**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



**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**



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  |