

LAMPIRAN

Lampiran I. Alat Ukur

- Petunjuk pengisian
- Kuesioner *Self-efficacy*
- Kuesioner Data Penunjang

IDENTITAS

Jenis Kelamin :
 Usia :
 Pendidikan Terakhir :

PETUNJUK PENGISIAN

Berilah **tanda silang (X)** pada kolom pilihan jawaban yang telah tersedia. Pilihlah jawaban yang saudara anggap paling **sesuai** atau **menggambarkan diri saudara**, jawablah secara jujur dan dengan spontan. Adapun ketentuan pilihan jawabannya sebagai berikut :

- **SY** atau "**sangat yakin**"
- **Y** atau "**yakin**"
- **TY** atau "**tidak yakin**"
- **STY** atau "**sangat tidak yakin**"

Contoh :

PERNYATAAN	SY	Y	TY	STY
1. Saya mampu mengerjakan tugas dengan baik walaupun sangat sulit.	X			

Artinya : Saudara **sangat yakin** bahwa saudara mampu mengerjakan tugas dengan baik walaupun tugas tersebut sangat sulit.

NO	PERNYATAAN	SY	Y	TY	STY
1.	Saya akan memulai menjalin komunikasi dengan orang” di sekitar saya daripada menunggu mereka berkomunikasi dengan saya.				
2.	Saya akan menyediakan waktu untuk berbincang dengan keluarga angkat dibandingkan menunggu mereka yang mendekati saya.				
3.	Saya merencanakan untuk mengenalkan budaya Indonesia pada saat saya mengikuti pertukaran pelajar dibandingkan bersenang-senang bersama teman.				
4.	Saya memilih untuk mempelajari berbagai kerampilan (misal : bahasa asing, kebudayaan, dll) yang dibutuhkan untuk menjadi duta daripada hanya mengandalkan satu ketrampilan saja.				
5.	Saya memilih untuk berkonsentrasi memperhatikan penjelasan guru dibandingkan melakukan aktivitas lain yang dapat mengganggu kegiatan belajar di kelas.				
6.	Saya akan menjalankan tugas-tugas rumah yang diberikan oleh keluarga angkat.				
7.	Saya akan belajar tentang kesenian Indonesia yang akan saya perkenalkan di negara yang saya tuju.				
8.	Saya akan mencari informasi kepada duta-duta terlebih dahulu untuk mempersiapkan diri menjadi duta lembaga ‘X’.				
9.	Saya akan belajar dengan giat agar mendapatkan nilai yang optimal ketika mengikuti pendidikan di negara yang saya tuju.				
10.	Saya akan bertahan dan membela diri saya apabila mendapatkan perlakuan tidak adil dari orang lain.				
11.	Saya akan terus giat melatih kemampuan komunikasi meskipun mengalami kesalahpahaman dengan teman bicara saya.				
12.	Saya tidak akan bosan berupaya mengatasi hambatan agar dapat mengenalkan budaya Indonesia.				
13.	Saya akan tetap menghadiri pertemuan antar duta negara walaupun sebelumnya mengalami konflik dengan salah satu peserta pertukaran pelajar.				
14.	Saya akan tetap menghadiri kelas meskipun ada tugas sekolah yang tidak saya pahami.				
15.	Walaupun orang lain mengatakan bahwa kemampuan saya kurang memadai dalam pelajaran tertentu, saya akan berusaha mendapatkan nilai optimal.				
16.	Saya tidak merasa takut untuk menjalin persahabatan dengan orang asing.				
17.	Perasaan tegang saya membuat saya menjadi lebih giat berlatih ketika akan memperkenalkan seni budaya Indonesia.				
18.	Saya tidak akan merasa malu apabila orang-orang di negara yang saya tuju menganggap remeh budaya dan bahasa Indonesia.				
19.	Saya tidak akan merasa rendah diri apabila mendapatkan celaan dari duta-duta negara lain.				

NO	PERNYATAAN	SY	Y	TY	STY
20.	Saya akan bertambah semangat apabila mendapatkan nilai yang optimal.				
21.	Saya akan membagi waktu secara seimbang antara mengerjakan tugas dan bermain dengan teman-teman.				
22.	Saya memutuskan untuk bertanya pada keluarga angkat tentang budaya negara yang saya tuju daripada hanya mengandalkan satu sumber informasi.				
23.	Saya akan memanfaatkan kesempatan bila diberikan peluang untuk berpidato dengan menyiapkan materi sebaik mungkin dibandingkan membiarkan orang lain yang berpidato pada pertemuan klub.				
24.	Meskipun bergaul juga penting saya tetap memprioritaskan belajar.				
25.	Saya akan berusaha lebih ramah untuk mendekati diri dengan teman-teman saya agar diterima.				
26.	Saya akan berusaha melatih kemampuan berkomunikasi dengan menambah kosa kata.				
27.	Saya akan berusaha menambah wawasan dengan membaca lebih banyak referensi mengenai pemerintahan Indonesia.				
28.	Saya akan lebih banyak bertanya kepada guru di sekolah tentang pelajaran yang tidak saya pahami.				
29.	Bila saya merasa tidak cocok dengan keluarga angkat saya akan terus mencoba untuk menyesuaikan diri dengan mereka.				
30.	Saat mengalami kegagalan dalam mengenalkan budaya Indonesia saya akan mengintrospeksi diri dan coba melakukannya kembali dengan lebih baik.				
31.	Saya tidak akan menyerah untuk menguasai bahasa asli negara yang saya datangi, walaupun saya belum pernah mempelajarinya.				
32.	Saya tidak akan menyerah untuk menjadi duta lembaga 'X' walaupun mendapatkan kritikan dari duta-duta negara lain.				
33.	Saya akan tetap belajar segiat mungkin pada semua mata pelajaran meskipun hasil ujian sebelumnya belum memuaskan.				
34.	Meskipun kadang muncul perasaan bosan dan malas, saya akan tetap dating ke sekolah dan mengikuti pelajaran di kelas setiap harinya.				
35.	Saya mampu untuk mengatasi perasaan kecewa jika tidak diterima oleh orang-orang di negara yang saya tuju.				
36.	Saya merasa nyaman untuk memperkenalkan seni budaya Indonesia saat orang-orang menunjukkan antusiasme terhadap apa yang saya tampilkan.				
37.	Saya akan merasa senang apabila duta lain menerima pemikiran dan pendapat saya.				
38.	Saya dapat mengatasi perasaan sedih, apabila duta dari negara lain menganggap remeh kemampuan saya untuk menjadi perwakilan duta lembaga 'X' Indonesia.				
39.	Saya tidak akan merasa takut jika diminta oleh guru untuk mengerjakan soal di depan kelas.				
40.	Saya akan menikmati kegiatan belajar di sekolah.				

NO	PERNYATAAN	SY	Y	TY	STY
41.	Saya akan menghabiskan waktu untuk berteman dengan siswa-siswa dari negara lain daripada hanya membaca buku sendirian di kamar.				
42.	Saya akan memanfaatkan kesempatan untuk membicarakan budaya Indonesia dibandingkan membicarakan hal lain.				
43.	Saya akan memilih untuk terlibat pada setiap kegiatan yang diadakan oleh klub atau kedutaan dibandingkan tidak mengikuti kegiatan apapun.				
44.	Saya akan mencari bantuan teman di sekolah apabila saya menghadapi kesulitan di pelajaran tertentu dibandingkan menyerah.				
45.	Bila mengalami konflik dengan teman saya akan mengevaluasi diri atas perilaku saya kepada teman-teman.				
46.	Saya akan berusaha mencari referensi sebanyak mungkin mengenai keanekaragaman budaya Indonesia.				
47.	Saya akan mengikuti kegiatan-kegiatan kebudayaan yang diadakan sekolah agar menambah wawasan mengenai budaya negara yang saya tuju.				
48.	Saya berusaha mencari barang yang mempresentasikan daerah asal saya dengan tepat untuk ditunjukkan kepada duta negara lain.				
49.	Saya akan pergi ke perpustakaan ke sekolah untuk menambah referensi dalam mengerjakan tugas sekolah.				
50.	Saya akan terus mencari teman yang dapat menerima saya meskipun membutuhkan waktu yang lama.				
51.	Saya akan terus berusaha untuk menguasai budaya dan bahasa di negara yang saya kunjungi meskipun membutuhkan waktu yang lama.				
52.	Saya akan tetap mencoba memahami sistem pemerintahan Indonesia meskipun sulit.				
53.	Walaupun ada hambatan dalam menjalankan peran sebagai duta lembaga 'X', saya akan tetap menyelesaikan tugas-tugas secara tepat waktu.				
54.	Saya akan terus berusaha dengan gigit untuk menyelesaikan tugas-tugas yang diberikan oleh guru meskipun sulit.				
55.	Saya bangga akan kemampuan saya menjalin persahabatan dengan banyak orang.				
56.	Saya merasa senang atas usaha saya menjalin komunikasi.				
57.	Saya akan tetap merasa nyaman dengan diri saya apabila mengalami kesulitan dalam mempelajari budaya dan bahasa asing.				
58.	Saya akan merasa senang apabila dapat memberikan kesan positif pada duta dari negara lain.				
59.	Saya tidak akan merasa kecewa apabila hasil ujian saya tidak sesuai dengan yang saya harapkan.				
60.	Saya tidak akan merasa ragu terhadap kemampuan saya untuk mendapatkan nilai yang optimal di sekolah.				
61.	Saya akan mengikuti kegiatan-kegiatan di sekolah untuk mengenal lebih banyak teman daripada menghabiskan waktu sendiri.				
62.	Saya akan mencari relasi sebanyak mungkin daripada hanya membicarakan budaya Indonesia pada orang-orang terdekat saja.				
63.	Saya akan memilih untuk mentaati aturan dalam program pertukaran pelajar meskipun aturan itu berat.				

NO	PERNYATAAN	SY	Y	TY	STY
64.	Saya merencanakan untuk menambah porsi waktu belajar saya, pada saat saya mengikuti program pertukaran pelajar daripada belajar sekedarnya.				
65.	Saya akan terlibat secara aktif dalam kegiatan ekstrakurikuler.				
66.	Saya akan membaca literatur mengenai budaya negara yang saya tuju untuk menambah wawasan saya.				
67.	Saya akan menjalankan tugas-tugas sebagai duta lembaga 'X' sebaik mungkin dengan mempersiapkan diri dan ketrampilan yang dibutuhkan.				
68.	Saya akan berusaha menyusun kegiatan harian se-efektif mungkin, agar dapat mencapai tujuan saya sebagai duta lembaga 'X'.				

DATA PENUNJANG**Petunjuk Pengisian**

Pilihlah jawaban yang saudara anggap paling sesuai dengan diri saudara. Untuk pilihan yang diberi tanda titik-titik saudara dapat mengisinya dengan jawaban saudara sendiri.

1. Apa keberhasilan yang berarti bagi saudara ?
 - a. Keberhasilan menguasai bahasa asing
 - b. Keberhasilan menyelesaikan tugas-tugas tepat waktu
 - c. Keberhasilan dalam memenangkan penghargaan
 - d. Keberhasilan dalam.....
2. Seberapa sering saudara mengalami keberhasilan dalam hal tersebut ?
 - a. Hanya sekali
 - b. 1-3 kali
 - c. Lebih dari 3 kali
 - d.
3. Keberhasilan yang saudara alami membuat saudara ?
 - a. Lebih giat belajar agar dapat mempertahankan / meningkatkan prestasi
 - b. Santai saja saat memperoleh keberhasilan karena sering berhasil
 - c. Merasa terhambat karena.....
 - d.
4. Apa kegagalan berarti yang pernah saudara alami ?
 - a. Kegagalan dalam mendapatkan nilai yang buruk dalam pelajaran
 - b. Kegagalan menyelesaikan tugas-tugas tepat waktu
 - c. Kegagalan dalam menguasai suatu bidang yang disenangi, seperti : seni tari, bahasa, atau olah raga
 - d. Kegagalan dalam.....
5. Seberapa sering saudara mengalami kegagalan dalam hal tersebut ?
 - e. Hanya sekali
 - f. 1-3 kali
 - g. Lebih dari 3 kali
 - h.

6. Kegagalan yang saudara alami membuat saudara ?
 - a. Semakin giat berusaha agar kemudian hari tidak gagal lagi
 - b. Merasa terhambat karena.....
 - c.
7. Siapakah orang yang memberi pengaruh bagi saudara dalam mencapai keberhasilan?
 - a. Teman, dalam hal.....
 - b. Guru, dalam hal.....
 - c. Orang tua, dalam hal.....
 - d. Senior, dalam hal.....
 - e.
8. Keberhasilan mereka (no. 5) membuat saudara ?
 - a. Meniru usaha mereka dalam mencapai keberhasilan
 - b. Ingin lebih berusaha agar dapat mengungguli mereka
 - c. Tidak percaya diri, karena saya tidak sehebat mereka
 - d. Biasa-biasa saja, kurang berpengaruh
 - e.
9. Kegagalan mereka (no. 5) membuat saudara ?
 - a. Tertantang untuk berusaha lebih giat lagi
 - b. Tidak percaya diri karena saya mungkin tidak akan berhasil juga
 - c. Biasa saja, kurang berpengaruh
 - d.
10. Pernahkah saudara mendapat kritikan ? bila iya dalam hal.....
 - a. Prestasi akademik
 - b. Prestasi non akademik, yaitu.....
 - c. Kemampuan berbahasa, yaitu.....
 - d. Kemampuan berelasi sosial, yaitu.....
 - e. Tidak pernah mendapat kritikan
11. Kritikan yang diberikan membuat saudara ?
 - a. Membuat saya lebih bersemangat dan berusaha memperbaikinya
 - b. Merasa puas dengan hasil yang telah dicapai saat ini

- c. Biasa saja dan tidak berpengaruh
 - d.
12. Pujian yang diberikan oleh orang tua, guru, orang tua, maupun teman membuat saudara ?
- a. Lebih berusaha untuk mencapai keberhasilan lagi
 - b. Merasa puas dengan hasil yang telah dicapai saat ini
 - c. Biasa saja dan tidak berpengaruh
 - d.
13. Komentar negatif yang diberikan oleh guru, orang tua, maupun teman membuat saudara ?
- a. Lebih berusaha lagi agar berhasil
 - b. Malas berusaha dan tertekan karena komentar negatif tersebut
 - c. Pesimis terhadap kemampuan diri sendiri
 - d.
 - a.
14. Apakah suasana hati saudara mempengaruhi saudara ketika menyesuaikan diri ?
- a. Ya, contoh.....
 - b. Tidak, karena.....
15. Suasana hati yang menunjang dan menghambat saudara saat menyesuaikan diri adalah....
- a. Yang menunjang.....
 - b. Yang menghambat.....

No.	J.K	Usia	Jumlah			Total Skor	Kategori
			Pilihan	Usaha	Ketahanan P'hayatan		
1	P	16	56	60	64	236	T
2	P	16	50	53	49	206	R
3	L	17	62	64	60	248	T
4	P	16	59	62	58	238	T
5	P	17	49	58	49	208	R
6	P	17	61	63	59	245	T
7	L	15	54	54	55	219	R
8	P	17	61	66	66	261	T
9	L	17	61	58	54	232	T
10	P	16	55	51	57	218	R
11	P	17	61	53	56	229	R
12	P	16	58	60	58	239	T
13	L	17	52	54	52	211	R

KET :
median : 232
T : TINGGI
R : RENDAH

Lampiran III. Hasil Tabulasi Silang Data Penunjang

Lampiran 3.1 Hasil tabulasi silang antara pengalaman keberhasilan dengan derajat *self-efficacy*

			Derajat <i>self-efficacy</i>		Total
			R	T	
Pengalaman keberhasilan	a. menguasai bahasa asing	Jumlah	1	3	4
		Persentase	7.7	23.1	30.8
	b. menyelesaikan tugas tepat waktu	Jumlah	0	1	1
		Persentase	0	7.7	7.7
	c. memenangkan penghargaan	Jumlah	1	3	4
		Persentase	7.7	23.1	30.8
	d. lain-lain	Jumlah	4	0	4
		Persentase	30.8	0	30.8
Total		Jumlah	6	7	13
		Persentase	46.2	53.8	100

Lampiran 3.2 Hasil tabulasi silang antara frekuensi keberhasilan dengan derajat *self-efficacy*

			Derajat <i>self-efficacy</i>		Total
			R	T	
Frekuensi keberhasilan	a. 1-2 kali	Jumlah	1	1	2
		Persentase	7.7	7.7	15.4
	b. 2-3 kali	Jumlah	0	2	2
		Persentase	0	15.4	15.4
	c. lebih dari 3	Jumlah	4	4	8
		Persentase	30.8	30.8	61.5
	d. lain-lain	Jumlah	1	0	1
		Persentase	7.7	0	7.7
Total		Jumlah	6	7	13
		Persentase	46.2	53.8	100

Lampiran 3.3 Hasil tabulasi silang antara dampak keberhasilan dengan derajat *self-efficacy*

			Derajat <i>self-efficacy</i>		Total
			T	R	
Dampak keberhasilan	a. Lebih giat belajar agar dapat mempertahankan / meningkatkan prestasi	Jumlah	5	5	10
		Persentase	38.5	38.5	76.9
	b. Santai saja saat memperoleh keberhasilan karena sering berhasil	Jumlah	0	0	0
		Persentase	0	0	0
c. Merasa terhambat	Jumlah	0	0	0	
	Persentase	0	0	0	
d. lain-lain	Jumlah	2	1	3	
	Persentase	15.4	7.7	23.1	
Total		Jumlah	7	6	13
		Persentase	53.8	46.2	100

Lampiran 3.4 Hasil tabulasi silang antara pengalaman kegagalan dengan derajat *self-efficacy*

			Derajat <i>self-efficacy</i>		Total
			T	R	
Pengalaman kegagalan	a. mendapatkan nilai yang buruk dalam pelajaran	Jumlah	4	3	7
		Persentase	30.8	23.1	53.8
	b. Gagal menyelesaikan tugas-tugas tepat waktu	Jumlah	1	0	1
		Persentase	7.7	0	7.7
c. Gagal menguasai bidang yang disenangi	Jumlah	1	3	4	
	Persentase	7.7	23.1	30.8	
d. Lain-lain	Jumlah	1	0	1	
	Persentase	7.7	0	7.7	
Total		Jumlah	7	6	13
		Persentase	53.8	46.2	100

Lampiran 3.5 Hasil tabulasi silang antara frekuensi kegagalan dengan derajat *self-efficacy*

			Derajat <i>self-efficacy</i>		Total
			T	R	
Frekuensi kegagalan	a. 1-2 kali	Jumlah	1	2	3
		Persentase	7.7	15.4	23.1
	b. 2-3 kali	Jumlah	2	0	2
		Persentase	15.4	0	15.4
	c. lebih dari 3	Jumlah	4	3	7
		Persentase	30.8	23.1	53.8
	d. Lain-lain	Jumlah	0	1	1
		Persentase	0	7.7	7.7
Total		Jumlah	7	6	13
		Persentase	53.8	46.2	100

Lampiran 3.6 Hasil tabulasi silang antara dampak kegagalan dengan derajat *self-efficacy*

			Derajat <i>self-efficacy</i>		Total
			T	R	
Dampak kegagalan	a. Semakin giat berusaha agar kemudian hari tidak gagal lagi	Jumlah	6	4	10
		Persentase	46.2	30.5	76.9
	b. Merasa terhambat	Jumlah	0	1	1
		Persentase	0	7.7	7.7
	c. lain-lain	Jumlah	1	1	2
		Persentase	7.7	7.7	15.4
Total		Jumlah	7	6	13
		Persentase	53.8	46.2	100

Lampiran 3.7 Hasil tabulasi silang antara figure signifikan dengan derajat *self-efficacy*

			Derajat <i>self-efficacy</i>		Total
			T	R	
Figur signifikan	a. Teman	Jumlah	2	3	5
		Persentase	15.4	23.1	38.5
	b. Guru	Jumlah	0	0	0
		Persentase	0	0	0
	c. Orang tua	Jumlah	4	3	7
		Persentase	30.8	23.1	53.8
	d. Senior	Jumlah	0	0	0
		Persentase	0	0	0
	e. lain-lain	Jumlah	1	0	1
		Persentase	7.7	0	7.7
Total	Jumlah	7	6	13	
	Persentase	53.8	46.2	100	

Lampiran 3.8 Hasil tabulasi silang antara pengaruh keberhasilan figur signifikan dengan derajat *self-efficacy*

			Derajat <i>self-efficacy</i>		Total
			T	R	
Pengaruh keberhasilan figur signifikan	a. Meniru usaha mereka dalam mencapai keberhasilan	Jumlah	2	1	3
		Persentase	15.4	7.7	23.1
	b. Ingin lebih berusaha agar dapat mengungguli mereka	Jumlah	5	3	8
		Persentase	38.5	23.1	61.5
	c. Tidak percaya diri, karena saya tidak sehebat mereka	Jumlah	0	0	0
		Persentase	0	0	0
	d. Biasa saja, kurang berpengaruh	Jumlah	0	1	1
		Persentase	0	7.7	7.7
	e. lain-lain	Jumlah	0	1	1
		Persentase	0	7.7	7.7
Total	Jumlah	7	6	13	
	Persentase	53.8	46.2	100	

Lampiran 3.9 Hasil tabulasi silang antara pengaruh kegagalan figur signifikan dengan derajat *self-efficacy*

			Derajat <i>self-efficacy</i>		Total
			T	R	
Pengaruh kegagalan figur signifikan	a. Tertantang untuk berusaha lebih giat lagi	Jumlah	4	2	6
		Persentase	30.8	15.4	46.2
	b. Tidak percaya diri karena saya mungkin tidak akan berhasil juga	Jumlah	0	0	0
		Persentase	0	0	0
	c. Biasa saja, kurang berpengaruh	Jumlah	3	3	6
		Persentase	23.1	23.1	46.2
	d. Lain-lain	Jumlah	0	1	1
		Persentase	0	7.7	7.7
Total		Jumlah	7	6	13
		Persentase	53.8	46.2	100

Lampiran 3.10 Hasil tabulasi silang antara hal yang dikritik dengan derajat *self-efficacy*

			Derajat <i>self-efficacy</i>		Total
			T	R	
Hal yang dikritik	a. Prestasi Akademik	Jumlah	4	3	7
		Persentase	30.8	23.1	53.8
	b. Prestasi non akademik	Jumlah	1	0	1
		Persentase	7.7	0	7.7
	c. Kemampuan berbahasa	Jumlah	0	0	0
		Persentase	0	0	0
	d. Kemampuan berelasi sosial	Jumlah	2	3	5
		Persentase	15.4	23.1	38.5
	e. Tidak pernah mendapat kritik	Jumlah	0	0	0
		Persentase	0	0	0
Total		Jumlah	7	6	13
		Persentase	53.8	46.2	100

Lampiran 3.11 Hasil tabulasi silang antara dampak kritik dengan derajat *self-efficacy*

			Derajat <i>self-efficacy</i>		Total
			T	R	
Dampak kritik	a. Membuat saya lebih bersemangat dan berusaha memperbaikinya	Jumlah	3	3	6
		Persentase	23.1	23.1	46.2
	b. Merasa puas dengan hasil yang telah dicapai saat ini	Jumlah	1	0	1
		Persentase	7.7	0	7.7
	c. Biasa saja, kurang berpengaruh	Jumlah	2	1	3
		Persentase	15.4	7.7	23.1
	d. Lain-lain	Jumlah	1	2	3
		Persentase	7.7	15.4	23.1
Total	Jumlah	7	6	13	
	Persentase	53.8	46.2	100	

Lampiran 3.12 Hasil tabulasi silang antara pengaruh pujian dengan derajat *self-efficacy*

			Derajat <i>self-efficacy</i>		Total
			T	R	
Pengaruh pujian	a. Lebih berusaha untuk mencapai keberhasilan lagi	Jumlah	3	3	6
		Persentase	23.1	23.1	46.2
	b. Merasa puas dengan hasil yang telah dicapai saat ini	Jumlah	2	0	2
		Persentase	15.4	0	15.4
	c. Biasa saja, kurang berpengaruh	Jumlah	1	1	2
		Persentase	7.7	7.7	15.4
	d. Lain-lain	Jumlah	1	2	3
		Persentase	7.7	15.4	23.1
Total	Jumlah	7	6	13	
	Persentase	53.8	46.2	100	

Lampiran 3.13 Hasil tabulasi silang antara dampak ejekan dengan derajat *self-efficacy*

			Derajat <i>self-efficacy</i>		Total
			T	R	
Dampak ejekan	a. Lebih berusaha lagi agar bangkit kembali.	Jumlah	5	5	10
		Persentase	38.5	38.5	76.9
	b. Malas berusaha dan tertekan karena komentar negatif tersebut	Jumlah	0	1	1
		Persentase	0	7.7	7.7
	c. Pesimis terhadap kemampuan sendiri	Jumlah	1	0	1
		Persentase	7.7	0	7.7
	d. Lain-lain	Jumlah	1	0	1
		Persentase	7.7	0	7.7
Total		Jumlah	7	6	13
		Persentase	53.8	46.2	100

Lampiran 3.14 Hasil tabulasi silang antara pengaruh kondisi fisik dengan derajat *self-efficacy*

			Derajat <i>self-efficacy</i>		Total
			T	R	
Pengaruh kondisi fisik	a. Ya	Jumlah	7	4	11
		Persentase	53.8	30.8	84.6
	b. Tidak	Jumlah	0	2	2
		Persentase	0	15.4	15.4
Total		Jumlah	7	6	13
		Persentase	53.8	46.2	100

Lampiran 3.15 Hasil tabulasi silang antara suasana hati yang menunjang dengan derajat *self-efficacy*

			Derajat <i>self-efficacy</i>		Total
			T	R	
Suasana hati yang menunjang	a. Dari dalam diri	Jumlah	4	4	8
		Persentase	30.8	30.8	61.5
	b. Dari keluarga	Jumlah	0	2	2
		Persentase	0	15.4	15.4
	c. Lingkungan yang menunjang	Jumlah	3	0	3
		Persentase	23.1	0	23.1
Total		Jumlah	7	6	13
		Persentase	53.8	46.2	100

Lampiran 3.16 Hasil tabulasi silang antara suasana hati yang menghambat dengan derajat *self-efficacy*

			Derajat <i>self-efficacy</i>		Total
			T	R	
Suasana hati yang menghambat	a. Dari dalam diri	Jumlah	5	5	10
		Persentase	38.5	38.5	76.9
	b. Dari keluarga	Jumlah	0	1	1
		Persentase	0	7.7	7.7
	c. Lingkungan yang menunjang	Jumlah	2	0	2
		Persentase	15.4	0	15.4
Total		Jumlah	7	6	13
		Persentase	53.8	46.2	100

LAMPIRAN IV. LEMBAGA ‘X’

WHAT IS LEMBAGA ‘X’?

Lembaga ‘X’ was started by Paul Harris in 1905 in Chicago, Illinois, U.S.A. and has grown in membership to over one million members in 163 countries.

Lembaga ‘X’ is a service association of business and professional leaders united worldwide who conduct humanitarian projects, encourage high ethical standards in all vocations and work toward world understanding and peace.

They meet weekly to enjoy each other's fellowship and discuss ways to serve others.

Lembaga ‘X’ adds fulfillment each year to the lives of some 8,000 young people of secondary school age as they study in countries other than their own.

OBJECTIVES OF LEMBAGA ‘X’ INTERNATIONAL YOUTH EXCHANGE PROGRAM

1. To further international goodwill and understanding by enabling students to study, at first hand, some of the problems and accomplishments of people in lands other than their own.
2. To enable students to advance their education by studying for a year in an environment entirely different to their own and by undertaking study of courses and subjects not normally available to them in secondary schools of their own country.
3. To broaden their own outlook by learning to live with and meet people of different cultures, creeds and colors than their own, and by having to cope with day-to-day problems in an environment completely different to the one they have experienced at home.
4. To act as Ambassadors for their own country, by addressing Lembaga ‘X’, Community Organizations and Youth Groups in their host country and by imparting as much knowledge as they can of their own country and its problems to the people they meet during their year abroad.
5. To study and observe all facets of life and culture in the country where they are hosted, so that on their return to their home country, they can pass on the knowledge they have gained by addressing Lembaga ‘X’, Youth Groups and Community Organizations.

THE OBJECTS OF LEMBAGA ‘X’

The object of Lembaga ‘X’ is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

1. The development of acquaintance as an opportunity for service.
2. High ethical standards in business and professions; the recognition of the worthiness of all useful occupations; and the dignifying by each member of his occupation as an opportunity to serve society.
3. The application of the ideal of service by every member to his personal, business, and community life.
4. The advancement of international understanding, goodwill, and peace through a world-fellowship of business and professional men and women united in the ideal of service.

SCOPE OF THE PROGRAM

Lembaga ‘X’ International Youth Exchange Program is an essential part of World Community Service. It is designed for High School students in the age group of 16 to 18 1/2 years of age. In general, the student who is selected to participate in the Program is above average in academic ability, in good health, independent, self-reliant, able to make friends easily, willing to face challenges, and to adjust to a wide variety of people and varying conditions. Students

are sponsored by Lembaga 'X' in your country to live and study for twelve months in another country. In exchange, students are accepted and hosted from the many countries around the world to be hosted by your Lembaga 'X'. A student lives with one host family for a period of three to four months as a member of the family, not as a guest, then moves on to another host family. He/she attends a school in the community as a regular student, but in some cases in a noncredit (audit) program. Host families can be 'X' families or 'X' approved non-'X' families.

PURPOSE OF THE PROGRAM

Through the Lembaga 'X' Youth Exchange Program, we hope to be able to build bridges of friendship and understanding between the peoples of the world by allowing selected students to live for one year in a foreign country, assimilating that country's culture and language, and by being ambassadors of goodwill while they are here. This is accomplished by having the students live with several host families, sharing in the life and love of each family, and by attending a year of high school, so that they develop friends and begin to understand the hosts as if they were part of them. Also, as the students share of themselves, and of their lives and experiences at home, the hosts in turn develop bonds of friendship and understanding with these student's countries. This is what Youth Exchange is all about.

HOW THE PROGRAM WORKS

Individual clubs are responsible for screening of Outbound Students and for arranging host families, schooling and counselors for Inbound Students. The District Chairman and the Committee Members interview and select the actual exchange student. The District Committee also negotiates with the districts in the other countries and sets up the exchanges.

BEING A LE,MBAGA 'X' EXCHANGE STUDENT

This experience you are about to undertake will be scary in the beginning as you will be thrown into situations that you will have to be making decisions on your own. Since you are probably used to your parents make decisions for you at home, it can be very confusing at first. You will mature very fast during your year away from home. Your first mature act was to become an Exchange Student and you probably didn't even realize how mature a decision you made.

This handbook is being written with you in mind and to help you through some of the common and uncommon situations that you will encounter. It is hoped that we have tried our best to cover all the situations that you will take place during your year.

Attend your Host 'X' Club meetings as often as they will allow you. Never pass up an opportunity to attend. Participate in all service projects the Rotary Club is involved in. Get to know the Rotarians from your club and share your thoughts with them. Remember that because of them volunteering to host you for a year, they have committed more than accepting a student. They are the biggest contributors, such as your allowance, making it possible for you to attend District functions, and making sure that you have the best time of your life while you are in their care.

Take the time to learn more about Lembaga 'X' from your club counselor and why they belong to Lembaga 'X'. Member are a fountain of information, but unless asked, they tend to forget to share their knowledge.

The way you treat the member in your club will determine if they will host another student in the future. Many clubs around the world have stopped hosting students, because they had one bad experience with a student. It isn't fair, but it is what happens and nothing you can say will change their minds.

GIFT SUGGESTIONS

1. Take about 5 banners from your sponsoring 'X' Club. These will be given to your host 'X' club when you first arrive or when you give your slide presentation and any other clubs you visit or for whom you do a presentation. . Generally, the Club will give you one from their club in return.
2. You will be given a banner from our District Governor for you to give to the District Governor of the District you are in this may be done at the District conference or at his official visit to your host club if you are present.
3. Some stamps from your country (especially commemorative stamps) make nice gifts, so steam them off when you receive letters and give them away to friends. You can make them into bookmarks.
4. Small denomination coins from your country also make nice gifts (for the next couple of years we will see New Jersey state quarters which were issued in 1999).
5. Make some tapes of music from your country and share them with your friends.
6. A few small flags of your country make nice gifts.
7. A special gift should be given at the end of your stay to each Host Family. A 5" x 7" or 8" x 10" portrait of you is a great gift.
8. A picture book of your country can be used in your public speaking and given as a gift before you leave.

OTHER ITEMS TO BRING

1. Photo album of your house, family, school friends, town and local interests.
2. Prepare a 20-minute slide show of your area, again including your family, school, town, etc. Include in your slides subjects of major national interest, if possible.
3. A map of your Country or State.
4. Don't leave home without the addresses of all your friends and relatives.
5. A collection of your favorite recipes from home. Learn how to make these dishes before leaving home so you can try them out on your new families. If the recipe calls for chocolate chips or any other different ingredient, make sure you bring it along. This can be a fun experience!

RULES - RULES - RULES

An Exchange Student lives with the host family as a member of the family in every respect, NOT as a guest. The student is expected to obey the rules and regulations of the family, including those relating to dating and curfew hours, and generally adapts himself/herself to the life at home, school, and in the community. A counselor assigned by the host club acts as the guardian and provides guidance to the student in liaison with the subject to the authority and control of the District Chairman. He also arranges speaking engagements and other programs for the participation of the student.

We adults have many Rules and Regulations that we expect the Exchange Student to follow. These Rules are not because we want to put stumbling blocks in your life! We have had to set them up because before we started making them, students took it upon themselves to do the things we now ask you not to do and it caused many problems with the student being sent home. We ask you to please abide by the following Rules for your own good.

A. COMMANDMENTS OF ROTARY:

1. **NO DRIVING!**
This means no autos, boats, airplanes, dune buggies, motorcycles, riding mowers snowmobiles or anything. Drivers training classes may be required at some school and

the student may be required to attend these classes, but you will only be allowed to take the text class. You will not be allowed to get a driver's license or permit therefore *absolutely no behind the wheel instruction will be allowed.*

2. **NO DRINKING OF ALCOHOLIC BEVERAGES.**

No matter what life is like at home, or what the drinking age is at home, if there is one, there is a prohibition against alcohol until the age of 21 in many countries and the United States. If the family has a "glass of wine" for dinner and wishes to include the student, it would be permissible only if this was a home custom of the student. We would also request that the family makes sure that their student really knows the difference between a "little wine" for dinner with the family, and indiscriminate drinking when out in public or at a party. *If everyone else is drinking, it doesn't allow you to. If you get caught it is a reason to be sent home.*

3. **NO DRUGS!**

We all know that drugs are available and the easiest place to get them is in the schools or from school friends. This is a Federal Offense in most countries, and we want to make sure that you are not the one being arrested and sent to jail. It is also the fastest way of getting sent home and not only will your parents be made aware of the offense, but your sending Lembaga 'X' will also be notified.

Prescription medicines are permitted, but your hosting family must be notified of the medication and why it is being prescribed. The hosting family has the right to check out your prescription with their doctor or pharmacy. If you are using a prescription from your doctor at home, be sure that you take a copy of it with you so the hosting family can have it refilled for things like allergies.

4. **NO SINGLE OR STEADY DATING.**

You may double date, or may go out with a group, but you may not go out with anyone on a steady basis.

5. **NO LOVE/SEX RELATIONSHIPS.**

In this day and age it is extremely dangerous for any student to even consider an active sex life. Besides the danger of Aids and Venereal Disease, there is 17 no longer any such thing as safe sex. Don't play Russian Roulette with your lives at such a young age. *To get caught is reason to be sent home.*

6. **SMOKING.**

If you said you were not a smoker on your application, then you will not be allowed to smoke in you host home. You need to follow your host families rule on smoking including where you will be allowed to smoke if you do smoke

7. **NO TRAVELING ALONE.**

You may have to travel from your home country to your final destination, but we know that you will depart from your parents and arrive with your hosting family waiting at the airport. After you have reached your destination, you will be chaperoned until you depart in twelve months. You may travel with your host families, member, church and school groups, and with others that your family approves of; but never out of your host community alone. If you are traveling with your host family, 'X' families, or approved trips arranged by the school, you must notify the District Exchange Chairman.

Independent travel outside the host community is prohibited except when there is a valid reason for the travel, and the approval of the District Youth Exchange Chairman has been obtained well in advance of the travel date.

The reason for the first restriction is that this is a school exchange, not a travel exchange and school takes priority. The reasons for requiring the District Youth Exchange Chairman approval is to make sure of the safety of the student, and to be certain that the student's parents and hosts all agree that the travel is something the student should be doing. When approval has been granted, the District Chairman, the Hosting Club and the Hosting Family must all be given the address that you will be staying and a phone

number where you can be reached in case of an emergency. You will also be required to have written permission from your own parents.

8. **STUDENTS MUST OBEY ALL LAWS.**

Being an exchange student does not exempt you from all the consequences of illegal acts. *You CAN be arrested and you CAN go to jail. Lembaga 'X' will not defend you and you will be sent home.*

B. SCHOOL REQUIREMENTS:

1. Attend classes regularly each school day. Even if you have completed school in your country, you are expected to attend high school under lembaga 'X' Program.
2. Do all assigned work for each class. You are expected to learn the language of the country.
3. New Jersey has a zero tolerance on weapons of any type. Don't even joke about bringing a weapon to school or using a weapon to shot someone. ***You will be suspended from school and that is a reason to send you home.***
4. Do as well as you can scholastically. We do not tolerate substandard school performance by ANY exchange student.
5. Get into school activities, clubs and sports because that is where the action will happen. Get into whatever it is that you do best, or would like to do. That includes sports, art, music, plays and the car wash. See if there is an Interact Club at your school and join. As a lembaga 'X' Exchange student you are required to join Interact if your school has one, since Interact is a lembaga 'X' Program.
6. The more outside activities you do regarding school will net more friendships.

C. FAMILY REQUIREMENTS:

1. Do all you can to become a member of each of your families.
2. Do as your host families wish you to do and follow the rules of the house.
3. Host families act as your Guardians while you are in their homes. This includes signing permission slips for you to participate in sports or to enter the hospital.
4. You need to discuss with your host family the use of their computer and the use of the phone lines for Internet access. They govern your use since you may be using their telephone lines. Make sure the service you are using, if you have your own computer, does your internet service have a local phone number or you are required to pay the telephone costs.
5. Students are to change families gracefully, and hopefully will not leave bad feelings behind when they move, nor treat the next family with any less love and respect than they did the previous families. Let all families know of the move since the date is arranged by your host club, not yourself.
6. Don't compare your families, but experience the families for what they are and learn from each of them.

RELIGIOUS DIFFERENCES

It is quite likely that your family and you will have significantly different religious backgrounds, so you will need to achieve an understanding of each other in order that you might be able to avoid another outbreak of the crusades, modern day fashion. Surprisingly, this situation can hold even if you think that all of you have the same religion. For example, Catholicism varies with the language and the culture of the country. Even within a single country there may very well be differences in attendance, with some going to mass regularly, and others only infrequently on special occasions, so to avoid nasty surprises, you should talk

about religion, both yours and your family's, in order to find out how you are going to get along in religious terms.

THE BIG THING WITH RELIGION IS TO NOT TRY TO CHANGE ONE ANOTHER'S BELIEFS. Try to use all the tolerance you should have for another's innermost beliefs and faith. You have the choice whether to attend the church of your hosting family or asking them to make provisions to get you to the church of your choice. If the family will not provide you with a ride to your church, ask your counselor to help you find a ride.

If you find that your hosting family does not attend church regularly and you would prefer to go, again, ask your counselor to help.

YOUR APPEARANCE

1. The way you dress and look will set the pace for the type of friends you will attract. This cannot be stressed strongly enough. Keep in mind that you are an ambassador for your country and your appearance will reflect upon them.
2. Adults have a fetish about hair on their children, like seeing their face without having it hang in their face. Hair should be washed at least every couple days and worn in a style that is not offensive to the people around them.
3. Shaving is a necessary evil for young men. Your facial hair has not fully developed to give a nice appearance in beards and mustaches. For young women, shaving under the arms and your legs will be your choice according to your customs at home.
4. Bathing and deodorants are a daily must. Nobody likes to be around a person that gives off body odors and presents himself or herself in an unclean appearance.
5. How to dress for Lembaga 'X' events:
 - a. Neatness is the rule for Lembaga 'X' meetings.
 - b. If you are invited to any special Club events, ask what you should wear.
 - c. At the District Conference and other special events, suits and ties are required for boys and party dresses are required for girls.
6. Your clothes should always be clean from the inside to your outer clothing. Learn to wash your own clothes by asking your host mother how to use the washer, dryer and the iron. In some countries your host family may have a maid that would perform this for you and you are very fortunate. However, it is a good idea to know how to perform these duties no matter if you are a girl or boy. Again, because all countries are different, the laundry appliances will be different, so you will have to learn how to operate them.