**HASIL PENGUJIAN ALAT UKUR**

**Hasil Uji Deskriptif**

Mindfulness in Teaching Scale, Teacher Stress Inventory-Revised & Teacher Self-Efficacy Scale-Short

|  |  |  |  |
| --- | --- | --- | --- |
|  | MTS | TSI-R | TSES-Short |
| Valid | 244 | 244 | 244 |
| Missing | 0 | 0 | 0 |
| Mean | 52.135 | 59.791 | 85.984 |
| Std. Deviation | 6.220 | 17.096 | 12.720 |
| Shapiro-Wilk | 0.989 | 0.988 | 0.964 |
| P-value of Shapiro-Wilk | 0.050 | 0.044 | < .001 |

| **Mengajar di Jenjang** | **Frekuensi** | **Persentase** |
| --- | --- | --- |
| SD | 58 | 23.770 |
| SMA | 49 | 20.082 |
| SMK | 49 | 20.082 |
| SMP | 88 | 36.066 |
| Total | 244 | 100.000 |

**Hasil Uji Reliabilitas**

**Teacher Stress Inventory – Revised**

|  |  |
| --- | --- |
|  | **Cronbach’s Alpha** |
| **Total TSI-R** | 0.931 |
| **Work-Related Stressors** | 0.809 |
| **Emotional Manifestations** | 0.896 |
| **Physical Manifestations** | 0.865 |

**Mindfulness in Teaching Scale Indonesia**

|  |  |
| --- | --- |
|  | **Cronbach’s Alpha** |
| **Total MTS-I** | 0.717 |
| **Intrapersonal Mindfulness** | 0.792 |
| **Interpersonal Mindfulness** | 0.580 |

**Teacher Self-Efficacy Scale – Short Form**

|  |  |
| --- | --- |
|  | **Cronbach’s Alpha** |
| **Total TSES-Short** | 0.956 |
| **Class Management** | 0.890 |
| **Instructional Strategies** | 0.903 |
| **Student Engagement** | 0.878 |

**Hasil EFA MTS-I**

| **Factor Loadings** | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | | **Factor 1** | | **Factor 2** | | **Uniqueness** | |
| Intra\_1 |  | 0.497 |  |  |  | 0.736 |  |
| Inter\_2 |  |  |  | 0.551 |  | 0.691 |  |
| Intra\_7 |  | 0.477 |  |  |  | 0.751 |  |
| Intra\_5 |  | 0.639 |  |  |  | 0.591 |  |
| Inter\_4 |  |  |  | 0.449 |  | 0.797 |  |
| Intra\_8 |  | 0.641 |  |  |  | 0.582 |  |
| Intra\_6 |  | 0.626 |  |  |  | 0.593 |  |
| Inter\_5 |  |  |  | 0.329 |  | 0.892 |  |
| Intra\_3 |  | 0.682 |  |  |  | 0.524 |  |
| Intra\_9 |  | 0.411 |  |  |  | 0.827 |  |
| Inter\_1 |  |  |  | 0.721 |  | 0.478 |  |
| Intra\_2 |  | 0.464 |  |  |  | 0.784 |  |
| Intra\_4 |  | 0.540 |  |  |  | 0.706 |  |
|  | | | | | | | |
| Note.  Applied rotation method is varimax. | | | | | | | |

### Path Diagram

Diagram

Description automatically generated

**Hasil CFA MTS-I**

**HASIL CFA SETELAH MODIFIKASI**

| **Additional fit measures** **Fit indices** | | | |
| --- | --- | --- | --- |
| **Index** | | **Value** | |
| Comparative Fit Index (CFI) |  | 0.941 |  |
| Tucker-Lewis Index (TLI) |  | 0.925 |  |
| Bentler-Bonett Non-normed Fit Index (NNFI) |  | 0.925 |  |
| Bentler-Bonett Normed Fit Index (NFI) |  | 0.862 |  |
| Parsimony Normed Fit Index (PNFI) |  | 0.674 |  |
| Bollen's Relative Fit Index (RFI) |  | 0.823 |  |
| Bollen's Incremental Fit Index (IFI) |  | 0.943 |  |
| Relative Noncentrality Index (RNI) |  | 0.941 |  |
|  | | | |

### Model fit

| **Chi-square test** | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Model** | | **Χ²** | | **df** | | **p** | |
| Baseline model |  | 709.600 |  | 78 |  |  |  |
| Factor model |  | 98.231 |  | 61 |  | 0.002 |  |
|  | | | | | | | |

| **Other fit measures** | | | |
| --- | --- | --- | --- |
| **Metric** | | **Value** | |
| Root mean square error of approximation (RMSEA) |  | 0.050 |  |
| RMSEA 90% CI lower bound |  | 0.031 |  |
| RMSEA 90% CI upper bound |  | 0.068 |  |
| RMSEA p-value |  | 0.479 |  |
| Standardized root mean square residual (SRMR) |  | 0.052 |  |
| Goodness of fit index (GFI) |  | 0.941 |  |
| McDonald fit index (MFI) |  | 0.927 |  |
| Expected cross validation index (ECVI) |  | 0.648 |  |
|  | | | |

### Parameter estimates

| **Factor loadings** | | | | | | | | | | | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | | | | | | | | | | | **95% Confidence Interval** | | | |  | |
| **Factor** | | **Indicator** | | **Symbol** | | **Estimate** | | **Std. Error** | | **z-value** | | **p** | | **Lower** | | **Upper** | | **Std. Est. (all)** | |
| Intrapersonal |  | Intra\_1 |  | λ11 |  | 0.551 |  | 0.086 |  | 6.430 |  | < .001 |  | 0.383 |  | 0.718 |  | 0.450 |  |
|  |  | Intra\_7 |  | λ12 |  | 0.381 |  | 0.053 |  | 7.159 |  | < .001 |  | 0.276 |  | 0.485 |  | 0.494 |  |
|  |  | Intra\_5 |  | λ13 |  | 0.609 |  | 0.077 |  | 7.940 |  | < .001 |  | 0.459 |  | 0.760 |  | 0.552 |  |
|  |  | Intra\_8 |  | λ14 |  | 0.569 |  | 0.064 |  | 8.932 |  | < .001 |  | 0.444 |  | 0.694 |  | 0.606 |  |
|  |  | Intra\_6 |  | λ15 |  | 0.528 |  | 0.063 |  | 8.322 |  | < .001 |  | 0.403 |  | 0.652 |  | 0.573 |  |
|  |  | Intra\_3 |  | λ16 |  | 0.645 |  | 0.068 |  | 9.526 |  | < .001 |  | 0.513 |  | 0.778 |  | 0.637 |  |
|  |  | Intra\_9 |  | λ17 |  | 0.457 |  | 0.073 |  | 6.240 |  | < .001 |  | 0.313 |  | 0.600 |  | 0.437 |  |
|  |  | Intra\_2 |  | λ18 |  | 0.563 |  | 0.079 |  | 7.166 |  | < .001 |  | 0.409 |  | 0.717 |  | 0.495 |  |
|  |  | Intra\_4 |  | λ19 |  | 0.598 |  | 0.070 |  | 8.518 |  | < .001 |  | 0.460 |  | 0.736 |  | 0.576 |  |
| Interpersonal |  | Inter\_2 |  | λ21 |  | 0.458 |  | 0.066 |  | 6.935 |  | < .001 |  | 0.328 |  | 0.587 |  | 0.569 |  |
|  |  | Inter\_4 |  | λ22 |  | 0.496 |  | 0.085 |  | 5.854 |  | < .001 |  | 0.330 |  | 0.662 |  | 0.461 |  |
|  |  | Inter\_5 |  | λ23 |  | 0.415 |  | 0.092 |  | 4.506 |  | < .001 |  | 0.235 |  | 0.596 |  | 0.355 |  |
|  |  | Inter\_1 |  | λ24 |  | 0.652 |  | 0.083 |  | 7.900 |  | < .001 |  | 0.490 |  | 0.814 |  | 0.693 |  |

### Modification Indices

| **Cross-loadings** | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | |  | |  | | **Mod. Ind.** | | **EPC** | |
| Interpersonal |  | → |  | Intra\_7 |  | 4.127 |  | 0.114 |  |
|  | | | | | | | | | |

| **Residual covariances** | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | |  | |  | | **Mod. Ind.** | | **EPC** | |
| Intra\_1 |  | ↔ |  | Intra\_3 |  | 12.085 |  | 0.235 |  |
| Intra\_7 |  | ↔ |  | Intra\_8 |  | 10.809 |  | 0.111 |  |
| Intra\_1 |  | ↔ |  | Inter\_1 |  | 10.138 |  | -0.177 |  |
| Intra\_3 |  | ↔ |  | Inter\_1 |  | 6.806 |  | -0.109 |  |
| Intra\_5 |  | ↔ |  | Inter\_1 |  | 5.875 |  | 0.107 |  |
| Inter\_2 |  | ↔ |  | Inter\_1 |  | 5.456 |  | 0.269 |  |
| Inter\_4 |  | ↔ |  | Inter\_5 |  | 5.432 |  | 0.185 |  |
| Intra\_7 |  | ↔ |  | Intra\_3 |  | 4.558 |  | -0.081 |  |
| Intra\_1 |  | ↔ |  | Intra\_7 |  | 4.308 |  | -0.101 |  |
| Intra\_9 |  | ↔ |  | Intra\_2 |  | 3.996 |  | 0.133 |  |
| Intra\_3 |  | ↔ |  | Inter\_2 |  | 3.946 |  | 0.073 |  |
| Intra\_5 |  | ↔ |  | Inter\_2 |  | 3.909 |  | -0.076 |  |

#### **Model plot**

Diagram

Description automatically generated

HASIL KORELASI

## Korelasi Total MTS-I & Dimensi MTS-I

| **Pearson's Correlations** | | | | |
| --- | --- | --- | --- | --- |
| **Variable** |  | **TOTAL MTS-I** | **INTRAPERSONAL** | **INTERPERSONAL** |
| 1. TOTAL MTS-I | Pearson's r | — |  |  |
| p-value | — |  |  |
| 2. INTRAPERSONAL | Pearson's r | 0.867 | — |  |
| p-value | < .001 | — |  |
| 3. INTERPERSONAL | Pearson's r | 0.588 | 0.187 | — |
| p-value | < .001 | 0.003 | — |

Korelasi antar Alat Ukur (Total Item)

| **Pearson's Correlations** | | | | |
| --- | --- | --- | --- | --- |
| **Variable** |  | **TOTAL MTS-I** | **TOTAL\_TSI** | **TOTAL\_TSES** |
| 1. TOTAL MTS-I | Pearson's r | — |  |  |
|  | p-value | — |  |  |
| 2. TOTAL\_TSI | Pearson's r | -0.295 | — |  |
|  | p-value | < .001 | — |  |
| 3. TOTAL\_TSES | Pearson's r | 0.256 | -0.207 | — |
|  | p-value | < .001 | 0.001 | — |
|  | | | | |

Korelasi Antar Dimensi

| **Variable** |  | **INTRAPERSONAL** | **INTERPERSONAL** |
| --- | --- | --- | --- |
| 1. INTRAPERSONAL | Pearson's r | — |  |
| p-value | — |  |
| 2. INTERPERSONAL | Pearson's r | 0.187\*\* | — |
| p-value | 0.003 | — |
| 3. WR | Pearson's r | -0.400\*\*\* | -0.018 |
| p-value | < .001 | 0.778 |
| 4. EM | Pearson's r | -0.378\*\*\* | 0.018 |
| p-value | < .001 | 0.782 |
| 5. PM | Pearson's r | -0.358\*\*\* | 0.039 |
| p-value | < .001 | 0.542 |
| 6. CM | Pearson's r | 0.222\*\*\* | 0.303\*\*\* |
| p-value | < .001 | < .001 |
| 7. SE | Pearson's r | 0.111 | 0.277\*\*\* |
| p-value | 0.082 | < .001 |
| 8. IS | Pearson's r | 0.160\* | 0.292\*\*\* |
| p-value | 0.013 | < .001 |
| 9. TOTAL\_TSI | Pearson's r | -0.423\*\*\* | 0.015 |
| p-value | < .001 | 0.812 |
| 10. TOTAL\_TSES | Pearson's r | 0.175\*\* | 0.308\*\*\* |
|  | p-value | 0.006 | < .001 |