

### Descriptive Statistics

|                    | N   | Minimum | Maximum | Mean  | Std. Deviation |
|--------------------|-----|---------|---------|-------|----------------|
| SkorM              | 251 | 25      | 55      | 40.07 | 7.194          |
| SkorG              | 251 | 18      | 45      | 33.85 | 5.894          |
| SkorWE             | 251 | 30      | 80      | 59.37 | 8.735          |
| Valid N (listwise) | 251 |         |         |       |                |

### Norma Rumus

Rendah  $X < (\mu - 1,0 \sigma)$

Sedang  $(\mu - 1,0 \sigma) \leq X < (\mu + 1,0 \sigma)$

Tinggi  $(\mu + 1,0 \sigma) \leq X$

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### Mindfulness

Rendah :  $\leq 32.876$

Sedang :  $32.876 - 47.264$

Tinggi :  $\geq 47.264$

| kategori | frekuensi | persen |
|----------|-----------|--------|
| RENDAH   | 49        | 19.5   |
| SEDANG   | 147       | 58.6   |
| TINGGI   | 55        | 21.9   |

### Work Engagement

Rendah :  $\leq 50.635$

Sedang :  $50.635 - 68.105$

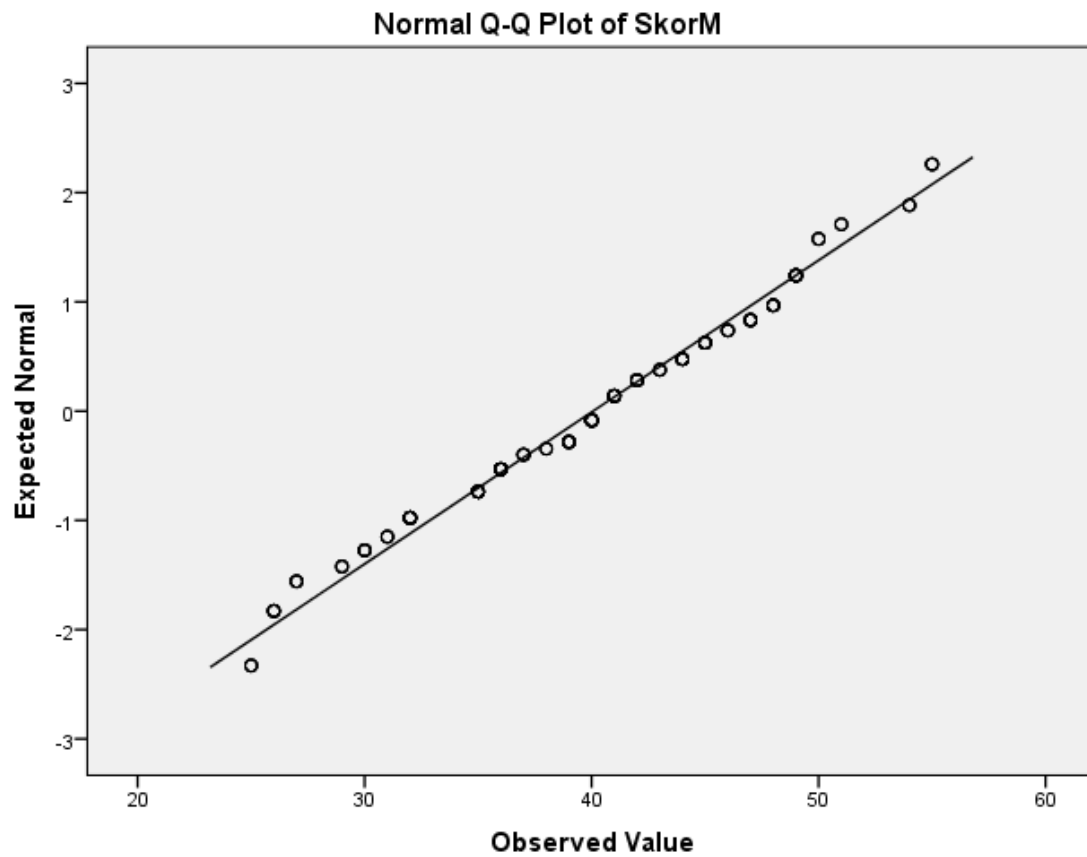
Tinggi :  $\geq 68.105$

### WORK ENGAGEMENT

| kategori | frekuensi | persen |
|----------|-----------|--------|
| RENDAH   | 39        | 16     |
| SEDANG   | 166       | 66     |
| TINGGI   | 46        | 18     |

## UJI NORMALITAS

### MINDFULNESS

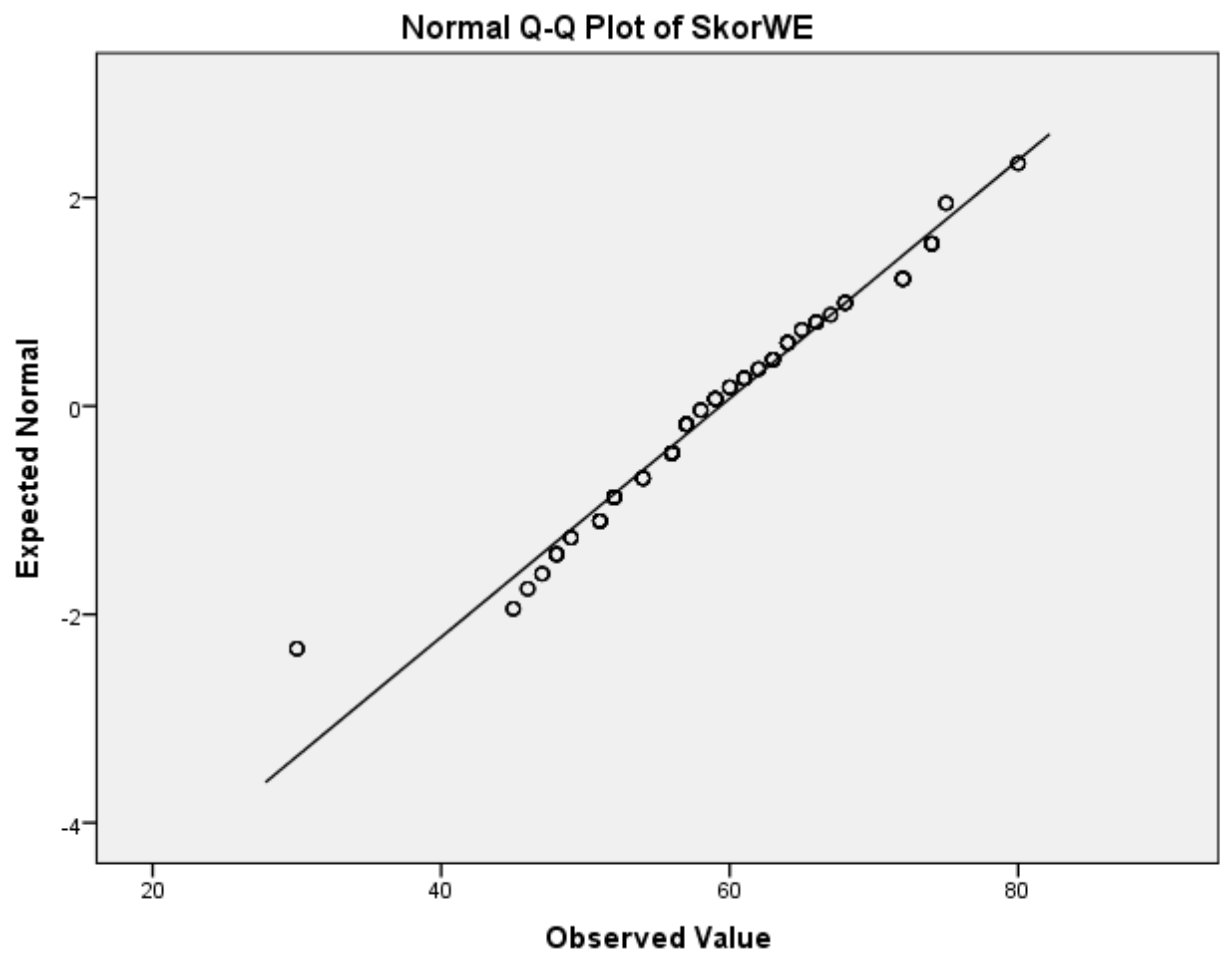


Tests of Normality

|       | Kolmogorov-Smirnov <sup>a</sup> |     |      | Shapiro-Wilk |     |      |
|-------|---------------------------------|-----|------|--------------|-----|------|
|       | Statistic                       | df  | Sig. | Statistic    | df  | Sig. |
| SkorM | .090                            | 251 | .000 | .978         | 251 | .001 |

a. Lilliefors Significance Correction

WORK ENGAGEMENT



| Tests of Normality |                                 |     |      |              |     |      |
|--------------------|---------------------------------|-----|------|--------------|-----|------|
|                    | Kolmogorov-Smirnov <sup>a</sup> |     |      | Shapiro-Wilk |     |      |
|                    | Statistic                       | df  | Sig. | Statistic    | df  | Sig. |
| SkorWE             | .087                            | 251 | .000 | .968         | 251 | .000 |

a. Lilliefors Significance Correction

## REGRESI LINIER SEDERHANA

### Mindfullnes – Work Engagement

#### Hasil Uji hipotesis (Regresi Linier Sederhana)

Model Summary

| Model | R                 | R Square | Adjusted R Square | Std. Error of the Estimate | Change Statistics |          |     |     |               |
|-------|-------------------|----------|-------------------|----------------------------|-------------------|----------|-----|-----|---------------|
|       |                   |          |                   |                            | R Square Change   | F Change | df1 | df2 | Sig. F Change |
| 1     | .142 <sup>a</sup> | .020     | .016              | 8.664                      | .020              | 5.104    | 1   | 249 | .025          |

a. Predictors: (Constant), SkorM

#### Hasil Analisis Regresi Secara Simultan (Uji F)

ANOVA<sup>a</sup>

| Model |            | Sum of Squares | df  | Mean Square | F     | Sig.              |
|-------|------------|----------------|-----|-------------|-------|-------------------|
| 1     | Regression | 383.173        | 1   | 383.173     | 5.104 | .025 <sup>b</sup> |
|       | Residual   | 18691.369      | 249 | 75.066      |       |                   |
|       | Total      | 19074.542      | 250 |             |       |                   |

a. Dependent Variable: SkorWE

b. Predictors: (Constant), SkorM

#### Hasil Uji Analisis Regresi Secara Parsial (Uji t)

Coefficients<sup>a</sup>

| Model |            | Unstandardized Coefficients |            | Standardized Coefficients | t      | Sig. |
|-------|------------|-----------------------------|------------|---------------------------|--------|------|
|       |            | B                           | Std. Error | Beta                      |        |      |
| 1     | (Constant) | 52.476                      | 3.100      |                           | 16.926 | .000 |
|       | SkorM      | .172                        | .076       | .142                      | 2.259  | .025 |

a. Dependent Variable: SkorWE