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Lampiran 1. Kuesioner**KUESIONER PENELITIAN****KUESIONER PENELITIAN**

Kepada
 Yth. Bpk/Ibu/Sdr. Responden
 di Surakarta

Saya akan melakukan penelitian dengan judul: Pengaruh Dukungan Sosial Persepsian Pada Niat Mengurangi Konsumsi Gula Dimediasi Efikasi Diri. Untuk itu saya mohon ketersediaan Bpk/Ibu/Sdr mengisi kuesioner dengan apa adanya. Jawaban akan dirahasiakan oleh peneliti. Atas perhatian dan kerjasamanya saya ucapkan terima kasih.

Hormat Saya,
 ttd
 Sari Kartika Mahalia
 NIM. 16180449L

1. Identitas Responden

Mohon untuk memberi tanda (√) pada pilihan dibawah ini.

Nama :(boleh inisial)

Jenis Kelamin : Laki – Laki Perempuan

Usia Saat ini : 18-25 41-50
 : 26- 40 > 55

Alamat :

Nomer HP/WA :

PETUNJUK MENJAWAB

Mohon memberikan tanda (√) pada pilihan di bawah ini. Keterangan:

STS = Sangat Tidak Setuju CS = Cukup setuju SS = Sangat Setuju

TS = Tidak Setuju

S = Setuju

Kuesioner

Kode	PERNYATAAN	STS	TS	CS	S	SS
ED1	Saya pasti bisa mengurangi konsumsi gula	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ED2	Saya termotivasi mengurangi konsumsi gula	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ED3	Saya membiasakan mengurangi konsumsi gula	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ED4	Saya berhasil mengurangi konsumsi gula	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DSP1	Saya senang mengurangi konsumsi gula	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DSP2	Saya bersungguh-sungguh mengurangi konsumsi gula	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DSP3	Saya menerapkan kebiasaan mengurangi konsumsi gula	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
N1	Saya berharap mengurangi konsumsi gula	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
N2	Saya berencana mengurangi konsumsi gula	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
N3	Saya ingin mengurangi konsumsi gula	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Lampiran 2. Tabulasi Data

Resp	Efikasi Diri					Dukungan sosial persepsian				Niat mengurangi konsumsi gula			
	ED1	ED2	ED3	ED4	Rerata	DSP1	DSP2	DSP3	Rerata	N1	N2	N3	Rerata
1	5	5	5	5	5	4	4	4	4	5	5	5	5
2	4	5	4	5	4.5	5	5	5	5	5	5	5	5
3	5	5	5	5	5	5	5	5	5	4	4	4	4
4	5	4	4	5	4.5	5	5	5	5	5	5	5	5
5	5	5	5	5	5	4	5	4	4.33333	5	4	4	4.33333
6	4	4	5	4	4.25	5	5	5	5	5	4	5	4.66667
7	4	4	5	5	4.5	4	4	4	4	5	5	5	5
8	4	5	4	5	4.5	4	4	5	4.33333	5	4	4	4.33333
9	4	4	4	5	4.25	5	5	5	5	5	4	4	4.33333
10	5	5	5	5	5	4	4	4	4	5	4	5	4.66667
11	4	5	4	5	4.5	4	4	5	4.33333	5	5	5	5
12	4	4	4	5	4.25	4	5	5	4.66667	5	5	5	5
13	4	4	4	4	4	4	4	4	4	5	4	4	4.33333
14	4	4	4	4	4	5	5	5	5	4	4	5	4.33333
15	5	5	5	5	5	4	4	5	4.33333	5	4	4	4.33333
16	4	4	4	4	4	4	5	5	4.66667	4	4	4	4
17	5	5	5	5	5	5	5	5	5	5	4	4	4.33333
18	4	4	4	5	4.25	4	4	4	4	5	5	5	5
19	4	4	4	4	4	5	5	5	5	4	4	5	4.33333
20	5	5	5	5	5	5	5	5	5	5	5	5	5
21	4	4	5	5	4.5	4	4	5	4.33333	5	5	5	5
22	4	4	4	4	4	5	5	5	5	5	5	5	5
23	4	4	4	5	4.25	4	4	5	4.33333	5	5	5	5
24	4	4	5	5	4.5	4	5	5	4.66667	4	4	4	4
25	5	5	5	5	5	4	4	5	4.33333	5	4	4	4.33333
26	4	5	4	5	4.5	4	4	5	4.33333	4	4	4	4
27	4	5	5	5	4.75	5	5	5	5	4	4	4	4
28	5	5	5	5	5	4	4	5	4.33333	4	4	4	4
29	4	4	4	5	4.25	4	4	4	4	4	4	4	4
30	5	5	5	5	5	5	5	5	5	5	5	5	5
31	4	4	5	5	4.5	4	4	5	4.33333	5	4	5	4.66667
32	5	5	5	4	4.75	5	5	5	5	5	4	5	4.66667
33	4	5	4	5	4.5	4	4	5	4.33333	5	5	4	4.66667
34	5	5	5	4	4.75	4	4	5	4.33333	4	4	4	4
35	4	4	4	5	4.25	5	5	5	5	4	4	4	4
36	5	5	5	5	5	4	5	4	4.33333	4	4	4	4
37	5	5	5	5	5	4	4	5	4.33333	5	5	5	5
38	4	4	4	4	4	4	4	5	4.33333	5	5	5	5
39	5	5	5	5	5	4	4	4	4	5	4	5	4.66667
40	5	5	5	5	5	5	4	4	4.33333	5	5	5	5

41	5	5	5	5	5	4	4	4	4	4	4	4	4
42	4	4	5	5	4.5	4	4	4	4	5	5	4	4.66667
43	5	5	5	5	5	5	5	5	5	5	5	5	5
44	5	5	5	5	5	5	5	5	5	4	4	4	4
45	4	4	5	5	4.5	4	4	5	4.33333	4	5	4	4.33333
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48	4	4	4	4	4	5	4	4	4.33333	5	5	5	5
49	4	4	4	5	4.25	4	4	4	4	5	5	5	5
50	4	4	4	4	4	5	5	5	5	4	4	4	4
51	4	4	4	4	4	4	4	4	4	5	5	5	5
52	5	5	5	5	5	5	5	5	5	4	4	4	4
53	5	5	5	5	5	4	4	4	4	4	4	4	4
54	4	5	5	5	4.75	4	4	5	4.33333	5	5	5	5
55	5	5	5	5	5	5	5	5	5	5	4	4	4.33333
56	5	5	5	5	5	4	4	5	4.33333	5	5	5	5
57	4	5	4	5	4.5	5	4	4	4.33333	4	4	5	4.33333
58	4	5	4	5	4.5	4	4	4	4	4	4	4	4
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64	4	5	4	5	4.5	4	5	5	4.66667	4	5	5	4.66667
65	5	5	5	5	5	4	5	5	4.66667	5	5	5	5
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67	5	5	5	5	5	4	4	4	4	5	5	5	5
68	5	5	5	5	5	5	5	5	5	5	5	5	5
69	4	4	4	5	4.25	4	4	4	4	4	4	4	4
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73	4	5	4	5	4.5	5	4	5	4.66667	4	4	5	4.33333
74	4	5	4	5	4.5	4	5	5	4.66667	4	5	5	4.66667
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101	4	4	5	5	4.5	4	5	5	4.66667	4	4	4	4
102	4	4	4	5	4.25	4	4	4	4	5	5	5	5
103	4	4	5	4	4.25	4	4	5	4.33333	5	5	5	5
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109	4	4	3	4	3.75	5	5	5	5	4	4	4	4
110	4	5	4	4	4.25	4	4	5	4.33333	5	4	4	4.33333
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113	4	5	4	4	4.25	4	5	5	4.66667	4	5	4	4.33333
114	4	5	4	4	4.25	4	5	5	4.66667	5	5	4	4.66667
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134	4	4	4	4	4	4	5	5	4.66667	5	4	5	4.66667
135	5	5	4	5	4.75	5	4	5	4.66667	4	4	4	4
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139	4	4	4	5	4.25	5	5	5	5	4	4	4	4
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142	5	5	4	4	4.5	5	5	5	5	5	5	5	5
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148	5	5	4	4	4.5	4	4	5	4.33333	5	4	4	4.33333
149	5	5	4	5	4.75	5	5	5	5	5	4	5	4.66667
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152	5	5	4	4	4.5	5	5	5	5	4	4	4	4
153	4	4	4	5	4.25	4	5	4	4.33333	4	4	5	4.33333
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156	5	4	4	5	4.5	5	5	5	5	4	5	5	4.66667
157	4	5	4	5	4.5	4	4	4	4	5	4	5	4.66667
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160	4	5	4	4	4.25	5	5	5	5	4	4	4	4
161	5	5	4	5	4.75	5	5	5	5	5	5	5	5
162	5	5	5	5	5	4	4	4	4	5	4	4	4.33333
163	4	5	4	4	4.25	5	5	5	5	5	4	4	4.33333
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165	5	4	5	4	4.5	5	5	5	5	4	4	4	4
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170	4	5	4	4	4.25	5	5	5	5	4	4	4	4
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172	4	4	4	4	4	4	4	5	4.33333	4	4	4	4

173	5	5	4	5	4.75	5	5	5	5	4	5	4	4.33333
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184	4	4	4	4	4	4	4	4	4	5	5	5	5
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187	5	5	5	5	5	5	5	5	5	5	5	5	5
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190	4	5	4	4	4.25	3	4	5	4	4	4	4	4
191	5	5	4	5	4.75	5	5	4	4.66667	4	5	4	4.33333
192	4	5	4	4	4.25	3	5	5	4.33333	4	3	5	4
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194	5	4	4	5	4.5	4	5	4	4.33333	4	5	4	4.33333
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197	4	4	4	4	4	5	4	5	4.66667	4	4	4	4
198	4	4	5	4	4.25	5	4	4	4.33333	5	4	5	4.66667
199	5	4	4	5	4.5	4	4	4	4	4	5	5	4.66667
200	5	4	5	4	4.5	5	5	4	4.66667	4	4	4	4

Lampiran 3. Uji Validitas**KMO and Bartlett's Test**

Kaiser-Meyer-Olkin Measure of Sampling Adequacy.		.593
Bartlett's Test of Sphericity	Approx. Chi-Square	137.773
	df	45
	Sig.	.000

	Initial	Extraction
		n
ED1	1.000	.815
ED2	1.000	.697
ED3	1.000	.671
ED4	1.000	.337
DSP1	1.000	.828
DSP2	1.000	.775
DSP3	1.000	.339
N1	1.000	.679
N2	1.000	.760
N3	1.000	.764

Extraction Method:
Principal Component
Analysis.

Component	Rotation Sums of Squared Loadings		
	Total	% of Variance	Cumulative %
1	2.426	24.263	24.263
2	2.165	21.647	45.910
3	2.074	20.738	66.648
4			
5			
6			
7			
8			
9			
10			

Extraction Method: Principal Component Analysis.

Component Matrix^a

	Component		
	1	2	3
ED1	.758		.417
ED2	.749		
ED3	.710		
ED4	.567		
DSP1			.789
DSP2	-.464	-.439	.606
DSP3	-.449		
N1		.721	
N2		.823	
N3		.736	.463

Extraction Method: Principal
Component Analysis.^a

a. 3 components extracted.

Rotated Component Matrix^a

	Component		
	1	2	3
ED1	.902		
ED2	.823		
ED3	.817		
ED4	.426		
DSP1			.897
DSP2			.870
DSP3			.547
N1		.789	
N2		.861	
N3		.859	

Extraction Method: Principal
Component Analysis.

Rotation Method: Varimax with
Kaiser Normalization.^a

a. Rotation converged in 5 iterations.

Component Transformation Matrix

Component	1	2	3
1	.853	.070	-.517
2	-.295	.882	-.368
3	.430	.466	.773

Extraction Method: Principal Component
Analysis.

Rotation Method: Varimax with Kaiser
Normalization.

Lampiran 4. Uji Reliabilitas
Variabel Niat Mengurangi Konsumsi Gula

Case Processing Summary

		N	%
Cases	Valid	40	100.0
	Excluded ^a	0	.0
	Total	40	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.792	3

Item Statistics

	Mean	Std. Deviation	N
N1	4.70	.464	40
N2	4.40	.496	40
N3	4.55	.504	40

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
N1	8.95	.818	.574	.777
N2	9.25	.705	.677	.669
N3	9.10	.708	.653	.696

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
13.65	1.515	1.231	3

Variabel Dukungan Sosial Persepsian

Case Processing Summary

		N	%
Cases	Valid	40	100.0
	Excluded ^a	0	.0
	Total	40	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.719	3

Item Statistics

	Mean	Std. Deviation	N
DSP1	4.38	.490	40
DSP2	4.48	.506	40
DSP3	4.75	.439	40

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
DSP1	9.23	.589	.656	.479
DSP2	9.13	.574	.644	.492
DSP3	8.85	.849	.349	.831

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
13.60	1.323	1.150	3

Variabel Efikasi Diri**Case Processing Summary**

		N	%
Cases	Valid	40	100.0
	Excluded ^a	0	.0
	Total	40	100.0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
.769	4

Item Statistics

	Mean	Std. Deviation	N
ED1	4.43	.501	40
ED2	4.55	.504	40
ED3	4.55	.504	40
ED4	4.78	.423	40

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
ED1	13.87	1.189	.710	.634
ED2	13.75	1.218	.669	.658
ED3	13.75	1.269	.610	.692
ED4	13.52	1.692	.313	.828

Scale Statistics

Mean	Variance	Std. Deviation	N of Items
18.30	2.215	1.488	4

Lampiran 5. Uji Analisis Regresi

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics	
					R Square Change	F Change
1	.185 ^a	.034	.029	.37851	.034	7.038
2	.187 ^b	.035	.025	.37937	.001	.103

Model Summary

Model	Change Statistics		
	df1	df2	Sig. F Change
1	1 ^a	198	.009
2	1 ^b	197	.748

a. Predictors: (Constant), Dukungan Sosial Persepsian

b. Predictors: (Constant), Dukungan Sosial Persepsian, Efikasi Diri

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	1.008	1	1.008	7.038	.009 ^b
	Residual	28.367	198	.143		
	Total	29.376	199			
2	Regression	1.023	2	.512	3.555	.030 ^c
	Residual	28.352	197	.144		
	Total	29.376	199			

a. Dependent Variable: Niat

b. Predictors: (Constant), Dukungan Sosial Persepsian

c. Predictors: (Constant), Dukungan Sosial Persepsian, Efikasi Diri

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t
		B	Std. Error	Beta	
1	(Constant)	3.524	.358		9.854
	Dukungan Sosial Persepsian	.211	.079	.185	2.653
2	(Constant)	3.623	.472		7.675
	Dukungan Sosial Persepsian	.212	.080	.187	2.662
	Efikasi Diri	-.023	.073	-.023	-.321

Coefficients^a

Model		Sig.
1	(Constant)	.000
	Dukungan Sosial Persepsian	.009
2	(Constant)	.000
	Dukungan Sosial Persepsian	.008
	Efikasi Diri	.748

a. Dependent Variable: Niat

Excluded Variables^a

Model	Beta In	t	Sig.	Partial Correlation	Collinearity Statistics	
					Tolerance	
1	Efikasi Diri	-.023 ^b	-.321	.748	-.023	.996

a. Dependent Variable: Niat

b. Predictors in the Model: (Constant), Dukungan Sosial Persepsian

Dukungan Sosial Persepsian -> Niat Mengurangi konsumsi gula**Model Summary**

Mode	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.062 ^a	.004	-.001	.37098

a. Predictors: (Constant), Dukungan Sosial Persepsian

ANOVA^a

Model	Sum of Squares	df	Mean Square	F	Sig.
1 Regression	.105	1	.105	.765	.383 ^b
1 Residual	27.250	198	.138		
Total	27.355	199			

a. Dependent Variable: Efikasi Diri

b. Predictors: (Constant), Dukungan Sosial Persepsian

Coefficients^a

Model	Unstandardized Coefficients		Standardized Coefficients	t
	B	Std. Error	Beta	
(Constant)	4.226	.350		12.057
1 Dukungan Sosial Persepsian	.068	.078	.062	.875

Coefficients^a

Model	Sig.
(Constant)	.000
1 Dukungan Sosial Persepsian	.383

a. Dependent Variable: Efikasi Diri