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APPENDICES

APPENDIX 1

Blueprint Reading Comprehension Test

Jenis/Tipe Soal	Kompetensi	Indikator	Nomor Soal
Pilihan Ganda	Reading Factual Information	Menentukan informasi tersurat berupa ide utama	1,37
		Menentukan informasi tersurat berupa ide pendukung	21,32,38,49
	Inference and Rhetorical	Menentukan informasi tersirat berupa ide utama	8,13,23,39,42,50
		Menentukan informasi tersirat berupa ide pendukung	4,5,9,31,33,40,41,44,45,47
	Reading Vocabulary	Menentukan makna / rujukan kata	2,3,6,7,10,12,15,16,17,18,24,25,27,28,29,30,35,36,46,48
	Sentence Simplification	Mengidentifikasi kalimat yang pada dasarnya memiliki arti yang sama	14,19,20,26,34
	Prose Summary	Mengidentifikasi gagasan utama dan kepentingan relatif informasi dalam bacaan	11,22,43

APPENDIX 2

READING COMPREHENSION TEST

Directions: In this section you will read several passages. Each passage is followed by several questions about it. For questions 1-50, you are to choose the best answer, (A), (B), (C) or (D), to each question.

Text for question number 1-10

In the later part of the nineteenth century, the direction of expansion in the United States shifted from the countryside to the city. During the crises of the 1870s and the 1890s, tens of thousands of families abandoned their farms and ranches and headed for urban areas. Even prosperity produced migration from the countryside to the city. As pioneers settled rural districts, eventually the number of farms or ranches approached the maximum number the land would support. Landowners sought to increase their productivity through mechanization, and those who were successful invested their returns in the purchase of additional land and equipment, expanding their holdings by buying the farms of less fortunate neighbors, who moved on. Compare this pattern of economic development with that of the city, where innovations in manufacturing led to the creation of new opportunities and new jobs. But in the countryside, economic development inevitably meant depopulation. Rural areas in the central part of the country had begun to lose population by the 1880s, and over the next half century most of the rural West was overtaken by this trend. For every industrial worker who became a farmer, 20 young men from farms rushed to the city to compete for his job.

Less well-known is the fact that for every 20 young farm men, as many as 25 or 30 young farm women moved from the rural West to the cities. As a government report noted in 1920, young farm women were more likely to leave the farm and move to a western city than were young farm men. This amounted to a stunning reversal of the traditional pattern of western urban settlement, which featured the presence of many young, unattached men among the migrants but almost no single women.

What explains the greater rates of female migration to the cities? In the opinion of many contemporaries, young women were pushed out of the countryside by constricted opportunities, particularly limited educational and vocational options.

1. What aspect of the United States in the late nineteenth and early twentieth centuries does the passage mainly discuss?
 - a. Why young women chose to move from farms to cities
 - b. The number and types of manufacturing jobs created in cities
 - c. Changes in settlement patterns between farms and cities
 - d. The effects of mechanization on western migration
2. The word “expansion” in line 1 is closest in meaning to
 - a. change
 - b. growth
 - c. population
 - d. labor
3. The word “abandoned” in line 3 is closest in meaning to
 - a. left behind
 - b. sold
 - c. gave away
 - d. gradually reduced the size of
4. Why does the author discuss “prosperity” in line 4 ?
 - a. To indicate that more than one factor contributed to the movement from rural to urban settlement
 - b. To support the idea that many families were able to stop farming and migrate to the cities
 - c. To suggest that the migration would have happened despite the economic situation
 - d. To argue against economics as the primary factor in migration
5. According to the first paragraph, in the late 1800s, farmland was most likely to be purchased by
 - a. city businessmen seeking new investments
 - b. successful landowners who had mechanized farms
 - c. young farm men starting to work
 - d. people who had few opportunities in cities
6. The word “inevitably” in line 12 is closest in meaning to
 - a. unexpectedly
 - b. usually
 - c. unavoidably
 - d. possibly
7. The phrase “this trend” in line 14 refers to
 - a. industrial workers becoming farmers
 - b. the economic development of the countryside
 - c. the loss of rural population
 - d. innovations in manufacturing
8. According to the first paragraph, which of the following is true about the population of the United States after the 1880s?
 - a. Fewer people lived on farms.
 - b. The central part of the United States lost much of its population to rural areas in the West.
 - c. Rural areas of the West became more populated than those in the central part of the country.
 - d. Work opportunities in urban areas began to decline.
9. According to the second paragraph, how did migration among young women in the
 - a. increase
 - b. decrease
 - c. remain the same
 - d. stop

rural West differ from that of young men?

- a. Young women were more likely to leave rural areas to go to urban areas.
 - b. Young women were more likely to take jobs on farms.
 - c. Young women who migrated generally had more education.
 - d. Young women generally moved more frequently from one rural area to another.
10. The word “constricted” paragraph 3 is closest in meaning to
- a. unappealing
 - b. reduced
 - c. low-paying
 - d. disappearing

Text for question number 11-21

The deepest that any person can get below the surface of Earth is to the bottom of the deepest mine, a mere 4 kilometers; the deepest hole ever drilled into Earth's crust reached less than 20 kilometers below the surface. Although the details of Earth's gravitational and magnetic fields give some extra information about what is going on inside Earth, for the most part our understanding of Earth's interior is still dependent on the detection of seismic waves, the vibrations caused by earthquakes. These waves travel through Earth and are reflected and refracted by boundaries between different layers of rock.

What the analysis of seismic waves shows is a layered structure built around a solid inner core, which has a radius of about 1,600 kilometers. This inner core is surrounded by a liquid outer core, which has a thickness of just over 1,800 kilometers. The whole core is very dense, probably rich in iron, and has a temperature of nearly 5,000 degrees Celsius. The circulation of this electrically conducting material in the liquid outer core is clearly responsible for the generation of Earth's magnetic field, but nobody has ever been able to work out a thoroughly satisfactory model of how this process works.

The high temperature in the core is in part a result of the fact that the Earth formed as a ball of molten rock. Once a cool crust had formed around the molten ball of rock, it functioned as an insulating blanket. Even so, without some continuing injection of heat, the interior of Earth could not still be as hot as it is today, more than four billion years later. The extra heat comes from radioactive isotopes (originally manufactured by stars), which decay into stable elements and give out energy as they do so. In about ten billion years, even this source of heat will be used up, and Earth will gradually cool down.

11. What does the passage mainly discuss?
 - a. The similarities between Earth's inner core and outer core
 - b. The structure and temperature of Earth's interior
 - c. When seismic waves were first used to study Earth's interior
 - d. Why Earth's solid inner core is surrounded by a molten outer core
12. The word "mere" in line 2 is closest in meaning to
 - a. approximate
 - b. insignificant
 - c. measured
 - d. lengthy
13. According to the first paragraph, most knowledge of Earth's interior has been gained by studying
 - a. Earth's gravitational field
 - b. Earth's magnetic field
 - c. vibrations caused by earthquakes
 - d. material taken from holes drilled into Earth's crust
14. According to the second paragraph, which of the following statements regarding Earth's inner core and outer core is true?
 - a. Neither the inner core nor the outer core can be studied using seismic waves.
 - b. The outer core is more solid than the inner core.
 - c. The inner core and the outer core have greatly different temperatures.
 - d. Both the inner core and the outer core probably contain iron.
15. The word "thoroughly" in line 15 is closest in meaning to
 - a. basically
 - b. similarly
 - c. potentially
 - d. completely
16. The word "it" in line 18 refers to
 - a. Earth
 - b. a cool crust
 - c. the molten ball of rock
 - d. the heat
17. The word "functioned" in line 18 is closest in meaning to
 - a. acted
 - b. moved
 - c. appeared
 - d. grew
18. The word "manufactured" in line 20 is closest in meaning to
 - a. changed
 - b. combined
 - c. utilized
 - d. made
19. The third paragraph mentions which of the following as one cause of the current high temperature of Earth's interior?
 - a. The decay of radioactive isotopes
 - b. The movement of elements from Earth's crust to its interior
 - c. The vibrations that result from movement of Earth's crust
 - d. The injection of certain organic elements into Earth's inner core
20. Look at the terms "seismic waves" (line 6), "earthquakes" (line 6), "magnetic field" (line 14), and "stable elements" (line 21). Which of these terms is defined in the passage?
 - a. seismic waves
 - b. earthquakes
 - c. magnetic field

- d. stable elements
- 21. According to the passage, scientists do not understand in detail how
 - a. the crust affects Earth's internal temperature
 - b. radioactive isotopes cause heat
 - c. Earth's magnetic field is created
 - d. seismic waves originate

Text for question number 22-32

Amber is not a mineral but is used as, and called, a semiprecious stone. The oldest and most continuous use of it is for decoration. Although it is ancient tree resin, amber is not fossilized in the most commonly understood sense of the word. We often think of fossils as the remains of extinct organisms, like dinosaur bones, and impressions of ferns, leaves, and insect wings in rocks. Unlike these kinds of fossils, which are usually mineral replacements of the original structure, amber is entirely organic; its composition from the original tree resin has changed little over millions of years. Even the inclusions of tiny organisms in amber are strikingly intact. Exquisite preservation is a natural property of certain kinds of resins, although the process is not completely understood.

Hundreds of deposits of amber occur around the world, most of them in trace quantities. Amber is found in places where the hardened resin of various extinct plants is preserved, but special conditions are required to preserve this substance over millions of years, and only occasionally has amber survived in quantities large enough to be mined. Only about 20 such rich deposits of amber exist in the world, and the deposits vary greatly in age. It is a common misconception that amber is derived exclusively from pine trees; in fact, amber was formed by various conifer trees (only a few of them apparently related to pines), as well as by some tropical broad-leaved trees.

Amber is almost always preserved in sediment that collected at the bottom of an ancient lagoon or river delta at the edge of an ocean or sea. The specific gravity of solid amber is only slightly higher than that of water; although it does not float, it is buoyant and easily carried by water (amber with bubbles is even more buoyant). Thus, amber would be carried downriver with logs from fallen amber-producing trees and cast up as beach drift on the shores or in the shallows of a delta into which the river empties.

Over time, sediments would gradually bury the wood and resin. The resin would become amber, and the wood a blackened, charcoal-like substance called lignite.

22. The passage mainly discusses the...
- difference between amber and mineral fossils
 - places where amber can be found
 - various characteristics of amber
 - types of trees that produced amber
23. Why does the author mention dinosaur bones in the first paragraph?
- To emphasize the age of fossils
 - To explain why there are more mineral replacement fossils than organic fossils
 - To compare them with amber as a different type of fossil
 - To give an example of an object in which amber is commonly found
24. The word "intact" in line 8 is closest in meaning to
- beautiful
 - unusual
 - obvious
 - unchanged
25. The word "trace" in line 11 is closest in meaning to
- unknown
 - decreasing
 - very small
 - somewhat similar
26. According to the second paragraph, which of the following is true about deposits of amber?
- There is a limited number of large deposits of amber in the world.
 - Most deposits contain large quantities of amber specimens.
 - The major amber deposits were formed at approximately the same time.
 - The deposits were formed primarily by tropical broad-leaved trees.
27. The word "misconception" in line 16 is closest in meaning to
- false belief
 - known fact
 - scientific theory
 - subject of debate
28. The word "them" in line 18 refers to
- deposits
 - pine trees
 - conifer trees
 - broad-leaved trees
29. The word "Thus" in line 23 is closest in meaning to
- consequently
 - instead
 - moreover
 - initially
30. The word "bury" in line 26 is closest in meaning to
- cover
 - color
 - fill
 - damage
31. It can be inferred from the passage that amber is most commonly used
- to determine the age of other ancient materials that are found with it
 - as jewelry
 - to compare the characteristics of living trees to those of ancient trees
 - to preserve fossil impressions
32. Which of the following is NOT true of amber?
- It is composed of an organic material.

- b. It is basically the same as it was millions of years ago.
- c. may contain the remains of tiny animals.
- d. It is made by a process of mineral replacement.

Text for number 33-42

Native Americans probably arrived from Asia in successive waves over several millennia, crossing a plain hundreds of miles wide that now lies inundated by 160 feet of water released by melting glaciers. For several periods of time, the first beginning around 60,000 B.C. and the last ending around 7000 B.C., this land bridge was open. The first people traveled in the dusty trails of the animals they hunted. They brought with them not only their families, weapons, and tools but also a broad metaphysical understanding, sprung from dreams and visions and articulated in myth and song, which complemented their scientific and historical knowledge of the lives of animals and of people. All this they shaped in a variety of languages, bringing into being oral literatures of power and beauty.

Contemporary readers, forgetting the origins of Western epic, lyric, and dramatic forms, are easily disposed to think of “literature” only as something written. But on reflection it becomes clear that the more critically useful as well as the more frequently employed sense of the term concerns the artfulness of the verbal creation,

not its mode of presentation. Ultimately, literature is aesthetically valued, regardless of language, culture, or mode of presentation, because some significant verbal achievement results from the struggle in words between tradition and talent. Verbal art has the ability to shape out a compelling inner vision in some skillfully crafted public verbal form.

Of course, the differences between the written and oral modes of expression are not without consequences for an understanding of Native American literature. The essential difference is that a speech event is an evolving communication, an “emergent form,” the shape, functions, and aesthetic values of which become more clearly realized over the course of the performance. In performing verbal art, the performer assumes responsibility for the manner as well as the content of the performance, while the audience assumes the responsibility for evaluating the performer’s competence in both areas. It is this intense mutual engagement that elicits the display of skill and shapes the emerging performance. Where written literature provides us with a tradition of texts, oral literature offers a tradition of performances.

33. According to the passage, why did the first people who came to North America leave their homeland?

- a. They were hoping to find a better climate.
 - b. They were seeking freedom.
 - c. They were following instructions given in a dream
 - d. They were looking for food.
34. The phrase “are easily disposed” in line 12 is closest in meaning to
- a. demonstrate reluctance
 - b. readily encourage others
 - c. have a tendency
 - d. often fail
35. The word “Ultimately” in line 15 is closest in meaning to
- a. frequently
 - b. normally
 - c. whenever possible
 - d. in the end
36. The word “compelling” in line 18 is closest in meaning to
- a. joyous
 - b. intricate
 - c. competing
 - d. forceful
37. What is the main point of the second paragraph?
- a. Public performance is essential to verbal art.
 - b. Oral narratives are a valid form of literature.
 - c. Native Americans have a strong oral tradition in art.
 - d. The production of literature provides employment for many artists.
38. According to the passage, what responsibility does the audience of a verbal art performance have?
- a. They provide financial support for performances.
 - b. They judge the quality of the content and presentation.
 - c. They participate in the performance by chanting responses.
 - d. They determine the length of the performance by requesting a continuation.
39. What can be inferred about the nature of the Native American literature discussed in the passage?
- a. It reflects historical and contemporary life in Asia.
 - b. Its main focus is on daily activities.
 - c. It is based primarily on scientific knowledge.
 - d. It is reshaped each time it is experienced.
40. Which of the following is NOT true of the Native American literature discussed in the passage?
- a. It involves acting.
 - b. It has ancient origins.
 - c. It has a set form.
 - d. It expresses an inner vision.
41. What can be inferred from the passage about the difference between written and oral literature?
- a. Written literature reflects social values better than oral literature does.
 - b. Written literature involves less interaction between audience and creator during the creative process than oral literature does.
 - c. Written literature usually is not based on historical events, whereas oral literature is.
 - d. Written literature is not as highly respected as oral literature is.
42. What is the author’s attitude toward Native American literature?

- a. Admiring of its form
- b. Critical of the cost of its production
- c. Amused by its content
- d. Skeptical about its origin

Text for number 43-50

Color in textiles is produced by dyeing, by printing, or by painting. Until the nineteenth century, all dyes were derived from vegetable or, more rarely, animal or mineral sources.

Since madder plants could be grown practically everywhere, the roots of some species of the madder plant family were used from the earliest period to produce a whole range of reds. Red animal dyes, derived from certain species of scale insects, were also highly valued from ancient times through the Middle Ages. Blues were obtained from indigo, which was widely cultivated in India and exported from there, and from woad, a plant common in Europe and also used in the Near East from the beginning of the Christian era. Before the first, nonfading "solid" green was invented in the early nineteenth century, greens were achieved by the over dyeing or overprinting of yellow and blue. However, yellow dyes, whether from weld or some other plant source such as saffron or turmeric, invariably fade or disappear. This accounts for the bluish tinge of what were once bright greens in, for example, woven tapestry.

The range of natural colors was hugely expanded and, indeed, superseded by the chemical dyes developed during the eighteenth and nineteenth centuries. By 1900 a complete range of synthetic colors had been evolved, many of them reaching a

standard of resistance to fading from exposure to light and to washing that greatly exceeded that of natural dyestuffs. Since then, the petroleum industry has added many new chemicals, and from these other types of dyestuffs have been developed. Much of the research in dyes was stimulated by the peculiarities of some of the new synthetic fibers. Acetate rayon, for example, seemed at first to have no affinity for dyes and a new range of dyes had to be developed; nylon and Terylene presented similar problems.

The printing of textiles has involved a number of distinct methods. With the exception of printing patterns directly onto the cloth, whether by block, roller, or screen, all of these are based on dyeing; that is, the immersion of the fabric in a dye bath.

43. The passage mainly discusses the
- development of synthetic colors for textiles during the nineteenth century
 - advantages of chemical dyes over dyes derived from plants and animals
 - differences between dyeing textiles and printing them
 - history of the use of natural and chemical dyes to color textiles
44. According to the passage, what was the source of most textile dyes that were used before the nineteenth century?
- Animals
 - Minerals
 - Plants
 - Chemicals
45. What was the advantage of using madder plants for different shades of red?
- It was possible to cultivate madder plants in almost every location.
 - Madder plants produced brighter colors than other plant sources.
 - Plant sources produced more lasting colors than animal sources.
 - Dyes derived from the madder plants were easier to work with than other dyes.
46. The word “invariably” in line 13 is closest in meaning to
- without exception
 - steadily
 - after some time
 - noticeably
47. It can be inferred from the passage that the green areas in woven tapestries developed a bluish tinge because
- a darker color, like blue, dominates a light color, like yellow
 - light changed some of the green dye used in the tapestries to blue
 - the yellow dye that was used in the tapestries had faded
 - the dyes used to color woven tapestries were made from minerals
48. The word “superseded” in line 15 is closest in meaning to
- strengthened
 - improved
 - replaced
 - complemented

49. According to the passage, how did chemical dyes compare to natural dyes?

- a. The chemical dyes had less attractive colors.
- b. The chemical dyes were less easy to use.
- c. The chemical dyes lost their brightness more quickly when exposed to light.
- d. The chemical dyes held up better after washing.

50. According to the passage, what problem led to the development of new dyes after 1900 ?

- a. Previously developed dyes did not work on new types of fibers.
- b. Dyes derived from petroleum caused damage to new synthetic fibers.
- c. New synthetic fibers required brighter colors than natural fibers did.
- d. New fabrics easily lost their colors

APPENDIX 3

STUDENTS' READING SCORE

ID Student	Score	ID Student	Score
1	56	33	96
2	62	34	98
3	64	35	56
4	56	36	62
5	58	37	64
6	48	38	94
7	64	39	94
8	64	40	54
9	56	41	58
10	42	42	42
11	58	43	98
12	54	44	70
13	92	45	52
14	96	46	68
15	84	47	64
16	62	48	68
17	50	49	58
18	90	50	64
19	84	51	68
20	64	52	42
21	82	53	70
22	60	54	94
23	52	55	90
24	96	56	62
25	60	57	46
26	94	58	64
27	68	59	92
28	56	60	62
29	56	61	82
30	60	62	58
31	92	63	96
32	46	64	68

ID Student	Score
65	48
66	68
67	64
68	58
69	56
70	66
71	40
72	66
73	62
74	82
75	64
76	50
77	58
78	58
79	64
80	46
81	64
82	60
83	60
84	44
85	48
86	60
87	34
88	54
89	38
90	62
91	72
92	64
93	56
94	62
95	40
96	60

ID Student	Score
97	96
98	66
99	94
100	56
101	62
102	82
103	58
104	60
105	56
106	40
107	66
108	60
109	48
110	64
111	84
112	38
113	44
114	60
115	68
116	92
117	64
118	40
119	82
120	62
121	58
122	62
123	64
124	84
125	58
126	38
127	58
128	64

ID Student	Score
129	0
130	0
131	0
132	0
133	0
134	0
135	0
136	0
137	0
138	0
139	0
140	0
141	0
142	0

APPENDIX 4

INSTRUMEN VALIDASI KUISIONER

Lembar Validasi Penerjemahan Kuisisioner
Cognitive Resilience dan *Metacognitive
reading awareness*

pada Siswa SMAN 2 Kediri

Nama Validator : Ima Fitriyah, M. Pd.
Jabatan : Dosen Bahasa Inggris
Instansi : IAIN KEDIRI
Tanggal Pengisian :

A. PENGANTAR

Lembar validasi ini digunakan untuk mendapatkan Penilaian Bapak/Ibu terhadap kuisisioner *Cognitive Resilience* dan *Metacognitive reading awareness* terkait hasil penerjemahan Bahasa Indonesia yang akan disebar. Kami ucapkan terimakasih atas kesediaan Bapak/Ibu menjadi validator dan mengisi lembar validasi ini.

B. PETUNJUK

- Bapak/Ibu dimohon untuk memberikan skor pada setiap butir pernyataan dengan mamberikan tanda cek (V) pada kolom dengan skala penilaian sebagai berikut.
5 = Sangat Baik 2 = Kurang Baik
4 = Baik 1 = Tidak Baik
3 = Cukup Baik
- Bapak/Ibu dimohon memberikan kritik dan saran perbaikan pada baris yang telah disediakan

C. PENILAIAN

Aspek	Indikator or	Skala Penilaian				
		1	2	3	4	5
Kejelasan	1. Kejelasan Judul Lembar					√
	2. Kejelasan Butir Pernyataan				√	
Ketetapan Isi	3. Ketetapan pernyataan dengan jawaban yang diberikan					√
Tidak Ada Bias	4. Pernyataan berisi satu gagasan yang lengkap					√

Ketepana Bahasa	5. Bahasa yang mudah dipahami				√	
	6. Bahasa yang digunakan efektif				√	
	7. Penulisan sesuai dengan EYD					√

D. KOMENTAR UMUM DAN SARAN

Secara umum sudah baik, untuk questionnaire 1 sepertinya penerjemahannya perlu ditinjau ulang. Hindari menerjemahkan secara literal, sense bahasa Indonesianya jadi kurang pas dipahami.

E. KESIMPULAN

Berdasarkan penilaian yang telah dilakukan, lembar kuisioner untuk siswa inidinyatakan :

1. Layak digunakan untuk uji coba tanpa revisi ()
2. Layak digunakan untuk uji coba setelah revisi (√)
3. Tidak layak digunakan untuk uji coba ()

Mohon diberi tanda silang (X) pada nomor yang sesuai kesimpulan Bapak/Ibu

Kediri, 11 Februari 2022

Validator



Ima Fitriyah, M. Pd.

APPENDIX 5

INSTRUMEN VALIDASI KUISIONER

Lembar Validasi Kuesioner Ketahanan
Kognitif

Nama Validator : Fatwa Maulina, S.Pd
 Jabatan : Guru Bimbingan Konseling
 Instansi : SMKN 1 Kota Kediri
 Tanggal Pengisian :

A. PENGANTAR

Lembar validasi ini digunakan untuk mendapatkan Penilaian Bapak/Ibu terhadap kuisisioner Ketahanan Kognitif yang akan disebarkan. Kami ucapkan terimakasih atas kesediaan Bapak/Ibu menjadi validator dan mengisi lembar validasi ini.

B. PETUNJUK

1. Bapak/Ibu dimohon untuk memberikan skor pada setiap butir pernyataan dengan mamberikan tanda cek (V) pada kolom dengan skala penilaian sebagai berikut.

5 = Sangat Baik	2 = Kurang Baik
4 = Baik	1 = Tidak Baik
3 = Cukup Baik	

2. Bapak/Ibu dimohon memberikan kritik dan saran perbaikan pada baris yang telah disediakan

C. PENILAIAN

Aspek	Indikator	Skala Penilaian				
		1	2	3	4	5
Kejelasan	1. Kejelasan Judul Lembar				√	
	2. Kejelasan Butir Pernyataan				√	
	3. Kejelasan petunjuk pengisian angket				√	
Ketetapan Isi	4. Ketetapan pernyataan dengan jawaban yang diharapkan				√	
Relevansi Isi	5. Pernyataan berkaitan dengan tujuan penelitian				√	
	6. Pernyataan menggunakan informasi yang benar				√	
Kevalidan Isi	7. Pernyataan menggunakan informasi yang benar				√	

Tidak Ada Bias	8. Pernyataan berisi satu gagasan yang lengkap					√
Ketetapan Bahasa	9. Bahasa yang mudah dipahami				√	
	10. Bahasa yang digunakan efektif				√	
	11. Penulisan sesuai dengan EYD				√	

D. KOMENTAR UMUM DAN SARAN

.....

E. KESIMPULAN

Berdasarkan penilaian yang telah dilakukan, lembar kuisioner untuk siswa inidinyatakan :

- a. Layak digunakan untuk uji coba tanpa revisi (√)
- b. Layak digunakan untuk uji coba setelah revisi ()
- c. Tidak layak digunakan untuk uji coba ()

Mohon diberi tanda silang (X) pada nomor yang sesuai kesimpulan Bapak/Ibu

Kediri, 11 Februari 2022

Validator



Fatwa Maulina, S.Pd.

APPENDIX 6

INSTRUMEN VALIDASI KUISIONER

Lembar Validasi Kuesioner Kesadaran Metakognitif

Nama Validator : Fatwa Maulina, S.Pd.
 Jabatan : Guru Bimbingan Konseling
 Instansi : SMKN 1 Kota Kediri
 Tanggal Pengisian :

A. PENGANTAR

Lembar validasi ini digunakan untuk mendapatkan Penilaian Bapak/Ibu terhadap kuisioner Kesadaran Metakognitif yang akan disebarakan. Kami ucapkan terimakasih atas kesediaan Bapak/Ibu menjadi validator dan mengisi lembar validasi ini.

B. PETUNJUK

1. Bapak/Ibu dimohon untuk memberikan skor pada setiap butir pernyataan denganmambarikan tanda cek (V) pada kolom dengan skala penilaian sebagai berikut.

5 = Sangat Baik	2 = Kurang Baik
4 = Baik	1 = Tidak Baik
3 = Cukup Baik	
2. Bapak/Ibu dimohon memberikan kritik dan saran perbaikan pada baris yang telahdisediakan

C. PENILAIAN

Aspek	Indikator	Skala Penilaian				
		1	2	3	4	5
Kejelasan	1. Kejelasan Judul Lembar				√	
	2. Kejelasan Butir Pernyataan				√	
	3. Kejelasan petunjuk pengisian angket				√	
Ketetapan Isi	4. Ketetapan pernyataan dengan jawaban yang diharapkan				√	
Relevansi Isi	5. Pernyataan berkaitan dengan tujuan penelitian				√	

	6. Pernyataan menggunakan informasi yang benar				√	
Kevalidan Isi	7. Pernyataan menggunakan informasi yang benar				√	
Tidak Ada Bias	8. Pernyataan berisi satu gagasan yang lengkap				√	
Ketetapan Bahasa	9. Bahasa yang mudah dipahami					√
	10. Bahasa yang digunakan efektif					√
	11. Penulisan sesuai dengan EYD				√	

D. KOMENTAR UMUM DAN SARAN

.....
.....
.....

E. KESIMPULAN

Berdasarkan penilaian yang telah dilakukan, lembar kuisioner untuk siswa inidinyatakan :

1. Layak digunakan untuk uji coba tanpa revisi (√)
2. Layak digunakan untuk uji coba setelah revisi ()
3. Tidak layak digunakan untuk uji coba ()

Mohon diberi tanda silang (X) pada nomor yang sesuai kesimpulan Bapak/Ibu

Kediri, 11 Februari 2022

Validator



Fatwa Maulina, S.Pd.

APPENDIX 7

COGNITIVE RESILIENCE QUESTIONNAIRE

Beri tanda (V) pada salah satu kolom 1, 2, 3, 4, 5. Dengan ketentuan sebagai berikut:

- 1 : *Sangat tidak setuju*
- 2 : *Tidak setuju*
- 3 : *Netral*
- 4 : *Setuju*
- 5 : *Sangat Setuju*

NO	Questionnaire Items	1	2	3	4	5
1.	Stress helps me cognitively –to focus, make decisions, problem solving and learn					
2.	Stressful situations make it difficult for me to monitor myself and adapt to new circumstances					
3.	Obstacles and setbacks give me a mental buzz and sharpen my thinking					
4.	I over-think situations and suffer from ‘paralysis of analysis’ when I am under a lot of pressure					
5.	I suffer from ‘tunnel vision’ & I am less flexible in my judgements & decision-making when I am highly stressed					
6.	Failure, loss, and major obstacles are demotivating for me					
7.	My focus and problem solving strategies are sharper when I need to overcome major setbacks					
8.	I have to force myself to focus and problem solve when facing major obstacles – the motivation is often lacking					
9.	I attain my highest levels of mental clarity & performance in high pressure situations where there is a lot on the line					

10.	My ability to make judgements and decisions stays sharp when I am stressed					
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APPENDIX 8

METACOGNITIVE READING AWARENESS QUESTIONNAIRE

Beri tanda (V) pada salah satu kolom 1, 2, 3, 4, 5. Dengan ketentuan sebagai berikut:

- 1 : *“Saya tidak pernah atau hampir tidak pernah melakukan ini”*
- 2 : *“Saya melakukan ini hanya sesekali.”*
- 3 : *“Saya terkadang melakukan ini” (sekitar 50% dari waktu)*
- 4 : *“Saya biasanya melakukan ini”*
- 5 : *“Saya selalu atau hampir selalu melakukan ini”*

NO	Questionnaire Items	1	2	3	4	5
1.	I have a purpose in mind when I read					
2.	I take notes while reading to help me understand what I read					
3.	I think about what I know to help me understand what I read					
4.	I preview the text to see what it’s about before reading it					
5.	When text becomes difficult, I read aloud to help me understand what I read					
6.	I summarize what I read to reflect on important information in the text					
7.	I think about whether the content of the text fits my reading purpose					
8.	I read slowly but carefully to be sure I understand what I’m reading					
9.	I discuss what I read with others to check my understanding					
10.	I skim the text first by noting characteristics like length and organization					
11.	I try to get back on track when I lose concentration					
12.	I underline or circle information in the text to help me remember it					
13.	I adjust my reading speed according to what					

	I'm reading					
14.	I decide what to read closely and what to ignore					
15.	I use reference materials such as dictionaries to help me understand what I read					
16.	When text becomes difficult, I pay closer attention to what I'm reading					
17.	I use tables, figures, and pictures in text to increase my understanding					
18.	I stop from time to time and think about what I'm reading					
19.	I use context clues to help me better understand what I'm reading					
20.	I paraphrase (restate ideas in my own words) to better understand what I read					
21.	I try to picture or visualize information to help remember what I read					
22.	I use typographical aids like boldface and italics to identify key information					
23.	I critically analyze and evaluate the information presented in the text					
24.	I go back and forth in the text to find relationships among ideas in it					
25.	I check my understanding when I come across conflicting information					
26.	I try to guess what the material is about when I read					
27.	When text becomes difficult, I reread to increase my understanding					
28.	I like to have answered in the text					
29.	I check to see if my guesses about the text are right or wrong					
30.	I try to guess the meaning of unknown words or phrases					

APPENDIX 9

VALIDITY RESULT OF COGNITIVE RESILIENCE

No item	rx _y	r tabel 5% (32)	Keterangan	No. item
1	0,419138	0.312	Valid	1
2	0,419138	0.312	Valid	2
3	0,419138	0.312	Valid	3
4	0,419138	0.312	Valid	4
5	0,419138	0.312	Valid	5
6	0,419138	0.312	Valid	6
7	0,419138	0.312	Invalid	
8	0,419138	0.312	Valid	7
9	0,419138	0.312	Valid	8
10	0,419138	0.312	Valid	9

APPENDIX 10

VALIDITY RESULT OF METACOGNITIVE READING AWARENESS

No item	rx _y	r tabel 5% (34)	Keterangan	No. item
1	0,321155	0,312	Valid	1
2	0,321155	0,312	Invalid	
3	0,321155	0,312	Invalid	
4	0,321155	0,312	Valid	2
5	0,321155	0,312	Valid	3
6	0,321155	0,312	Valid	4
7	0,321155	0,312	Valid	5
8	0,321155	0,312	Valid	6
9	0,321155	0,312	Valid	7
10	0,321155	0,312	Invalid	
11	0,321155	0,312	Valid	8
12	0,321155	0,312	Valid	9
13	0,321155	0,312	Valid	10
14	0,321155	0,312	Valid	11
15	0,321155	0,312	Valid	12
16	0,321155	0,312	Valid	13
17	0,321155	0,312	Valid	14
18	0,321155	0,312	Valid	15
19	0,321155	0,312	Valid	16
20	0,321155	0,312	Valid	17
21	0,321155	0,312	Invalid	
22	0,321155	0,312	Valid	18
23	0,321155	0,312	Valid	19
24	0,321155	0,312	Valid	20
25	0,321155	0,312	Valid	21
26	0,321155	0,312	Valid	22
27	0,321155	0,312	Valid	23
28	0,321155	0,312	Valid	24
29	0,321155	0,312	Valid	25
30	0,321155	0,312	Valid	26