Trimmed Mean	21.37	
	Median	19.50	
	Variance	140.869	
	Std. Deviation	11.869	
	Minimum	2	
	Maximum	67	
	Range	65	
	Interquartile Range	12	
	Skewness	1.236	.287
	Kurtosis	2.301	.566

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Total DASS	.158	70	.000	.918	70	.000

a. Lilliefors Significance Correction

Total DASS

3. KARAKTERISTIK SUBJEK YANG TIDAK BERNYANYI

➔ Explore

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Total DASS Tidak Bernyanyi Rutin	71	50.4%	70	49.6%	141	100.0%

Descriptives

			Statistic	Std. Error
Total DASS Tidak Bernyanyi Rutin	Mean		49.35	1.814
	95% Confidence Interval for Mean	Lower Bound	45.73	
		Upper Bound	52.97	
	5% Trimmed Mean		48.91	
	Median		48.00	
	Variance		233.717	
	Std. Deviation		15.288	
	Minimum		15	
	Maximum		94	
	Range		79	
	Interquartile Range		20	
	Skewness		.398	.285
	Kurtosis		.412	.563

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Total DASS Tidak Bernyanyi Rutin	.053	71	.200 [*]	.987	71	.688

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

a. Lilliefors Significance Correction

Total DASS Tidak Bernyanyi Rutin

4. CHI SQUARE

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Total Stress * Rutinitas Bernyanyi	141	100.0%	0	0.0%	141	100.0%

Total Stress * Rutinitas Bernyanyi Crosstabulation

Count		Rutinitas Bernyanyi		
		Rutin	Tidak Rutin	Total
Total Stress	Normal	56	10	66
	Ringan	5	13	18
	Sedang	8	25	33
	Parah	1	21	22
	Sangat Parah	0	2	2
Total		70	71	141

Chi-Square Tests

	Value	df	Asymp. Sig. (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)	Point Probability
Pearson Chi-Square	64.552 ^a	4	.000	.000		
Likelihood Ratio	73.356	4	.000	.000		
Fisher's Exact Test	69.502			.000		
Linear-by-Linear Association	58.001 ^b	1	.000	.000	.000	.000
N of Valid Cases	141					

a. 2 cells (20.0%) have expected count less than 5. The minimum expected count is .99.

b. The standardized statistic is 7.616.