

PSSQ_I

ID _____

Date ____/____/____
m m d d / y y

Instructions: If you have experienced any sleep symptoms during the past month please circle the appropriate number to let us know how your sleep is affecting your daily life.

	Not at all	A little bit	Moderately	Quite a bit	Extremely
6. How much do your sleep problems bother you?	0	1	2	3	4
7. Have your sleep difficulties affected your work?	0	1	2	3	4
8. Have your sleep difficulties affected your social life?	0	1	2	3	4
9. Have your sleep difficulties affected other important parts of your life?	0	1	2	3	4
10. Have your sleep difficulties made you feel irritable?	0	1	2	3	4
11. Have your sleep problems caused you to have trouble concentrating?	0	1	2	3	4
12. Have your sleep difficulties made you feel fatigued?	0	1	2	3	4
13. How sleepy do you feel during the day?	0	1	2	3	4

Descriptives

KATEGORI		Statistic	Std. Error			
PRE TEST	SUSAH MEMULAI TIDUR	Mean	1,45	,420		
		95% Confidence Lower Bound	,57			
		Interval for Upper Bound	2,33			
		Mean	1,33			
		5% Trimmed Mean	,00			
		Median	3,524			
		Variance	1,877			
		Std. Deviation	0			
		Minimum	5			
		Maximum	5			
		Range	3			
		Interquartile Range	,962		,512	
		Skewness	-,415			
		Kurtosis	1,80			
		SUSAH MEMPERTAHANK AN TIDUR	Mean		1,02	,374
	95% Confidence Lower Bound		2,58			
	Interval for Upper Bound		1,72			
	Mean		2,00			
	5% Trimmed Mean		2,800			
	Median		1,673			
	Variance		0			
	Std. Deviation		5			
	Minimum		5			
	Maximum		3			
	Range		,201	,512		
	Interquartile Range		-1,272			
	Skewness		1,10			
	MERASA TIDURNYA TIDAK MENYEGARKAN		Mean	,31	,376	
			95% Confidence Lower Bound	1,89		
			Interval for Upper Bound	,94		
			Mean	,00		
			5% Trimmed Mean	2,832		
		Median	1,683			
Variance		0				
Std. Deviation		5				
Minimum		5				
Maximum		2				
Range		1,225	,512			
Interquartile Range		,126				
Skewness						
Kurtosis			,992			

POST TEST	SUSAH MEMULAI TIDUR	Mean		1,05	,387
		95% Confidence Lower Bound		,24	
		Interval for Upper Bound		1,86	
		Mean		,89	
		5% Trimmed Mean		,00	
		Median		2,997	
		Variance		1,731	
		Std. Deviation		0	
		Minimum		5	
		Maximum		5	
	Range		3		
	Interquartile Range		1,267	,512	
	Skewness		,012	,992	
	Kurtosis		2,15	,494	
	SUSAH MEMPERTAHANK AN TIDUR	Mean		1,12	
		95% Confidence Lower Bound		3,18	
		Interval for Upper Bound		2,11	
		Mean		2,00	
		5% Trimmed Mean		4,871	
		Median		2,207	
Variance			0		
Std. Deviation			5		
Minimum			5		
Maximum			5		
Range		5			
Interquartile Range		,279	,512		
Skewness		-1,744	,992		
Kurtosis		1,05	,413		
MERASA TIDURNYA TIDAK MENYEGARKAN	Mean		,18		
	95% Confidence Lower Bound		1,92		
	Interval for Upper Bound		,89		
	Mean		,00		
	5% Trimmed Mean		3,418		
	Median		1,849		
	Variance		0		
	Std. Deviation		5		
	Minimum		5		
	Maximum		2		
Range		1,585	,512		
Interquartile Range		1,096	,992		
Skewness					
Kurtosis					

Tests of Normality

	KATEGORI	Kolmogorov-Smirnov(a)			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
PRE TEST	SUSAH MEMULAI TIDUR	,330	20	,000	,749	20	,000
	SUSAH MEMPERTAHAN KAN TIDUR	,259	20	,001	,850	20	,005
	MERASA TIDURNYA TIDAK MENYEGARKAN	,393	20	,000	,694	20	,000
POST TEST	SUSAH MEMULAI TIDUR	,428	20	,000	,648	20	,000
	SUSAH MEMPERTAHAN KAN TIDUR	,285	20	,000	,772	20	,000
	MERASA TIDURNYA TIDAK MENYEGARKAN	,415	20	,000	,606	20	,000

a Lilliefors Significance Correction

Ranks

	N	Mean Rank	Sum of Ranks
POST TEST 1 - PRE TEST 1 Negative Ranks	7(a)	7,86	55,00
POST TEST 1 Positive Ranks	6(b)	6,00	36,00
Ties	7(c)		
Total	20		

a POST TEST 1 < PRE TEST 1

b POST TEST 1 > PRE TEST 1

c POST TEST 1 = PRE TEST 1

Test Statistics(b)

	POST TEST 1 - PRE TEST 1
Z	-,671(a)
Asymp. Sig. (2- tailed)	,502

a Based on positive ranks.

b Wilcoxon Signed Ranks Test

Ranks

	N	Mean Rank	Sum of Ranks
POST TEST 2 - PRE TEST 2 Negative Ranks	6(a)	10,58	63,50
Positive Ranks	11(b)	8,14	89,50
Ties	3(c)		
Total	20		

a POST TEST 2 < PRE TEST 2

b POST TEST 2 > PRE TEST 2

c POST TEST 2 = PRE TEST 2

Test Statistics(b)

	POST TEST 2 - PRE TEST 2
Z	-,626(a)
Asymp. Sig. (2- tailed)	,531

a Based on negative ranks.

b Wilcoxon Signed Ranks Test

Ranks

	N	Mean Rank	Sum of Ranks
POST TEST 3 - PRE TEST 3 Negative Ranks	4(a)	7,13	28,50
POST TEST 3 - PRE TEST 3 Positive Ranks	6(b)	4,42	26,50
POST TEST 3 - PRE TEST 3 Ties	10(c)		
POST TEST 3 - PRE TEST 3 Total	20		

a POST TEST 3 < PRE TEST 3

b POST TEST 3 > PRE TEST 3

c POST TEST 3 = PRE TEST 3

Test Statistics(b)

	POST TEST 3 - PRE TEST 3
Z	-,103(a)
Asymp. Sig. (2-tailed)	,918

a Based on positive ranks.

b Wilcoxon Signed Ranks Test

Descriptives

		Statistic	Std. Error
JK	Mean	1,5500	,11413
	95% Confidence Interval for Mean	Lower Bound 1,3111	
		Upper Bound 1,7889	
	5% Trimmed Mean	1,5556	
	Median	2,0000	
	Variance	,261	
	Std. Deviation	,51042	
	Minimum	1,00	
	Maximum	2,00	
	Range	1,00	
	Interquartile Range	1,00	
	Skewness	-,218	,512
	Kurtosis	-2,183	,992
	UMU	Mean	1,5500

R	95% Confidence	Lower Bound	1,2669	
	Interval for	Upper Bound	1,8331	
	Mean		1,5000	
	5% Trimmed Mean		1,5000	
	Median		,366	
	Variance		,60481	
	Std. Deviation		1,00	
	Minimum		3,00	
	Maximum		2,00	
	Range		1,00	
	Interquartile Range		,583	,512
	Skewness		-,459	,992
	Kurtosis		1,2000	,11698
	AGA	Mean		
MA	95% Confidence	Lower Bound	,9552	
	Interval for	Upper Bound	1,4448	
	Mean		1,1111	
	5% Trimmed Mean		1,0000	
	Median		,274	
	Variance		,52315	
	Std. Deviation		1,00	
	Minimum		3,00	
	Maximum		2,00	
	Range		,00	
	Interquartile Range		2,745	,512
	Skewness		7,401	,992
	Kurtosis		3,7500	,48054
	ASAL	95% Confidence	Lower Bound	2,7442
Interval for		Upper Bound	4,7558	
Mean			3,6667	
5% Trimmed Mean			4,0000	
Median			4,618	
Variance			2,14905	
Std. Deviation			1,00	
Minimum			8,00	
Maximum			7,00	
Range			3,75	
Interquartile Range			,148	,512
Skewness			-,907	,992
Kurtosis				

Tests of Normality

	Kolmogorov-Smirnov(a)			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
JK	,361	20	,000	,637	20	,000
UMUR	,318	20	,000	,737	20	,000
AGAMA	,499	20	,000	,447	20	,000
ASAL	,220	20	,012	,900	20	,042

a Lilliefors Significance Correction