**Lampiran 1. Blueprint *Emotional Expressiveness***

Emotional Expressivity Scale (EES) (Kring et al., 1994)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| No | Aitem | Sangat Tidak Setuju | 1 | 2 | 3 | 4 | 5 | Sangat Setuju |
| 1 | Saya merasa diri saya ekspresif secara emosi. |  |  |  |  |  |  |  |
| 2R | Orang lain menganggap saya bukanlah orang yang ekspresif secara emosi |  |  |  |  |  |  |  |
| 3R | Saya menyimpan perasaan saya di dalam diri saya sendiri. |  |  |  |  |  |  |  |
| 4R | Orang lain merasa saya adalah orang yang acuh tak acuh. |  |  |  |  |  |  |  |
| 5 | Orang lain dapat membaca emosi saya. |  |  |  |  |  |  |  |
| 6 | Saya menampilkan emosi saya pada orang lain. |  |  |  |  |  |  |  |
| 7R | Saya tidak suka membiarkan orang lain melihat perasaan saya |  |  |  |  |  |  |  |
| 8 | Saya dapat menangis di depan orang lain. |  |  |  |  |  |  |  |
| 9R | Meskipun saya merasa sangat emosional, saya tidak membiarkan orang lain melihat perasaan saya. |  |  |  |  |  |  |  |
| 10R | Orang lain tidak dapat melihat perasaan saya dengan mudah. |  |  |  |  |  |  |  |
| 11R | Saya tidak terlalu ekspresif secara emosional. |  |  |  |  |  |  |  |
| 12R | Bahkan ketika saya mengalami perasaan yang kuat, saya tidak menampakkannya keluar. |  |  |  |  |  |  |  |
| 13 | Saya tidak dapat menyembunyikan perasaan saya. |  |  |  |  |  |  |  |
| 14 | Orang lain menganggap saya adalah orang yang sangat ekspresif secara emosi. |  |  |  |  |  |  |  |
| 15R | Saya tidak mengekspresikan emosi/perasaan saya pada orang lain. |  |  |  |  |  |  |  |
| 16R | Apa yang saya rasakan berbeda dengan apa yang orang lain kira saya rasakan. |  |  |  |  |  |  |  |
| 17R | Saya menahan perasaan saya supaya tidak tampak keluar. |  |  |  |  |  |  |  |

**Lampiran 2. Blueprint *Conflict Resolution***

PREPARE/ENRICH Customized Version (Olson et al., 2009)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| No | Aitem | Sangat Tidak Setuju | 1 | 2 | 3 | 4 | 5 | Sangat Setuju |
| 1R | Untuk mengakhiri perbedaan pendapat, saya cenderung mengalah terlalu cepat |  |  |  |  |  |  |  |
| 2R | Saya dan pasangan mempunyai pandangan yang berbeda tentang cara yang terbaik untuk mengatasi perbedaan pendapat kami. |  |  |  |  |  |  |  |
| 3 | Ketika kami mendiskusikan masalah, pasangan saya memahami pendapat dan ide saya. |  |  |  |  |  |  |  |
| 4 | Bahkan ketika kami berselisih pendapat, saya bisa berbagi perasaan dan ide dengan pasangan saya. |  |  |  |  |  |  |  |
| 5R | Kadang-kadang kami bertengkar hebat atas hal-hal yang sepele. |  |  |  |  |  |  |  |
| 6R | Saya sungguh-sungguh berjuang untuk dapat menghindari konflik dengan pasangan saya |  |  |  |  |  |  |  |
| 7R | Ada kalanya saya merasa bahwa beberapa perbedaan di antara kami tidak pernah terselesaikan. |  |  |  |  |  |  |  |
| 8R | Biasanya ketika kami bertengkar, saya pada akhirnya merasa bertanggung jawab atas permasalahan itu. |  |  |  |  |  |  |  |
| 9R | Dalam perbedaan pendapat, saya cenderung diam untuk menjaga perasaan pasangan saya. |  |  |  |  |  |  |  |
| 10R | Ada kalanya pasangan saya menganggap sepele perbedaan pendapat di antara kami. |  |  |  |  |  |  |  |

**Lampiran 3. Blueprint Kepuasan Pernikahan**

Kansas Marital Satisfaction Scale (Schumm et al., 1986)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| No | Aitem | Sangat Tidak Setuju | 1 | 2 | 3 | 4 | 5 | Sangat Setuju |
| 1 | Seberapa puaskah Anda dengan pernikahan Anda? |  |  |  |  |  |  |  |
| 2 | Seberapa puaskah Anda dengan suami/istriAnda sebagai pasangan Anda? |  |  |  |  |  |  |  |
| 3 | Seberapa puaskah Anda terhadap hubungan Anda dengan suami/istri Anda? |  |  |  |  |  |  |  |

**Lampiran 4. Validitas dan Reliabilitas Skala *Emotional Expressiveness***

| **Frequentist Scale Reliability Statistics** | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Estimate** | | **Cronbach's α** | | **mean** | | **sd** | |
| Point estimate |  | 0.832 |  | 30.539 |  | 6.550 |  |
| 95% CI lower bound |  | 0.778 |  | 29.268 |  | 5.758 |  |
| 95% CI upper bound |  | 0.876 |  | 31.810 |  | 7.597 |  |
|  | | | | | | | |

**Frequentist Individual Item Reliability Statistics**

|  | | **If item dropped** | |  | |
| --- | --- | --- | --- | --- | --- |
| **Item** | | **Cronbach's α** | | **Item-rest correlation** | |
| EE1 |  | 0.836 |  | 0.262 |  |
| EE2-R |  | 0.821 |  | 0.478 |  |
| EE3-R |  | 0.808 |  | 0.618 |  |
| EE4-R |  | 0.839 |  | 0.299 |  |
| EE7-R |  | 0.822 |  | 0.462 |  |
| EE9-R |  | 0.810 |  | 0.603 |  |
| EE10-R |  | 0.816 |  | 0.542 |  |
| EE11-R |  | 0.805 |  | 0.644 |  |
| EE12-R |  | 0.810 |  | 0.601 |  |
| EE15-R |  | 0.811 |  | 0.586 |  |
| EE17-R |  | 0.821 |  | 0.480 |  |

**Lampiran 5. Validitas dan Reliabilitas Skala *Conflict Resolution***

| **Frequentist Scale Reliability Statistics** | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Estimate** | | **Cronbach's α** | | **mean** | | **sd** | | |
| Point estimate |  | 0.720 |  | 22.608 |  | 5.132 |  |
| 95% CI lower bound |  | 0.628 |  | 21.612 |  | 4.512 |  |
| 95% CI upper bound |  | 0.793 |  | 23.604 |  | 5.952 |  |
|  | | | | | | | | |

**Frequentist Individual Item Reliability Statistics**

|  | | **If item dropped** | |  | |
| --- | --- | --- | --- | --- | --- |
| **Item** | | **Cronbach's α** | | **Item-rest correlation** | |
| CR1-R |  | 0.697 |  | 0.387 |  |
| CR2-R |  | 0.669 |  | 0.512 |  |
| CR4 |  | 0.713 |  | 0.293 |  |
| CR5-R |  | 0.678 |  | 0.472 |  |
| CR7-R |  | 0.680 |  | 0.462 |  |
| CR8-R |  | 0.717 |  | 0.275 |  |
| CR9-R |  | 0.700 |  | 0.369 |  |
| CR10-R |  | 0.671 |  | 0.507 |  |
|  | | | | | |

**Lampiran 6. Validitas dan Reliabilitas Skala Kepuasan Pernikahan**

| **Frequentist Scale Reliability Statistics** | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Estimate** | | **Cronbach's α** | | **mean** | | **sd** | |
| Point estimate |  | 0.879 |  | 13.471 |  | 1.817 |  |
| 95% CI lower bound |  | 0.834 |  | 13.118 |  | 1.597 |  |
| 95% CI upper bound |  | 0.914 |  | 13.823 |  | 2.107 |  |
|  | | | | | | | |

**Frequentist Individual Item Reliability Statistics**

|  | | **If item dropped** | |  | |
| --- | --- | --- | --- | --- | --- |
| **Item** | | **Cronbach's α** | | **Item-rest correlation** | |
| MS1 |  | 0.844 |  | 0.751 |  |
| MS2 |  | 0.852 |  | 0.747 |  |
| MS3 |  | 0.784 |  | 0.820 |  |
|  | | | | | |

**Lampiran 7. Hasil Deskriptif Perolehan Kepuasan Pernikahan, *Emotional* *Expressiveness* dan *Conflict Resolution***

| **Descriptive Statistics** | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | | **Emotional Expressiveness** | | **Marital Satisfaction** | | **Conflict Resolution** | |
| Valid |  | 102 |  | 102 |  | 102 |  |
| Missing |  | 0 |  | 0 |  | 0 |  |
| Mean |  | 30.539 |  | 13.471 |  | 22.608 |  |
| Std. Deviation |  | 6.550 |  | 1.817 |  | 5.132 |  |
| Minimum |  | 19.000 |  | 9.000 |  | 9.000 |  |
| Maximum |  | 51.000 |  | 15.000 |  | 33.000 |  |
|  | | | | | | | |

**Lampiran 8. Hasil Uji Hipotesis**

 Linear Regression (Stepwise Method)

| **Model Summary - Total MS** | | | | | | | | | | | | | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Model** | | **R** | | **R²** | | **Adjusted R²** | | **RMSE** | | **R² Change** | | **F Change** | | **df1** | | | **df2** | | | **p** | |
| 1 |  | 0.000 |  | 0.000 |  | 0.000 |  | 1.817 |  | 0.000 |  |  |  | 0 |  | 101 | |  |  | |  |
| 2 |  | 0.233 |  | 0.054 |  | 0.045 |  | 1.776 |  | 0.054 |  | 5.762 |  | 1 |  | 100 | |  | 0.018 | |  |
|  | | | | | | | | | | | | | | | | | | | | | |

| **ANOVA** | | | | | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Model** | |  | | **Sum of Squares** | | **df** | | **Mean Square** | | **F** | | **p** | |
| 2 |  | Regression |  | 18.164 |  | 1 |  | 18.164 |  | 5.762 |  | 0.018 |  |
|  |  | Residual |  | 315.248 |  | 100 |  | 3.152 |  |  |  |  |  |
|  |  | Total |  | 333.412 |  | 101 |  |  |  |  |  |  |  |
|  | | | | | | | | | | | | | |
| *Note.*  The intercept model is omitted, as no meaningful information can be shown. | | | | | | | | | | | | | |

| **Coefficients** | | | | | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Model** | |  | | **Unstandardized** | | **Standard Error** | | **Standardized** | | **t** | | **p** | |
| 1 |  | (Intercept) |  | 13.471 |  | 0.180 |  |  |  | 74.878 |  | < .001 |  |
| 2 |  | (Intercept) |  | 11.602 |  | 0.798 |  |  |  | 14.542 |  | < .001 |  |
|  |  | Total CR |  | 0.083 |  | 0.034 |  | 0.233 |  | 2.400 |  | 0.018 |  |
|  | | | | | | | | | | | | | |
| *Note.*  The following covariate was considered but not included: Total EE. | | | | | | | | | | | | | |