### **BAB III**

### **METODE PENELITIAN**

## A. Jenis dan Rancangan Penelitian

Jenis penelitian pada saat penulisan artikel ini adalah tinjauan pustaka. Yang dimaksud dengan tinjauan pustaka atau literature review adalah studi pustaka yang mendukung isu-isu tertentu dalam penelitian yang sedang berlangsung. Tinjauan pustaka ini sangat bermanfaat bagi peneliti, misalnya untuk memberikan gambaran tentang masalah yang akan diteliti, memberikan dukungan teoritis konseptual kepada peneliti, dan sebagai bahan diskusi atau pembahasan dalam penelitian. Selain itu, tinjauan pustaka dapat memandu peneliti dalam merumuskan hipotesis penelitian yang sedang mereka pelajari (Fraenkel, Wallen, dan Hyun, 2012).

Desain penelitian sangat penting dalam penelitian karena dapat mengontrol beberapa faktor yang mempengaruhi keakuratan hasil. Pedoman bagi Peneliti untuk Menggunakan Desain Penelitian untuk Merencanakan dan Melakukan Penelitian menggapai tujuan atau menjawab pertanyaan penelitian (Nursalam, 2017).

Tradisional review adalah tinjauan pustaka pada *literature* review dengan cara mengumpulkan fakta dan teknik sintesis, tidak mengikuti cara yang ada di buku (Siswanto, 2012). Dalam penulisan studi *literature review* ini bertujuan untuk melihat pengaruh teknik terapi relaksasi benson terhadap nilai Tekanan Darah pada penderita

hipertensi. Fokus dalam penelitian ke pustakaan ialah menemukan berbagai teori, prinsip, atau gagasan yang

digunakan dalam menganalisa dan memecahkan pertanyaan penelitian yang sudah dirumuskan. Sifat pada penelitian adalah analisa deskriptif, ialah menganalisis data dengan cara menggambarkan data yang telah terkumpul dengan memberikan pemahaman dan penjelasan sehingga bisa dipahami dengan baik oleh pembaca.

Data — data yang digunakan pada penelitian ini adalah data sekunder yang diperoleh dari pengalaman-pengalaman penelitian sebelumnya. Sumber data sekunder yang diperoleh ialah artikel atau jurnal sesuai dengan topik menggunakan *data base* melalui data base google cendikia atau Google Scholar, IMJ Pubmed dan lainnya.

Pencarian artikel dari jurnal atau bisa dengan kata kunci (keyword) dan boolean operator (AND, OR NOT or AND NOT) yang diperuntukkan untuk memperluas atau menspesifikkan pencarian, sehingga dapat memudahkan kita dalam pencarian artikel atau jurnal yang digunakan. Kata kunci dalam penelitian ini yaitu "teknik relaksasi benson pada penderita hipertensi" (Benson's relaxation technique in patients with hypertension), AND "teknik relaksasi benson" (Benson Relaxation Techique) AND "Tekanan Darah pada hipertensi" (Blood Pressure in H.

### B. Kriteria Inklusi dan Eksklusi

### a. Tipe Studi

Tipe studi *literature review* yang telah di gunakan pada penelitian ini adalah jurnal penelitian dengan metode penelitian menggunakan *Pra Eksperimen, Quasi Eksperimen dan Randomized controlled trial.* 

### b. Tipe Intervensi

Intervensi yang akan ditelaah pada penelitian ini adalah penggunaan teknik relaksasi benson terhadap Tekanan Darah pada penderita hipertensi.

### c. Hasil ukur

Out come yang diukur dari penelusuran adalah pengaruh teknik relaksasi benson terhadap Tekanan Darah pada penderita hipertensi.

## d. Strategi Pencarian Literature

Literature yang digunakan merupakan jurnal. Pencarian jurnal dilakukan menggunakan pencarian data base Google Scholar, IJNHS, IMJ, KnE Life Sciences. Pencarian artikel atau jurnal menggunakan keyword dan boolean operators (AND, OR NOT or AND NOT) yang digunakan untuk memperluas atau menggolongkan pencarian, sehingga mempermudah menentukan artikel atau jurnal yang digunakan. Kata kunci dalam penelitian ini yaitu "teknik relaksasi benson pada penderita hipertensi" (Benson's

relaxation technique in patients with hypertension) AND "teknik relaksasi benson" (Benson's relaxation technique) AND "Tekanan Darah pada hipertensi" (Blood Pressure in hypertension) AND "hipertensi" (Hypertension), dengan subjek manusia dalam penelitiannya. Jurnal yang digunakan sebagai bahan literature ialah yang memenuhi kriteria inklusi yang kemudian dianalisis. Jurnal yang dipilih adalah yang dipublikasikan dari tahun 2016 sampai dengan 2021.

Table 3.1 Kriteria inklusi dan eksklusi

Keriteria	Inklusi	Eksklusi
Populasi	Pasien yang mengalami	Pasien yang mengalami
	Hipertensi	hipertensi
		dengan komplikasi
Intervention	Teknik relaksasi benson atau	Teknik dengan senuthan
	yang sejenis Relaksasinafas	lasngsdung, Massage,
	dalam (Slow Deep	Relaksasi Genggam Jari ,
	breathing), dzikir, murottal,	bau bauan (aroma terapi),
	meditasi berdoa	penusukan jarum
		(akupuntur)
Out Comes	Pengaruh teknik relaksasi	Pengaruh teknik relaksasi
	benson terhadap nilai	benson terhadap nilai MAP
	Tekanan Darah pada	, nilai kualitas tidur dannilai
	penderita hipertensi	stress pada penderita

hipertensi

Study design and research type use Pra eksperimen, Quasi eksperimen, andrandomized controlled trial

Tahun publikasi	Setelah 2015-2021	Sebelum 2015-2021
	Bahasa Indonesia dan	Bahasa China danbahasa
	Inggris	Jepang

## C. Definisi Operasional

- Relaksasi Benson menenangkan diri dalam terapi relaksasi untuk menstabilkan tekanan darah. Relaksasi merupakan salah satu cara untuk menghilangkan stress yang menjadi penyebab terjadinya hipertensi, sehingga dianjurkan bagi penderita hipertensi untuk melakukan terapi relaksasi (Dalimartha, 2008).
- Tekanan darah merupakan faktor yang sangat penting dalam sistem peredaran darah. Tidak semua tekanan darah berada dalam kisaran normal, sehingga terjadi perubahan tekanan darah, yang disebut hipertensi atau hipertensi dan hipotensi atau hipotensi. (Fitriani & Nilamsari, 2017).
- Hipertensi atau hipertensi adalah penyakit kronis yang ditandai dengan peningkatan tekanan darah pada dinding arteri. Kondisi ini membuat jantung bekerja lebih keras untuk mengedarkan

darah melalui pembuluh darah ke seluruh tubuh. Hal ini dapat mengganggu aliran darah, merusak pembuluh darah, dan bahkan menyebabkan penyakit degeneratif dan akhirnya kematian. (Nur, 2017).

## D. Research Appraisal Checklist (RAC)

Setelah dilakukannya penyeleksian data berdasarkan dengan kriteria inklusi dan eklusi selanjutnya akan dilakukan *RAC (Research Appraisal Checklist)* pada jurnal. RAC dibuat agar dapat melakukan penilaian terhadap penulisan penelitian kuantitatif secara cermat dan sistematis. Di dalam penilaian RAC ada terdapat 55 kriteria yang mencakup penilaian judul, abstrak, masalah literatur, metodologi, analisis data, pembahasan dan sistematik penulisan jurnal dimana setiap kriteria memiliki skor tersendiri.

Pada setiap kriteria memiliki rentang nilai skor 1 — 6. Skor 1 diartikan bahwa kriteria tidak bisa ditemukan di dalam artikel sedangkan skor 6 diartikan bahwa kriteria ditemukan secara lengkap dan jelas di dalam artikel. Terdapat 3 kategori berdasarkan jumlah nilai skor yaitu Superior (205 – 306 Point), Average (103 – 204 Point), dan Below Average (0 – 102 Point).

Tabel 3.2 Appracial Checklist

	RESEARCH	APPRAISAL CHEC	KL	IST					
No.	Kriteria				S	kor			Total
			1	2	3	4	5	6	skor
		Title							
1	Title is readily understood								
2	Title is clear								
3	Title is clearly related to								
	Content								
		ABSTRAK	<u> </u>			<u> </u>	I		1
4	Abstract states problemand,								
	where appropriate,								
	hypotheses clearly and								
	concisely								
5	Methodology is identified and								
	described briefly								
6	Results are summarized								
7	Findings and/ or conclusions								
	are stated	DDOD! EM							
8	The general problem of the	PROBLEM			_		1		
0	The general problem of the study is introduce dearly								
	inThere port								
9	Questions to be answered								
•	are stated precisely								
10	Problem state mentis clear								
11	Hypotheses to be teted are						+		
•	stated precisely in a form That								
	permits them to be								
	Tested								
12	Limitation softhe study can be								
	Identified								
13	Assumptions of the study can								
	be identified								
14	Pertinent terms are/ can be								
	operationally defined						_		
15	Significance of the problem is								
40	Identified		_						
16	Research is justified	W OF LITERATI						$\perp$	
		W OF LITERATU	JKE						_
17	Cited literature is pertinent to								
	research problem								
18	Cited literature provides								
	rationale for the research								
19	Studies are criticaly examined								
20	Relationship of problem to								
	previous research is made								
	Clear								

			, ,			
21	A conceptual frame work/					
	theoretical rationale is clearly Stated					
22	Review concludes with a brief					
	summary or relevant literature					
	and it simplications to the					
	research problem understudy					
	ME	THODOLO GY				
		a.Subjects				
23	Subject population (sampling					
	frame) is described					
24	Sampling method is					
24	Described					
25	Sampling method is justified					
	(especially for non probability					
	sampling)					
26	Sample size is sufficient to					
	reduce type II error					
27	Possible sources of sampling					
	error can be identified					
28	Standards for protections of					
- I.a	subjects are discusse					
	struments					
29	Relevant previous realibility					
	data are presented					
30	Reliability data pertinent to the					
	present study are					
	Reported					
31	Relevant previous realibility					
	data are presented					
32	Validity data pertinent to					
	present study are reported					
33	Methods of data collection are					
	sufficiently described to permit					
	judgment of their					
	appropriateness to the					
	present study					
c. De	esign					
34	Design is appropriate to study					
	questions and/or hypothesis					
35	Proper controls are included					
	where appropriate					
36	Confounding/ moderating					
	variables are/ can be					
	Identified					
37	Description of design i s					
	explicit enough to permit					
	replication					
		ATA ANALYSIS				
38	Information presented i s					
	sufficient to answer research					
	Questions					

39	Statistical tests used are						
40	Reported statistics are appropriate for hypotheses/research questions						
41	Table and figures are presented in an easy-to understand, informative way						
		DISCUSSION					
42	Conclusions are clearly Stated						
43	Conclusions are						
	substantianted by the evidence presented						
44	Methodological issues in study are identified and discussed						
45	Findings of study are sprecifically related to conceptual/ theoretical basis of study						
46	Implications of the findings are discussed						
47	Results are generalized on ly to populations on which Study is based						
48	Recommendations are made for further research						
-	FOF	RM AND STYLE		l	 11	I	
49	Report is clearly written						
50	Report is logically organized						
51	Tone of report displays an unbiased, impartial, scientific attitude						
GR	AND TOTAL SCORE						
a. b.	Superior(205-306 points) Average(103-204 points)						
D. C.	Below Average(0-102 points)						
J.	Sumber: (Duffy 20	05 di dalam Viro	niawan	2020			
	= 3 (= 3 <b>) 20</b>		, <b>,</b>	<b> </b>			

Tabel 3.3 Jurnal Rac

RAC Joko Tri Atmojo

No.	Kriteria	I APPRAISAL C 	7.2014	_,,,,	SI	cor			Total
110.	Tanona		1	2	3	4	5	6	skor
		Title							
1	Title is readily understood							6	
2	Title is clear							6	18
3	Title is clearly related to content							6	10
		ABSTRAK							
4	Abstract states problemand,								
	where appropriate,						5		
	hypotheses clearly and						٦		
	concisely								
5	Methodology is identified and described briefly					4			21
6	Results are summarized							6	
7	Findings and/ or conclusions							6	
	are stated	PROBLEM							
8	The general problem of the	PRUDLEIN					5		
J	study is introduce dearly in								
	There port								
9	Questions to be answered						5		
	are stated precisely								
10	Problem state mentis clear						5		
11	Hypotheses to be teted are								
	stated precisely in a form							6	
	That permits them to be							"	
4.6	tested								48
12	Limitation softhe study can be identified						5		
13	Assumptions of the study can							6	
	be identified								
14	Pertinent terms are/ can be							6	
15	operationally defined						5		
ı	Significance of the problem is identified						J		
16	Research is justified						5		
	_	W OF LITERAT	URE				•	•	
17	Cited literature is pertinent to							6	
	research problem								
18	Cited literature provides							6	
	rationale for the research								
19	Studies are criticaly examined						5		34
20	Relationship of problem to							6	54
	previous research is made								
04	clear								
21	A conceptual frame work/			1		1	1	6	1

	stated						
22	Review concludes with a brief				5		
	summary or relevant literature						
	and it simplications to the						
	research problem understudy						
	N	IETHODOLOGY					
		a.Subjects					
23	Subject population (sampling					6	
	frame) is described						
24	Sampling method is				5		
	described						
25	Sampling method is justified					6	
	(especially for non probability						00
26	sampling)			1			30
26	Sample size is sufficient to			4			
27	reduce type II error Possible sources of sampling			4			
	error can be identified						
28	Standards for protections of				5		
	subjects are discusse				•		
	-	b. Instruments	•				
29	Relevant previous realibility				5		
	data are presented				3		
30	Reliability data pertinent to						
	the present study are				5		
0.4	Reported						
31	Relevant previous						
	realibility data are					6	0.5
00	presented						25
32	Validity data pertinent to			4			
33	present study are reported  Methods of data collection						
33	are sufficiently described to						
	permit judgment of their				5		
	appropriateness to the				•		
	present study						
	· · · · · · · · · · · · · · · · · · ·	c. Design	· '				
34	Design is appropriate to study				5		
	questions and/or hypothesis				Ľ		
35	Proper controls are included				5		
26	where appropriate					$\vdash$	
36	Confounding/ moderating variables are/ can be			4			19
	identified			4			
37	Description of design is						
٥.	explicit enough to permit				5		
	replication				_		
		ATA ANALYSIS					
38	Information presented i s						
	sufficient to answer research				5		24
	questions Statistical tests used are						21
39						6	

	identified					
40	Reported statistics are appropriate for hypotheses/research questions			5		
41	Table and figures are presented in an easy-to understand, informative way			5		
		DISCUSSION				
42	Conclusions are clearly stated				6	
43	Conclusions are substantianted by the evidence presented				6	
44	Methodological issues in study are identified and discussed		4			
45	Findings of study are sprecifically related to conceptual/ theoretical basis of study			5		37
46	Implications of the findings are discussed			5		
47	Results are generalized on ly to populations on which Study is based			5		
48	Recommendations are made for further research				6	
	FC	ORM AND STYLE				
49	Report is clearly written				6	
50	Report is logically organized				6	
51	Tone of report displays an unbiased, impartial, scientific attitude			5		17
GRA	ND TOTAL SCORE					

- GRAND TOTAL SCORE
  a. Superior(205-306 points)
  b. Average(103-204 points)
  c. Below Average(0-102 points)

RAC Siti Jurawiyah

No.	Kriteria	<u>I APPRAISAL C</u>	ILCK	LIJI		or			Total
110.	Tationa		1	2	3	4	5	6	skor
		Title	<del>-                                     </del>	Ť	Ť	Ė	Ť	Ť	
1	Title is readily understood						5		
2	Title is clear						5		15
3	Title is clearly related to content						5		15
	1	ABSTRAK	I	1	1				
4	Abstract states problemand,								
•	where appropriate,						_		
	hypotheses clearly and						5		
	concisely								
5	Methodology is identified and						5		19
	described briefly						3		.0
6	Results are summarized						5		
7	Findings and/ or conclusions								
	are stated					4			
		PROBLEM							
8	The general problem of the								
	study is introduce dearly in					4			
	There port			1					
9	Questions to be answered						5		
4.0	are stated precisely						Ĭ	_	
10	Problem state mentis clear							6	
11	Hypotheses to be teted are								
	stated precisely in a form						5		
	That permits them to be						•		
40	tested								51
12	Limitation softhe study can						5		
13	be identified  Assumptions of the study can			1					
13	Assumptions of the study can be identified						5		
14	Pertinent terms are/ can be			1					
ı <del>- T</del>	operationally defined						5		
15	Significance of the problem is			1			_		
	identified						5		
16	Research is justified							6	
	-	W OF LITERAT	URE	1	1				•
17	Cited literature is pertinent to							6	
• •	research problem								
18	Cited literature provides						5		
	rationale for the research			L					
19	Studies are criticaly					4			
	examined					4			29
20	Relationship of problem to						5		29
	previous research is made								
0.1	clear			1			_		
21	A conceptual frame work/ theoretical rationale is clearly					1	5		

22	Review concludes with a brief summary or relevant literature and it simplications		4			
	to the research problem					
	understudy	IETHODOLOGY				
	IV	IETHODOLOGY a.Subjects				
		a.oubjects				
23	Subject population (sampling		4			
24	frame) is described Sampling method is		-	5		
24	described			3		
25	Sampling method is justified		4			
	(especially for non probability sampling)					26
26	Sample size is sufficient to		4			
	reduce type II error					
27	Possible sources of sampling		4			
	error can be identified					
28	Standards for protections of subjects are discusse			5		
		b. Instruments				
29	Relevant previous realibility		4			
20	data are presented  Reliability data pertinent to		-			
30	the present study are		4			
	Reported		-			
31	Relevant previous					
	realibility data are			5		
	presented					23
32	Validity data pertinent to		1			
	present study are reported		4			
33	Methods of data collection					
	are sufficiently described to					
	permit judgment of their				6	
	appropriateness to the					
	present study	c. Design	1			
34	Design is appropriate to	5. D 55igii	T			
"	study questions and/or		4			
	hypothesis		1 .			
35	Proper controls are included		1			
L	where appropriate		4			
36	Confounding/ moderating					17
	variables are/ can be		4			
0=	identified		1		Щ	
37	Description of design is			_		
	explicit enough to permit			5		
-	replication	ATA ANALYSIS	1			
38	Information presented i s	ATA ANAL TOIS	1			
30	sufficient to answer research		1	5		21
	questions		1			۱ ـ
	1 1		 			

39	Statistical tests used are identified				5		
40	Reported statistics are						
	appropriate for hypotheses/				5		
	research questions						
41	Table and figures are						
	presented in an easy-to					6	
	understand, informative way						
		DISCUSSION	'				
42	Conclusions are clearly				5		
	stated				ן ס		
43	Conclusions are						
	substantianted by the					6	
	evidence presented						
44	Methodological issues in						
	study are identified and			4			
	discussed						
45	Findings of study are						
	sprecifically related to				5		36
	conceptual/ theoretical basis				3		
	of study						
46	Implications of the findings				5		
	are discussed				٦		
47	Results are generalized on ly						
	to populations on which				5		
	Study is based						
48	Recommendations are made					6	
	for further research					U	
	FC	ORM AND STYLE					
49	Report is clearly written			4			
50	Report is logically organized				5		
51	Tone of report displays an						14
	unbiased, impartial, scientific				5		
	attitude						
GRA	AND TOTAL SCORE		•				
a Si	uperior(205-306 points)						

- a. Superior(205-306 points)
  b. Average(103-204 points)
  c. Below Average(0-102 points)

# RAC Febriyanti

		APPRAISAL CI	HECKL	IST					
No.	Kriteria					or			Total
		Title	1	2	3	4	5	6	skor
1	Title is readily understood	Title				4			
2	Title is clear					-	5		
3	Title is clearly related to						5		14
	content	ADCTDAK					Ŭ		
	,	ABSTRAK							
4	Abstract states problemand,								
	where appropriate, hypotheses clearly and					4			
	concisely								
5	Methodology is identified and					<u> </u>			17
	described briefly					4			17
6	Results are summarized						5		
7	Findings and/ or conclusions					4			
	are stated	PROBLEM							
8	The general problem of the	LUODLEINI				Ι			
U	study is introduce dearly in				3				
	There port								
9	Questions to be answered					4			
	are stated precisely								
10	Problem state mentis clear					4			
11	Hypotheses to be teted are								
	stated precisely in a form That permits them to be						5		
	tested								40
12	Limitation softhe study can be					_			1 40
	identified					4			
13	Assumptions of the study can						5		
	be identified						U		
14	Pertinent terms are/ can be						5		
15	operationally defined Significance of the problem is								-
15	identified						5		
16	Research is justified						5		
		W OF LITERAT	URE						
17	Cited literature is pertinent to							6	
••	research problem								
18	Cited literature provides						5		
	rationale for the research								
19	Studies are criticaly examined				3				
20	Relationship of problem to						5		29
	previous research is made								
24	clear						F		
21	A conceptual frame work/ theoretical rationale is clearly						5		
	stated								

22	Review concludes with a brief						
	summary or relevant literature					5	
	and it simplications to the						
	research problem understudy						
	N	METHODOLOGY					
		a.Subjects					
23	Subject population (sampling					5	
	frame) is described						
24	Sampling method is			3			
	described						
25	Sampling method is justified			3			
	(especially for non probability						
	sampling)						26
26	Sample size is sufficient to					5	
	reduce type II error						
27	Possible sources of sampling					5	
	error can be identified						
28	Standards for protections of					5	
	subjects are discusse						
		b. Instruments					
29	Relevant previous realibility						
	data are presented				4		
30	Reliability data pertinent to						
00	the present study are					5	
	Reported						
31	Relevant previous						
• .	realibility data are				4		
	presented				7		23
32							20
32	Validity data pertinent to					5	
33	present study are reported  Methods of data collection						
33							
	are sufficiently described to permit judgment of their					5	
	appropriateness to the					5	
	present study						
	present study	c. Design					
24	Decign is appropriets to street	o. Design					
34	Design is appropriate to study					5	
25	questions and/or hypothesis						
35	Proper controls are included					5	
20	where appropriate						
36	Confounding/ moderating						20
	variables are/ can be					5	
07	identified						
37	Description of design is					_	
	explicit enough to permit					5	
	replication	ATA ANAL VOIC					
		ATA ANALYSIS	, ,				
38	Information presented i s					_	
	sufficient to answer research					5	
66	questions						21
39	Statistical tests used are					5	
	identified						

	1 =			1				
40	Reported statistics are					_		
	appropriate for hypotheses/					5		
	research questions							
41	Table and figures are						_	
	presented in an easy-to						6	
	understand, informative way							
		DISCUSSION						
42	Conclusions are clearly					5		
	stated					5		
43	Conclusions are							
	substantianted by the						6	
	evidence presented							
44	Methodological issues in							
	study are identified and				4			
	discussed							
45	Findings of study are							
	sprecifically related to					_		35
	conceptual/ theoretical basis					5		
	of study							
46	Implications of the findings					_		
	are discussed					5		
47	Results are generalized on ly							
	to populations on which Study					5		
	is based							
48	Recommendations are made							
	for further research					5		
		ORM AND STYLE	I I	1			l	
49	Report is clearly written					5		
50	Report is logically organized						6	
51	Tone of report displays an							16
	unbiased, impartial, scientific					5		
	attitude							
GRA	AND TOTAL SCORE	1	· · ·	1				
_	uperior(205-306 points)							
	verage(103-204 points)							
	elow Average(0-102 points)							
J. D.								

## RAC Ratnawati

No.	Kriteria	I APPRAISAL C	ILCK	_101	SI	or			Total
NO.	Kitcha		1	2	3	4	5	6	skor
		Title							
1	Title is readily understood						5		
2	Title is clear							6	16
3	Title is clearly related to content						5		10
		ABSTRAK							
4	Abstract states problemand,								
	where appropriate,						5		
	hypotheses clearly and						5		
	concisely								
5	Methodology is identified and described briefly						5		21
6	Results are summarized						5		
7	Findings and/ or conclusions are stated							6	
	are stated	PROBLEM							
8	The general problem of the								
	study is introduce dearly in There port					4			
9	Questions to be answered						5		
	are stated precisely						3		
10	Problem state mentis clear						5		
11	Hypotheses to be teted are								
	stated precisely in a form						5		
	That permits them to be tested								45
12	Limitation softhe study can be								43
12	identified						5		
13	Assumptions of the study can						5		
	be identified						3		
14	Pertinent terms are/ can be						5		
15	operationally defined								
15	Significance of the problem is identified						5		
16	Research is justified							6	
		L EW OF LITERAT	URF			1	<u> </u>		
17		0. 22	J. (L	1			- F		
17	Cited literature is pertinent to research problem						5		
18	Cited literature provides						5		
10	rationale for the research								
19	Studies are criticaly examined					4			
20	Relationship of problem to					<u> </u>	5		28
	previous research is made								
	clear							L	
21	A conceptual frame work/								
	theoretical rationale is clearly					4			
	stated			1				1	

22	Review concludes with a brief						
	summary or relevant literature				5		
	and it simplications to the						
	research problem understudy						
	N	1ETHODOLOGY					
		a.Subjects					
		•					
23	Subject population (sampling					6	
	frame) is described						
24	Sampling method is				5		
	described						
25	Sampling method is justified			4			
	(especially for non probability						
	sampling)						29
26	Sample size is sufficient to			4			
	reduce type II error						
27	Possible sources of sampling				5		
	error can be identified						
28	Standards for protections of				5		
	subjects are discusse						
	,,	b. Instruments					
29	Relevant previous realibility	1					
29	data are presented				5		
30	Reliability data pertinent to						
30	the present study are				5		
	Reported				5		
31	•						
31	Relevant previous				_		
	realibility data are				5		07
	presented						27
32	Validity data pertinent to					6	
	present study are reported					Ů	
33	Methods of data collection						
	are sufficiently described to					_	
	permit judgment of their					6	
	appropriateness to the						
	present study						
		c. Design					
34	Design is appropriate to study				5		
	questions and/or hypothesis				3		
35	Proper controls are included				5		
	where appropriate				٦		19
36	Confounding/ moderating						18
	variables are/ can be				5		
	identified						
37	Description of design is						
	explicit enough to permit				4		
	replication						
		ATA ANALYSIS	 				
38	Information presented i s						
	sufficient to answer research			4			19
	questions			'			
39	Statistical tests used are				_		
	identified				5		
		I	 				

40	Reported statistics are appropriate for hypotheses/				5			
41	research questions  Table and figures are presented in an easy-to				5			
	understand, informative way							
		DISCUSSION						
42	Conclusions are clearly stated				5			
43	Conclusions are substantianted by the evidence presented					6		
44	Methodological issues in study are identified and discussed			4				
45	Findings of study are sprecifically related to conceptual/ theoretical basis of study				5		36	
46	Implications of the findings are discussed				5			
47	Results are generalized on ly to populations on which Study is based				5			
48	Recommendations are made for further research					6		
	FC	ORM AND STYLE						
49	Report is clearly written				5			
50	Report is logically organized				5			
51	Tone of report displays an unbiased, impartial, scientific attitude					6	16	
a. Su b. Av	GRAND TOTAL SCORE  a. Superior(205-306 points) b. Average(103-204 points) c. Below Average(0-102 points)							

c. Below Average(0-102 points)

## RAC Tiurmaida Simandalahi

No.	Kriteria	I APPRAISAL C	,, iLON	_131		kor			Total
INO.	Killeria		1	2	3	4	5	6	skor
		Title	- '	-	- 3	7	-	0	SKOI
1	Title is readily understood							6	
2	Title is clear							6	40
3	Title is clearly related to							6	18
	content							U	
		ABSTRAK							
4	Abstract states problemand,								
	where appropriate,						5		
	hypotheses clearly and						"		
	concisely								1
5	Methodology is identified and described briefly						5		21
6	Results are summarized							6	
7	Findings and/ or conclusions are stated						5		
	are stated	PROBLEM							
8	The general problem of the	. NODELIN		Π					
ŭ	study is introduce dearly in There port						5		
9	Questions to be answered						_		1
	are stated precisely						5		
10	Problem state mentis clear							6	
11	Hypotheses to be teted are								
	stated precisely in a form						5		
	That permits them to be						"		
40	tested								47
12	Limitation softhe study can be identified						5		
13	Assumptions of the study can be identified						5		
14	Pertinent terms are/ can be						5		
	operationally defined								1
15	Significance of the problem is						5		
16	identified			-		-		_	1
16	Research is justified							6	
		W OF LITERAT	IURE						
17	Cited literature is pertinent to							6	
4.0	research problem					1	1		1
18	Cited literature provides							6	
10	rationale for the research					1	F		-
19	Studies are criticaly examined					1	5		22
20	Relationship of problem to						5		33
	previous research is made clear								
21	A conceptual frame work/						5		+
۱ ک	theoretical rationale is clearly						٦		
	stated								

22	Paview concludes with a brief					6	
22	Review concludes with a brief					6	
	summary or relevant literature						
	and it simplications to the research problem understudy						
		METHODOLOGY					
	IV.	a.Subjects					
		a.oubjects					
23	Subject population (sampling					6	
	frame) is described						
24	Sampling method is					6	
	described						
25	Sampling method is justified				5		
	(especially for non probability						00
-00	sampling)			_	_		32
26	Sample size is sufficient to				5		
07	reduce type II error				-	$\vdash$	
27	Possible sources of sampling				5		
20	error can be identified  Standards for protections of			_	F	$\vdash$	
28	subjects are discusse				5		
	Junjects are discusse	b. Instruments				Ш	
29	Relevant previous realibility						
23	data are presented					6	
30	Reliability data pertinent to						
	the present study are				5		
	Reported						
31	Relevant previous realibility				_		
	data are presented				5		27
32	Validity data pertinent to					6	27
	present study are reported					U	
33	Methods of data collection						
	are sufficiently described to				_		
	permit judgment of their				5		
	appropriateness to the						
	present study	c Dosign					
24	Docion is conveniente to eticalis	c. Design					
34	Design is appropriate to study questions and/or hypothesis				5		
35	Proper controls are included			-		$\vdash$	
55	where appropriate				5		
36	Confounding/ moderating					$\vdash$	20
	variables are/ can be				5		
	identified						
37	Description of design is					$\vdash$	
	explicit enough to permit				5		
	replication						
		ATA ANALYSIS	•				
38	Information presented i s						
	sufficient to answer research			4			
	questions						19
39	Statistical tests used are				5		
	identified				3		
40	Reported statistics are				5		
	appropriate for hypotheses/						

	research questions					
41	Table and figures are presented in an easy-to understand, informative way			5		
		DISCUSSION				
42	Conclusions are clearly stated				6	
43	Conclusions are substantianted by the evidence presented				6	
44	Methodological issues in study are identified and discussed			5		
45	Findings of study are sprecifically related to conceptual/ theoretical basis of study			5		38
46	Implications of the findings are discussed			5		
47	Results are generalized on ly to populations on which Study is based			5		
48	Recommendations are made for further research				6	
	FC	ORM AND STYLE				
49	Report is clearly written			5		
50	Report is logically organized				6	
51	Tone of report displays an unbiased, impartial, scientific attitude			5		16
a. S	AND TOTAL SCORE uperior(205-306 points) verage(103-204 points)					

- b. Average(103-204 points) c. Below Average(0-102 points)

## RAC Yaumil khaeria

No.	Kriteria	HAPPRAISAL C				kor			Tota
	Tariona		1	2	3	4	5	6	skor
		Title	<u> </u>	-	Ť		Ť	Ť	1
1	Title is readily understood							6	
2	Title is clear							6	40
3	Title is clearly related to							6	18
	content	ABSTRAK			1				
4	Abstract states problemand,								
	where appropriate,								
	hypotheses clearly and							6	
	concisely								
5	Methodology is identified and described briefly					4			22
6	Results are summarized							6	-
7	Findings and/ or conclusions							6	
	are stated	PROBLEM							
8	The general problem of the						5		
	study is introduce dearly in There port								
9	Questions to be answered								-
	are stated precisely							6	
10	Problem state mentis clear						5		
11	Hypotheses to be teted are								
	stated precisely in a form							6	
	That permits them to be tested								49
12	Limitation softhe study can be identified						5		
13	Assumptions of the study can							6	_
	be identified						_		
14	Pertinent terms are/ can be operationally defined						5		
15	Significance of the problem is identified							6	
16	Research is justified			<u> </u>	+		5		-
		W OF LITERAT	URE						
17	Cited literature is pertinent to research problem					4			
18	Cited literature provides							6	1
	rationale for the research								
19	Studies are criticaly						5		
	examined								31
20	Relationship of problem to							6	
	·								
21								6	-
<b>∠</b> I								0	
20	Relationship of problem to previous research is made clear  A conceptual frame work/ theoretical rationale is clearly								6

	stated					
22	Review concludes with a brief summary or relevant literature and it simplications to the research problem understudy		4			
	N	IETHODOLOGY a.Subjects				
		,				
23	Subject population (sampling frame) is described				6	
24	Sampling method is described			5		
25	Sampling method is justified (especially for non probability sampling)			5		31
26	Sample size is sufficient to reduce type II error			5		
27	Possible sources of sampling error can be identified			5		
28	Standards for protections of subjects are discusse			5		
		b. Instruments				
29	Relevant previous realibility data are presented			5		
30	Reliability data pertinent to the present study are Reported			5		
31	Relevant previous realibility data are presented			5		24
32	Validity data pertinent to present study are reported		4			
33	Methods of data collection are sufficiently described to permit judgment of their appropriateness to the present study			5		
		c. Design				
34	Design is appropriate to study questions and/or hypothesis			5		
35	Proper controls are included where appropriate			5		
36	Confounding/ moderating variables are/ can be identified		4			18
37	Description of design is explicit enough to permit replication		4			
		ATA ANALYSIS				
38	Information presented i s sufficient to answer research				6	21

	questions				
39	Statistical tests used are		ب	.	
	identified		,	<b>,</b>	
40	Reported statistics are				
	appropriate for hypotheses/		5	5	
	research questions				
41	Table and figures are				
	presented in an easy-to		5	5	
	understand, informative way				
		DISCUSSION			
42	Conclusions are clearly			6	
	stated			0	
43	Conclusions are				]
	substantianted by the			6	
	evidence presented				
44	Methodological issues in				]
	study are identified and		5	5	
	discussed				
45	Findings of study are				]
	sprecifically related to			6	44
	conceptual/ theoretical basis			٥	
	of study				
46	Implications of the findings				1
	are discussed		`	<b>'</b>	
47	Results are generalized on ly				]
	to populations on which		5	5	
	Study is based				
48	Recommendations are made			6	]
	for further research			0	
		ORM AND STYLE			
49	Report is clearly written			6	
50	Report is logically organized			6	
51	Tone of report displays an				17
	unbiased, impartial, scientific		5	5	
	attitude				
CDA	ND TOTAL SCOPE				

- GRAND TOTAL SCORE
  a. Superior(205-306 points)
  b. Average(103-204 points)
  c. Below Average(0-102 points)

## **RAC** Darmawan

No.	Kriteria	I APPRAISAL CI		_131	SI	or			Total
INO.	Killella		1	2	3	4	5	6	skor
		Title				7			CINOI
1	Title is readily understood							6	
2	Title is clear							6	10
3	Title is clearly related to content							6	18
		ABSTRAK							l
4	Abstract states problemand,								
	where appropriate, hypotheses clearly and concisely						5		
5	Methodology is identified and described briefly						5		20
6	Results are summarized						5		
7	Findings and/ or conclusions						5		
	are stated	PROBLEM							
8	The general problem of the	. IXODLLIVI							
Ū	study is introduce dearly in There port						5		
9	Questions to be answered are stated precisely						5		
10	Problem state mentis clear						5		
11	Hypotheses to be teted are stated precisely in a form That permits them to be tested							6	48
12	Limitation softhe study can be identified						5		
13	Assumptions of the study can be identified							6	
14	Pertinent terms are/ can be operationally defined						5		
15	Significance of the problem is identified						5		
16	Research is justified							6	
	REVIE	W OF LITERAT	URE				•		•
17	Cited literature is pertinent to research problem							6	
18	Cited literature provides rationale for the research						5		
19	Studies are critically examined					4			
20	Relationship of problem to previous research is made					İ	5		30
21	clear A conceptual frame work/ theoretical rationale is clearly stated						5		

22	Review concludes with a brief												
22	summary or relevant literature				5								
	and it simplications to the				"								
	research problem understudy												
		IETHODOLOGY											
	a.Subjects												
23	Subject population (sampling					6							
	frame) is described												
24	Sampling method is				5								
	described												
25	Sampling method is justified			4									
	(especially for non probability												
	sampling)						29						
26	Sample size is sufficient to			4									
07	reduce type II error				-								
27	Possible sources of sampling				5								
28	error can be identified				5								
20	Standards for protections of subjects are discusse				3								
	Subjects are discusse	b. Instruments											
	Delevent massions as all life.	b. Instruments			1								
29	Relevant previous realibility				5								
30	data are presented												
30	Reliability data pertinent to the present study are				5								
	Reported				3								
31	Relevant previous												
01	realibility data are				5								
	presented				"		25						
32	Validity data pertinent to						20						
32	present study are reported				5								
33	Methods of data collection			-									
00	are sufficiently described to												
	permit judgment of their				5								
	appropriateness to the												
	present study												
		c. Design											
34	Design is appropriate to study					6							
	questions and/or hypothesis			$\perp$		<u> </u>							
35	Proper controls are included			4									
	where appropriate			4									
36	Confounding/ moderating	T				]	20						
	variables are/ can be				5		20						
	identified												
37	Description of design is				_								
	explicit enough to permit				5								
	replication												
00		MIA ANALYSIS		_	_	, ,							
38	Information presented is				_								
	sufficient to answer research				5		24						
39	questions Statistical tests used are			+			21						
39	identified					6							
	identified												

40	Reported statistics are											
	appropriate for hypotheses/ research questions					5						
41	Table and figures are											
	presented in an easy-to					5						
	understand, informative way											
DISCUSSION												
42	Conclusions are clearly					5						
	stated					3						
43	Conclusions are											
	substantianted by the						6					
	evidence presented											
44	Methodological issues in				1							
	study are identified and discussed				4							
45	Findings of study are											
43	sprecifically related to							35				
	conceptual/ theoretical basis					5		55				
	of study											
46	Implications of the findings					5						
	are discussed					Э						
47	Results are generalized on ly											
	to populations on which Study					5						
	is based											
48	Recommendations are made					5						
	for further research											
FORM AND STYLE  49 Report is clearly written 6												
							6					
50	Report is logically organized						6	18				
51	Tone of report displays an							10				
	unbiased, impartial, scientific						6					
CPA	attitude											
	GRAND TOTAL SCORE a. Superior(205-306 points)											
	verage(103-204 points)											
	elow Average(0-102 points)											
J. D.												

## **RAC Sukarmin**

No.	Kriteria	I APPRAISAL C	ILCK	_131		cor			Total
140.	MINGHA		1	2	3	4	5	6	skor
		Title	+	T-			†	<u> </u>	5
1	Title is readily understood						1	6	
2	Title is clear						1	6	40
3	Title is clearly related to content							6	18
		ABSTRAK	<b>1</b>				1	1	l.
4	Abstract states problemand,			1		1	1		
7	where appropriate, hypotheses clearly and						5		
5	concisely  Methodology is identified and described briefly						5		20
6	Results are summarized						5		
7	Findings and/ or conclusions						5		
	are stated	PROBLEM							
8	The general problem of the	PRODLEM					1		
0	study is introduce dearly in There port					4			
9	Questions to be answered are stated precisely	_					5		
10	Problem state mentis clear						5		
11	Hypotheses to be teted are stated precisely in a form That permits them to be tested						5		44
12	Limitation softhe study can be identified						5		
13	Assumptions of the study can be identified						5		
14	Pertinent terms are/ can be operationally defined						5		
15	Significance of the problem is identified	_					5		
16	Research is justified	_					5		
	REVIE	W OF LITERAT	URE						
17	Cited literature is pertinent to research problem						5		
18	Cited literature provides rationale for the research					4			
19	Studies are criticaly examined						5		
20	Relationship of problem to previous research is made						5		29
21	clear   A conceptual frame work/   theoretical rationale is clearly   stated						5		

Subject population (sampling frame)   Subjects	22	Pavious concludes with a brief						1					
and it simplications to the research problem understudy    METHODOLOGY a.Subjects	22	Review concludes with a brief				5							
research problem understudy						5							
ASUBJECTS  3. Subject population (sampling frame) is described  24. Sampling method is described described described described  25. Sampling method is justified (especially for non probability sampling)  26. Sample size is sufficient to reduce type II error  27. Possible sources of sampling error can be identified error can be identified data are presented subjects are discusse  28. Standards for protections of subjects are discusse b. Instruments  29. Relevant previous realibility data are presented data are presented subjects are discusse described are presented data are present study are reported data are present study are data are present study are reported data are present data are pre													
23   Subject population (sampling frame) is described			IETHODOLOGY										
Subject population (sampling frame) is described													
frame) is described  24 Sampling method is described  25 Sampling method is justified (especially for non probability sampling)  26 Sample size is sufficient to reduce type il error  27 Possible sources of sampling error can be identified  28 Standards for protections of subjects are discusse  5 Instruments  29 Relevant previous realibility data are presented  30 Reliability data pertinent to the present study are Reported  31 Relevant previous realibility data are presented  32 Validity data pertinent to present study are reported  33 Methods of data collection are sufficiently described to permit judgment of their appropriateness to the present study  23 Design is appropriate to study questions and/or hypothesis  35 Proper controls are included where appropriate  36 Confounding/ moderating variables are/ can be identified  37 Description of design is explicit enough to permit replication  38 Information presented is sufficient to answer research questions  39 Statistical tests used are	a.oubjects												
24   Sampling method is described	23	Subject population (sampling				5							
Sampling method is justified (especially for non probability sampling)	24	Sampling method is				5							
(especially for non probability sampling)													
Sample size is sufficient to reduce type II error   Sample size is sufficient to reduce type II error   Sample size is sufficient to reduce type II error   Sample size is sufficient to reduce type II error   Sample sources of sampling error can be identified   Satandards for protections of subjects are discusse   Satandards for protections are presented   Satandards for present study are reported   Satandards for present study   Satanda	25						6						
26 Sample size is sufficient to reduce type II error 27 Possible sources of sampling error can be identified 28 Standards for protections of subjects are discusse  29 Relevant previous realibility data are presented 30 Reliability data pertinent to the present study are Reported 31 Relevant previous realibility data are presented 32 Validity data pertinent to present study are reported 33 Methods of data collection are sufficiently described to permit judgment of their appropriateness to the present study  34 Design is appropriate to study questions and/or hypothesis 35 Proper controls are included where appropriate 36 Confounding/ moderating variables are/ can be identified 37 Description of design is explicit enough to permit replication  DATA ANALYSIS  8 Information presented i s sufficient to tasswer research questions 39 Statistical tests used are													
Possible sources of sampling error can be identified   Standards for protections of subjects are discusse   Standards for protections of subjects are discussed   Standards for protections of subjects are present study are present study are reported   Standards for present study are reported   Standards for protections of subjects								31					
27	26					5							
error can be identified													
Standards for protections of subjects are discusse   b. Instruments	27					5							
Subjects are discusse   D. Instruments	-00					_							
Design is appropriate to study questions and/or hypothesis   S   Proper controls are included where appropriate   S   Description of design is explicit enough to permit replication   DATA ANALYSIS   S   Data   Statistical tests used are   S   S   Data   S   S   S   S   S   S   S   S   S	28	•				5							
Relevant previous realibility data are presented			h Inctrumento										
data are presented   4	-00	1	b. instruments										
Reliability data pertinent to the present study are Reported   S   Relevant previous realibility data are presented   S   S   Relevant previous realibility data are presented   S   S   S   S   S   S   S   S   S	29				4								
the present study are Reported  31 Relevant previous realibility data are presented  32 Validity data pertinent to present study are reported  33 Methods of data collection are sufficiently described to permit judgment of their appropriateness to the present study  34 Design is appropriate to study questions and/or hypothesis  35 Proper controls are included where appropriate  36 Confounding/ moderating variables are/ can be identified  37 Description of design is explicit enough to permit replication  DATA ANALYSIS  38 Information presented i sufficient to answer research questions  39 Statistical tests used are	20												
Reported  Relevant previous realibility data are presented  23  24 Validity data pertinent to present study are reported  35 Methods of data collection are sufficiently described to permit judgment of their appropriateness to the present study  C. Design  A Design is appropriate to study questions and/or hypothesis  Froper controls are included where appropriate  Confounding/ moderating variables are/ can be identified  To Description of design is explicit enough to permit replication  DATA ANALYSIS  Reported  4	30					5							
Relevant previous realibility data are presented   4						5							
realibility data are presented 4 23  32 Validity data pertinent to present study are reported 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	31	•											
presented 23  32 Validity data pertinent to present study are reported 35 Methods of data collection are sufficiently described to permit judgment of their appropriateness to the present study questions and/or hypothesis 35 Proper controls are included where appropriate where appropriate 36 Confounding/ moderating variables are/ can be identified 37 Description of design is explicit enough to permit replication 38 Information presented i s sufficient to answer research questions and statistical tests used are 35 Methods of data collection 36 Confounding/ moderating variables are/ can be identified 37 Description of design is explicit enough to permit replication 37 Sufficient to answer research questions 38 Statistical tests used are 35 Methods of data collection 37 Description of design is sufficient to answer research questions 39 Statistical tests used are 35 Methods of data collection 35 M	01	-			<sub>1</sub>								
Validity data pertinent to present study are reported					-			23					
present study are reported  33  Methods of data collection are sufficiently described to permit judgment of their appropriateness to the present study  34  Design is appropriate to study questions and/or hypothesis  35  Proper controls are included where appropriate where appropriate design is explicit enough to permit replication  36  Description of design is explicit enough to permit replication  38  Information presented i s sufficient to answer research questions  39  Statistical tests used are	32							20					
33   Methods of data collection   are sufficiently described to   permit judgment of their   appropriateness to the   present study   c. Design   5     34   Design is appropriate to study   questions and/or hypothesis   5     35   Proper controls are included   where appropriate   5     36   Confounding/ moderating   variables are/ can be   identified   5     20     37   Description of design is   explicit enough to permit   replication   DATA ANALYSIS   38   Information presented is   sufficient to answer research   questions   5   21   39   Statistical tests used are   5     21     21     31   32   33     10   34   35   36   36   37   38   37   38   37   38   38   38	32					5							
are sufficiently described to permit judgment of their appropriateness to the present study  C. Design  Design is appropriate to study questions and/or hypothesis  Proper controls are included where appropriate where appropriate  Confounding/ moderating variables are/ can be identified  Description of design is explicit enough to permit replication  DATA ANALYSIS  Information presented i s sufficient to answer research questions  Statistical tests used are	33												
permit judgment of their appropriateness to the present study  c. Design  34 Design is appropriate to study questions and/or hypothesis  35 Proper controls are included where appropriate  36 Confounding/ moderating variables are/ can be identified  37 Description of design is explicit enough to permit replication  DATA ANALYSIS  38 Information presented i s sufficient to answer research questions  39 Statistical tests used are													
appropriateness to the present study  C. Design  34 Design is appropriate to study questions and/or hypothesis  35 Proper controls are included where appropriate  36 Confounding/ moderating variables are/ can be identified  37 Description of design is explicit enough to permit replication  DATA ANALYSIS  38 Information presented is sufficient to answer research questions  39 Statistical tests used are						5							
present study  c. Design  34 Design is appropriate to study questions and/or hypothesis  35 Proper controls are included where appropriate  36 Confounding/ moderating variables are/ can be identified  37 Description of design is explicit enough to permit replication  DATA ANALYSIS  38 Information presented is sufficient to answer research questions  39 Statistical tests used are													
C. Design  34 Design is appropriate to study questions and/or hypothesis  35 Proper controls are included where appropriate  36 Confounding/ moderating variables are/ can be identified  37 Description of design is explicit enough to permit replication  DATA ANALYSIS  38 Information presented i s sufficient to answer research questions  39 Statistical tests used are													
questions and/or hypothesis  35  Proper controls are included where appropriate  36  Confounding/ moderating variables are/ can be identified  37  Description of design is explicit enough to permit replication  DATA ANALYSIS  38  Information presented is sufficient to answer research questions  39  Statistical tests used are			c. Design			•							
questions and/or hypothesis  35   Proper controls are included where appropriate  36   Confounding/ moderating variables are/ can be identified  37   Description of design is explicit enough to permit replication  DATA ANALYSIS  38   Information presented i s sufficient to answer research questions  39   Statistical tests used are	34	Design is appropriate to study				5							
where appropriate  36						Э							
36 Confounding/ moderating variables are/ can be identified  37 Description of design is explicit enough to permit replication  DATA ANALYSIS  38 Information presented is sufficient to answer research questions  39 Statistical tests used are	35	Proper controls are included				5							
variables are/ can be identified  37 Description of design is explicit enough to permit replication  DATA ANALYSIS  38 Information presented is sufficient to answer research questions  39 Statistical tests used are													
variables are/ can be identified  37 Description of design is explicit enough to permit replication  DATA ANALYSIS  38 Information presented is sufficient to answer research questions  39 Statistical tests used are	36					l .		20					
37 Description of design is explicit enough to permit replication  DATA ANALYSIS  38 Information presented is sufficient to answer research questions  39 Statistical tests used are						5		-					
explicit enough to permit replication  DATA ANALYSIS  38 Information presented is sufficient to answer research questions  39 Statistical tests used are	0-												
replication DATA ANALYSIS  38 Information presented i s sufficient to answer research questions 5 21  39 Statistical tests used are 5	37					_							
DATA ANALYSIS  38 Information presented i s sufficient to answer research questions  39 Statistical tests used are						5							
38 Information presented i s sufficient to answer research questions 5 39 Statistical tests used are 5			ATA ANAI VOIC										
sufficient to answer research questions 5  39 Statistical tests used are 5	20		A I A ANAL I SIS										
questions   21     39 Statistical tests used are   5	აგ					_ F		21					
39 Statistical tests used are						3							
	39	·											
						5							

40         Reported statistics are appropriate for hypotheses/ research questions         5           41         Table and figures are presented in an easy-to understand, informative way         6           42         Conclusions are clearly stated         5           43         Conclusions are substantianted by the evidence presented         6           44         Methodological issues in study are identified and discussed         4           45         Findings of study are sprecifically related to conceptual/ theoretical basis of study         5           46         Implications of the findings are discussed         5           47         Results are generalized on ly to populations on which Study is based         5           48         Recommendations are made for further research         5           FORM AND STYLE         49           49         Report is clearly written         6           50         Report is logically organized         6           51         Tone of report displays an         18														
Table and figures are	40	•				_								
Table and figures are presented in an easy-to understand, informative way						5								
DISCUSSION														
Understand, informative way	41						_							
A2   Conclusions are clearly							6							
42         Conclusions are clearly stated         5           43         Conclusions are substantianted by the evidence presented         6           44         Methodological issues in study are identified and discussed         4           45         Findings of study are sprecifically related to conceptual/ theoretical basis of study         5           46         Implications of the findings are discussed         5           47         Results are generalized on ly to populations on which Study is based         5           48         Recommendations are made for further research         5           FORM AND STYLE         6           49         Report is clearly written         6           50         Report is logically organized         6           51         Tone of report displays an         18														
Stated														
Stated	42	Conclusions are clearly				5								
substantianted by the evidence presented         6           44 Methodological issues in study are identified and discussed         4           45 Findings of study are sprecifically related to conceptual/ theoretical basis of study         5           46 Implications of the findings are discussed         5           47 Results are generalized on ly to populations on which Study is based         5           48 Recommendations are made for further research         5           49 Report is clearly written         6           50 Report is logically organized         6           51 Tone of report displays an         18		stated				5								
evidence presented         44         Methodological issues in study are identified and discussed         4	43	Conclusions are												
44       Methodological issues in study are identified and discussed       4         45       Findings of study are sprecifically related to conceptual/ theoretical basis of study       5         46       Implications of the findings are discussed       5         47       Results are generalized on ly to populations on which Study is based       5         48       Recommendations are made for further research       5         49       Report is clearly written       6         50       Report is logically organized       6         51       Tone of report displays an       18		substantianted by the					6							
study are identified and discussed         4         4           45         Findings of study are sprecifically related to conceptual/ theoretical basis of study         5         35           46         Implications of the findings are discussed         5         5           47         Results are generalized on ly to populations on which Study is based         5         5           48         Recommendations are made for further research         5         5           49         Report is clearly written         6         6           50         Report is logically organized         6         6           51         Tone of report displays an         18														
45         Findings of study are sprecifically related to conceptual/ theoretical basis of study         5         35           46         Implications of the findings are discussed         5         5           47         Results are generalized on ly to populations on which Study is based         5         5           48         Recommendations are made for further research         5         5           49         Report is clearly written         6         6           50         Report is logically organized         6         6           51         Tone of report displays an         18	44													
45         Findings of study are sprecifically related to conceptual/ theoretical basis of study         5         35           46         Implications of the findings are discussed         5         5           47         Results are generalized on ly to populations on which Study is based         5         5           48         Recommendations are made for further research         5         5           49         Report is clearly written         6         6           50         Report is logically organized         6         6           51         Tone of report displays an         18					4									
Sprecifically related to   Conceptual/ theoretical basis   Sof study   Sof s														
conceptual/ theoretical basis of study         5           46         Implications of the findings are discussed         5           47         Results are generalized on ly to populations on which Study is based         5           48         Recommendations are made for further research         5           49         Report is clearly written         6           50         Report is logically organized         6           51         Tone of report displays an         18	45													
Conceptual/ theoretical basis of study						5		35						
46         Implications of the findings are discussed         5           47         Results are generalized on ly to populations on which Study is based         5           48         Recommendations are made for further research         5           49         Report is clearly written         6           50         Report is logically organized         6           51         Tone of report displays an         18		conceptual/ theoretical basis				٦								
are discussed         5           47 Results are generalized on ly to populations on which Study is based         5           48 Recommendations are made for further research         5           49 Report is clearly written         6           50 Report is logically organized         6           51 Tone of report displays an         18														
47       Results are generalized on ly to populations on which Study is based       5         48       Recommendations are made for further research       5         49       Report is clearly written       6         50       Report is logically organized       6         51       Tone of report displays an       18	46					5								
to populations on which Study is based       5         48 Recommendations are made for further research       5         FORM AND STYLE         49 Report is clearly written       6         50 Report is logically organized       6         51 Tone of report displays an       18						J								
is based         5           48 Recommendations are made for further research         5           FORM AND STYLE           49 Report is clearly written         6           50 Report is logically organized         6           51 Tone of report displays an         18	47													
48         Recommendations are made for further research         5           FORM AND STYLE           49         Report is clearly written         6           50         Report is logically organized         6           51         Tone of report displays an         18		· · ·				5								
FORM AND STYLE														
FORM AND STYLE	48	Recommendations are made				5								
49 Report is clearly written 6 50 Report is logically organized 6 51 Tone of report displays an						3								
50 Report is logically organized 6 51 Tone of report displays an			ORM AND STYLE				, ,							
51 Tone of report displays an		· ·					6							
51   Torie of report displays an	50	Report is logically organized					6							
	51	Tone of report displays an						18						
unblased, impartial, scientific		unbiased, impartial, scientific					6							
attitude														
GRAND TOTAL SCORE	GRA													
a. Superior(205-306 points)	a. Su	iperior(205-306 points)												
b. Average(103-204 points)														
c. Below Average(0-102 points)	c. Be	low Average(0-102 points)												

## RAC Novia Ervadanti

No.	Kriteria	I APPRAISAL C	ILCK	_131	SI	cor			Total
INO.	Kitteria		1	2	3	4	5	6	skor
		Title	<u> </u>	1-		l ·	-		
1	Title is readily understood	7.0.0						6	
2	Title is clear							6	10
3	Title is clearly related to content							6	18
		ABSTRAK					1		
4	Abstract states problemand,								
•	where appropriate, hypotheses clearly and concisely						5		
5	Methodology is identified and described briefly						5		20
6	Results are summarized						5		
7	Findings and/ or conclusions are stated						5		
	are stateu	PROBLEM							
8	The general problem of the	I NODELINI							
ŭ	study is introduce dearly in There port						5		
9	Questions to be answered are stated precisely						5		
10	Problem state mentis clear						5		
11	Hypotheses to be teted are stated precisely in a form That permits them to be tested							6	48
12	Limitation softhe study can be identified						5		_
13	Assumptions of the study can be identified							6	
14	Pertinent terms are/ can be operationally defined						5		
15	Significance of the problem is identified						5		
16	Research is justified							6	
	REVIE	W OF LITERAT	URE						
17	Cited literature is pertinent to research problem					4			
18	Cited literature provides rationale for the research						5		
19	Studies are critically examined						5		
20	Relationship of problem to previous research is made						5		28
21	clear   A conceptual frame work/   theoretical rationale is clearly   stated					4			

22	Review concludes with a brief											
	summary or relevant literature					5						
	and it simplications to the											
	research problem understudy											
	N	METHODOLOGY										
	a.Subjects											
	·											
23	Subject population (sampling					5						
	frame) is described											
24	Sampling method is					5						
	described											
25	Sampling method is justified					5						
	(especially for non probability											
	sampling)							30				
26	Sample size is sufficient to					5						
	reduce type II error											
27	Possible sources of sampling					5						
	error can be identified					•						
28	Standards for protections of					5						
	subjects are discusse											
		b. Instruments			-	1	ı					
20	Polovont province realibility	2. 1100 01110110		<del> </del>								
29	Relevant previous realibility					5						
20	data are presented											
30	Reliability data pertinent to					_						
	the present study are					5						
0.4	Reported											
31	Relevant previous					_						
	realibility data are					5						
	presented							26				
32	Validity data pertinent to					5						
	present study are reported					3						
33	Methods of data collection											
	are sufficiently described to											
	permit judgment of their						6					
	appropriateness to the											
	present study											
		c. Design										
34	Design is appropriate to study					_						
	questions and/or hypothesis					5						
35	Proper controls are included					_						
	where appropriate					5		00				
36	Confounding/ moderating							20				
	variables are/ can be					5						
	identified					-						
37	Description of design is											
	explicit enough to permit					5						
	replication					-						
		ATA ANALYSIS		1								
38	Information presented i s	<b>.</b>		<u> </u>								
50	sufficient to answer research						6	22				
	questions						"	22				
39	Statistical tests used are											
59	identified						6					
	Identified	1			1							

40	Reported statistics are appropriate for hypotheses/research questions				5								
41	Table and figures are presented in an easy-to understand, informative way				5								
	DISCUSSION												
42	Conclusions are clearly stated					6							
43	Conclusions are substantianted by the evidence presented					6							
44	Methodological issues in study are identified and discussed				5								
45	Findings of study are sprecifically related to conceptual/ theoretical basis of study				5		38						
46	Implications of the findings are discussed				5								
47	Results are generalized on ly to populations on which Study is based				5								
48	Recommendations are made for further research					6							
FORM AND STYLE													
49	Report is clearly written					6							
50	Report is logically organized					6							
51	Tone of report displays an unbiased, impartial, scientific attitude					6	18						
a. St b. At	GRAND TOTAL SCORE a. Superior(205-306 points) b. Average(103-204 points) c. Below Average(0-102 points)												

# RAC Imam Cahyo Murwidi

No.	Kriteria	I APPRAISAL CI		• .	Sł	or			Total
	1 11.101.12		1	2	3	4	5	6	skor
		Title							
1	Title is readily understood							6	
2	Title is clear							6	18
3	Title is clearly related to content						5		10
		ABSTRAK							
4	Abstract states problemand,								
	where appropriate, hypotheses clearly and							6	
	concisely								
5	Methodology is identified and described briefly						5		21
6	Results are summarized						5		
7	Findings and/ or conclusions are stated						5		
	are stated	PROBLEM				1			
8	The general problem of the	····							
	study is introduce dearly in There port					4			
9	Questions to be answered are stated precisely						5		
10	Problem state mentis clear						5		
11	Hypotheses to be teted are stated precisely in a form That permits them to be tested							6	40
12	Limitation softhe study can be identified						5		
13	Assumptions of the study can be identified						5		
14	Pertinent terms are/ can be operationally defined						5		
15	Significance of the problem is identified						5		
16	Research is justified						5		
	DE) //E	W OF LITERAT	URE	•			•		•
17	Cited literature is pertinent to research problem						5		
18	Cited literature provides rationale for the research						5		
19	Studies are criticaly examined						5		
20	Relationship of problem to previous research is made clear						5		30
21	A conceptual frame work/ theoretical rationale is clearly stated						5		

22	Davious concludes with a brief	T				
22	Review concludes with a brief			5		
	summary or relevant literature			Э		
	and it simplications to the					
	research problem understudy	    METHODOLOGY				
	IV.	a.Subjects				
		a.Subjects				
23	Subject population (sampling				6	
	frame) is described					
24	Sampling method is			5		
	described					
25	Sampling method is justified			5		
	(especially for non probability					
	sampling)					31
26	Sample size is sufficient to			5		
	reduce type II error			_		
27	Possible sources of sampling			5		
	error can be identified			_		
28	Standards for protections of			5		
	subjects are discusse	b. Instruments				
29	Relevant previous realibility	D. Ilistraments				
29	data are presented		4			
30	Reliability data pertinent to					
30	the present study are			5		
	Reported			"		
31	Relevant previous realibility					
	data are presented			5		0.4
32	Validity data pertinent to			_		24
	present study are reported			5		
33	Methods of data collection					
	are sufficiently described to					
	permit judgment of their			5		
	appropriateness to the					
	present study	<u> </u>				
<u> </u>	15	c. Design	 1	1		
34	Design is appropriate to study				6	
25	questions and/or hypothesis					
35	Proper controls are included			5		
26	where appropriate					22
36	Confounding/ moderating			5		
	variables are/ can be identified			3		
37	Description of design is					
31	explicit enough to permit				6	
	replication					
		ATA ANALYSIS		<u> </u>		
38	Information presented i s					
	sufficient to answer research		4			
	questions					19
39	Statistical tests used are			F		-
	identified			5		
40	Reported statistics are			5		
	appropriate for hypotheses/			Ľ		

	1						
	research questions						
41	Table and figures are presented in an easy-to understand, informative way				5		
		DISCUSSION					
42	Conclusions are clearly stated					6	
43	Conclusions are substantianted by the evidence presented				5		
44	Methodological issues in study are identified and discussed				5		
45	Findings of study are sprecifically related to conceptual/ theoretical basis of study				5		37
46	Implications of the findings are discussed				5		
47	Results are generalized on ly to populations on which Study is based				5		
48	Recommendations are made for further research					6	
	FC	ORM AND STYLE					
49	Report is clearly written				5		
50	Report is logically organized				5		
51	Tone of report displays an unbiased, impartial, scientific attitude				5		15
a. Si	AND TOTAL SCORE uperior(205-306 points) verage(103-204 points)						

- b. Average(103-204 points)
  c. Below Average(0-102 points)

## RAC Malkias Dikson

No.	Kriteria	HAPPRAISAL C			Sł	or			Total
	1		1	2	3	4	5	6	skor
		Title							
1	Title is readily understood							6	
2	Title is clear							6	16
3	Title is clearly related to content					4			10
	,	ABSTRAK	,		1				
4	Abstract states problemand,								
•	where appropriate,						_		
	hypotheses clearly and						5		
	concisely								
5	Methodology is identified and						F		19
	described briefly						5		13
6	Results are summarized					4			
7	Findings and/ or conclusions					<u> </u>			
1	are stated						5		
	1 4.0 014104	PROBLEM		1					
8	The general problem of the								
-	study is introduce dearly in						5		
	There port								
9	Questions to be answered						E		
	are stated precisely						5		
10	Problem state mentis clear						5		
11	Hypotheses to be teted are								
	stated precisely in a form						5		
	That permits them to be						3		
	tested								44
12	Limitation softhe study can be					4			
	identified								
13	Assumptions of the study can					4			
	be identified								
14	Pertinent terms are/ can be						5		
4.5	operationally defined		-				ļ -		
15	Significance of the problem is						5		
16	identified Research is justified			1				6	
10	-	 					<u> </u>	6	
		W OF LITERAT	UKE						
17	Cited literature is pertinent to						5		
	research problem		$\perp$						
18	Cited literature provides						5		
10	rationale for the research		_				-		
19	Studies are criticaly examined						5		
20	Relationship of problem to								27
	previous research is made			1		4			
04	clear		_						
21	A conceptual frame work/					4			
	theoretical rationale is clearly					4			
	stated		1				1	1	

		I		_		
22	Review concludes with a brief					
	summary or relevant literature			4		
	and it simplications to the					
	research problem understudy					
	IV	IETHODOLOGY				
		a.Subjects				
23	Subject population (sampling				5	
	frame) is described					
24	Sampling method is				5	
	described					
25	Sampling method is justified				5	
	(especially for non probability					
	sampling)					27
26	Sample size is sufficient to			4		
	reduce type II error					_
27	Possible sources of sampling		3			
	error can be identified				-	_
28	Standards for protections of				5	
	subjects are discusse	b. Instruments				
29	Relevant previous realibility	b. mstruments		1		
29	data are presented				5	
30	Reliability data pertinent to					-
00	the present study are				5	
	Reported					
31	Relevant previous realibility					
	data are presented				5	0.4
32	Validity data pertinent to			1		24
	present study are reported			4		
33	Methods of data collection					
	are sufficiently described to					
	permit judgment of their				5	
	appropriateness to the					
	present study	a Dagign				
34	Decign is appropriate to study	c. Design		1		
34	Design is appropriate to study questions and/or hypothesis				5	
35	Proper controls are included					-
00	where appropriate				5	
36	Confounding/ moderating			1		20
	variables are/ can be				5	
	identified				-	
37	Description of design is					7
	explicit enough to permit				5	
	replication					
		ATA ANALYSIS				
38	Information presented i s					
	sufficient to answer research				5	
	questions					19
39	Statistical tests used are				5	
40	identified  Reported statistics are					-
40	Reported statistics are			4		
L	appropriate for hypotheses/	I				į.

	research questions					
41	Table and figures are presented in an easy-to understand, informative way			5		
		DISCUSSION				
42	Conclusions are clearly stated			5		
43	Conclusions are substantianted by the evidence presented				6	
44	Methodological issues in study are identified and discussed			5		
45	Findings of study are sprecifically related to conceptual/ theoretical basis of study			5		37
46	Implications of the findings are discussed			5		
47	Results are generalized on ly to populations on which Study is based			5		
48	Recommendations are made for further research				6	
	FC	ORM AND STYLE				
49	Report is clearly written				6	
50	Report is logically organized			5		
51	Tone of report displays an unbiased, impartial, scientific attitude			5		16
	AND TOTAL SCORE					
	uperior(205-306 points) verage(103-204 points)					

- b. Average(103-204 points) c. Below Average(0-102 points)

# RAC Rahmatul Fitriyah

No.	Kriteria	HAPPRAISAL C				or			Tota
. 10.	Tationa		1	2	3	4	5	6	skor
		Title		† <del>-</del>	-	l ·		Ť	5.1.5.
1	Title is readily understood	1.0.2						6	
2	Title is clear							6	40
3	Title is clearly related to							6	18
	content	ABSTRAK						6	
1	Abatraat atataa problemend	ABSTRAK		1	1		I	1	1
4	Abstract states problemand, where appropriate,								
	hypotheses clearly and						5		
	concisely								
5	Methodology is identified and								40
•	described briefly						5		18
6	Results are summarized				3				
7	Findings and/ or conclusions						5		-
	are stated	PROBLEM					J		
8	The general problem of the	FROBLEIN							
•	study is introduce dearly in					4			
	There port								
9	Questions to be answered						F		
	are stated precisely						5		
10	Problem state mentis clear						5		
11	Hypotheses to be teted are								1
	stated precisely in a form						5		
	That permits them to be						"		
	tested								43
12	Limitation softhe study can					4			
	be identified					<u> </u>			_
13	Assumptions of the study can be identified						5		
14	Pertinent terms are/ can be			1					1
17	operationally defined						5		
15	Significance of the problem is						<u> </u>		1
	identified						5		
16	Research is justified						5		
		W OF LITERAT	TURE						
17	Cited literature is pertinent to						5		
	research problem								
18	Cited literature provides						5		
16	rationale for the research			1					-
19	Studies are criticaly					4			
20	examined  Deletionable of problem to			-		<u> </u>			29
20	Relationship of problem to						5		
	previous research is made								
21	A conceptual frame work/	1					5		1
۱ ک	theoretical rationale is clearly								
	Tational Tational To Cloarly	1	1	1	1	Щ.	1	1	1

	stated				
22	Review concludes with a brief summary or relevant literature and it simplications to the research problem understudy		5		
	N	IETHODOLOGY			
		a.Subjects			
23	Subject population (sampling frame) is described			6	
24	Sampling method is described		5		
25	Sampling method is justified (especially for non probability sampling)		5		31
26	Sample size is sufficient to reduce type II error		5		
27	Possible sources of sampling error can be identified		5		
28	Standards for protections of subjects are discusse		5		
		b. Instruments			
29	Relevant previous realibility data are presented		5		
30	Reliability data pertinent to the present study are Reported		5		
31	Relevant previous realibility data are presented		5		0.5
32	Validity data pertinent to present study are reported		5		25
33	Methods of data collection are sufficiently described to permit judgment of their appropriateness to the present study		5		
		c. Design	'		
34	Design is appropriate to study questions and/or hypothesis		5		
35	Proper controls are included where appropriate		5		20
36	Confounding/ moderating variables are/ can be identified		5		
37	Description of design is explicit enough to permit replication			6	
	D	ATA ANALYSIS	 		
38	Information presented i s sufficient to answer research questions		5		21

39   Statistical tests used are	
40 Reported statistics are	
appropriate for hypotheses/	
research questions	
41 Table and figures are	
presented in an easy-to	
understand, informative way	
DISCUSSION	ļ
42 Conclusions are clearly 5	
stated	
43 Conclusions are	
substantianted by the 5	
evidence presented	
44 Methodological issues in	
study are identified and 5	
discussed	
45 Findings of study are	00
sprecifically related to	36
conceptual/ theoretical basis	
of study 46 Implications of the findings	
are discussed	
47 Results are generalized on ly	
to populations on which	
Study is based	
48 Recommendations are made	
for further research	
FORM AND STYLE	
49 Report is clearly written 6	
50 Report is logically organized 6	
51 Tone of report displays an	17
unbiased, impartial, scientific 5	
attitude	
GRAND TOTAL SCORE	

- a. Superior(205-306 points)
  b. Average(103-204 points)
  c. Below Average(0-102 points)

## RAC Revi Neini Ikbal

No.	Kriteria	I APPRAISAL C		_,,,,	SI	cor			Total
. 10.	Tanona		1	2	3	4	5	6	skor
		Title		ļ <u> </u>		T .	1		
1	Title is readily understood							6	
2	Title is clear							6	10
3	Title is clearly related to content							6	18
		ABSTRAK							
4	Abstract states problemand, where appropriate, hypotheses clearly and concisely						5		
5	Methodology is identified and described briefly							6	21
6	Results are summarized						5		1
7	Findings and/ or conclusions are stated						5		
		PROBLEM	ı		1			1	I .
8	The general problem of the study is introduce dearly in There port						5		
9	Questions to be answered are stated precisely							6	
10	Problem state mentis clear						5		
11	Hypotheses to be teted are stated precisely in a form That permits them to be tested					4			45
12	Limitation softhe study can be identified					4			
13	Assumptions of the study can be identified						5		
14	Pertinent terms are/ can be operationally defined						5		
15	Significance of the problem is identified						5		
16	Research is justified							6	
	ŘEVIE	W OF LITERAT	URE						
17	Cited literature is pertinent to research problem							6	
18	Cited literature provides rationale for the research						5		
19	Studies are criticaly examined						5		
20	Relationship of problem to previous research is made clear						5		31
21	A conceptual frame work/ theoretical rationale is clearly stated						5		

22	Povious concludes with a brief			<del>                                     </del>		
22	Review concludes with a brief			5		
	summary or relevant literature and it simplications to the			3		
	research problem understudy					
		  ETHODOLOGY				
	IV	a.Subjects				
		a.oubjects				
23	Subject population (sampling				6	
	frame) is described					
24	Sampling method is				6	
	described					
25	Sampling method is justified				6	
	(especially for non probability					
	sampling)					33
26	Sample size is sufficient to			5		
07	reduce type II error					
27	Possible sources of sampling			5		
20	error can be identified			<del>                                     </del>	$\vdash \vdash \vdash$	
28	Standards for protections of			5		
	subjects are discusse	b. Instruments				
29	Relevant previous realibility	2. modumonto		<u> </u>		
29	data are presented			5		
30	Reliability data pertinent to					
00	the present study are			5		
	Reported					
31	Relevant previous realibility			<del>    _   </del>		
_	data are presented			5		00
32	Validity data pertinent to					26
	present study are reported			5		
33	Methods of data collection					
	are sufficiently described to					
	permit judgment of their				6	
	appropriateness to the					
	present study	<u> </u>				
0.4	Desire is some	c. Design				
34	Design is appropriate to study			5		
2F	questions and/or hypothesis				$\vdash \vdash$	
35	Proper controls are included			5		
36	where appropriate Confounding/ moderating					20
50	variables are/ can be			5		
	identified					
37	Description of design is					
01	explicit enough to permit			5		
	replication					
		ATA ANALYSIS	1	1		
38	Information presented i s					
_	sufficient to answer research			5		
	questions					20
39	Statistical tests used are					-
	identified			5		
40	Reported statistics are			5		
	appropriate for hypotheses/					

	research questions					
41	Table and figures are presented in an easy-to understand, informative way			5		
		DISCUSSION				
42	Conclusions are clearly stated				6	
43	Conclusions are substantianted by the evidence presented				6	
44	Methodological issues in study are identified and discussed			5		
45	Findings of study are sprecifically related to conceptual/ theoretical basis of study			5		38
46	Implications of the findings are discussed			5		
47	Results are generalized on ly to populations on which Study is based			5		
48	Recommendations are made for further research				6	
	FC	ORM AND STYLE				
49	Report is clearly written				6	
50	Report is logically organized			5		
51	Tone of report displays an unbiased, impartial, scientific attitude				6	17
a. S	AND TOTAL SCORE uperior(205-306 points) verage(103-204 points)					

- b. Average(103-204 points)c. Below Average(0-102 points)

# RAC Santi Wahyuni

No.	Kriteria	I APPRAISAL CI				or			Total
	1		1	2	3	4	5	6	skor
		Title							
1	Title is readily understood							6	
2	Title is clear							6	17
3	Title is clearly related to content						5		17
	1	ABSTRAK			1		1		
4	Abstract states problemand,						Π		
•	where appropriate,						l _		
	hypotheses clearly and						5		
	concisely								
5	Methodology is identified and								19
	described briefly				3				19
6	Results are summarized						5		
7	Findings and/ or conclusions						Ť		-
'	are stated							6	
	ure stated	PROBLEM			1		1		
8	The general problem of the								
	study is introduce dearly in						5		
	There port								
9	Questions to be answered						5		
	are stated precisely						3		
10	Problem state mentis clear						5		
11	Hypotheses to be teted are								
	stated precisely in a form						5		
	That permits them to be						3		
	tested								45
12	Limitation softhe study can be						5		
	identified						<u> </u>		
13	Assumptions of the study can						5		
4.4	be identified						Ť		
14	Pertinent terms are/ can be						5		
15	operationally defined		-	-			+		
15	Significance of the problem is identified						5		
16	Research is justified						5		1
10	DE) (15	 EW OF LITERAT	URF				<u> </u>		
47		I IIIIIIII	J. \_				-		I
17	Cited literature is pertinent to						5		
18	research problem Cited literature provides			-			F		
10	rationale for the research						5		
19	Studies are criticaly examined						5		
	-								30
20	Relationship of problem to previous research is made						5		30
	clear								
21	A conceptual frame work/						5		
۱ ک	theoretical rationale is clearly								
	stated						1	1	1

22	Pavious concludes with a brief				
22	Review concludes with a brief			_	
	summary or relevant literature			5	
	and it simplications to the				
	research problem understudy	<u> </u>			
	IV.				
		a.Subjects			
23	Subject population (sampling			5	
	frame) is described				
24	Sampling method is			5	
	described				]
25	Sampling method is justified			5	
	(especially for non probability				
	sampling)			_	30
26	Sample size is sufficient to			5	
07	reduce type II error			_	-
27	Possible sources of sampling			5	
20	error can be identified			E .	-
28	Standards for protections of			5	
	subjects are discusse	b. Instruments			
29	Relevant previous realibility				Τ
23	data are presented			5	
30	Reliability data pertinent to				†
	the present study are			5	
	Reported				
31	Relevant previous realibility			_	1
	data are presented			5	24
32	Validity data pertinent to			5	24
	present study are reported			3	
33	Methods of data collection				
	are sufficiently described to				
	permit judgment of their		4		
	appropriateness to the				
	present study	c. Design			<u> </u>
34	Design is appropriate to study	C. Design			
34	questions and/or hypothesis			5	
35	Proper controls are included				1
	where appropriate			5	
36	Confounding/ moderating				20
	variables are/ can be			5	
	identified				
37	Description of design is				]
	explicit enough to permit			5	
	replication				
		ATA ANALYSIS			
38	Information presented i s				
	sufficient to answer research			5	
	questions				20
39	Statistical tests used are			5	
40	identified			-	1
40	Reported statistics are			5	1
L	appropriate for hypotheses/				

	research questions								
41	Table and figures are presented in an easy-to understand, informative way					5			
DISCUSSION									
42	Conclusions are clearly stated					5			
43	Conclusions are substantianted by the evidence presented						6		
44	Methodological issues in study are identified and discussed				4				
45	Findings of study are sprecifically related to conceptual/ theoretical basis of study				4			37	
46	Implications of the findings are discussed					5			
47	Results are generalized on ly to populations on which Study is based					5			
48	Recommendations are made for further research						6		
	FC	ORM AND STYLE							
49	Report is clearly written					5			
50	Report is logically organized					5			
51	Tone of report displays an unbiased, impartial, scientific attitude					5		15	
a. Si	ND TOTAL SCORE uperior(205-306 points) verage(103-204 points)								

- b. Average(103-204 points)c. Below Average(0-102 points)

## RAC Novriani Husna

No.	Kriteria	I APPRAISAL C		_101	SI	cor			Total
INO.	Killella		1	2	3	4	5	6	skor
		Title	- '		J	T			O.O.
1	Title is readily understood							6	
2	Title is clear							6	18
3	Title is clearly related to content							6	10
		ABSTRAK							
4	Abstract states problemand,								
•	where appropriate, hypotheses clearly and						5		
	concisely								
5	Methodology is identified and described briefly					4			19
6	Results are summarized						5		
7	Findings and/ or conclusions are stated						5		
	i are stated	PROBLEM							
8	The general problem of the					4			
	study is introduce dearly in There port								
9	Questions to be answered are stated precisely						5		
10	Problem state mentis clear						5		
11	Hypotheses to be teted are stated precisely in a form That permits them to be tested					4			43
12	Limitation softhe study can be identified						5		1 40
13	Assumptions of the study can be identified						5		
14	Pertinent terms are/ can be operationally defined						5		
15	Significance of the problem is identified						5		
16	Research is justified						5		
	REVIE	W OF LITERAT	URE						
17	Cited literature is pertinent to research problem							6	
18	Cited literature provides rationale for the research							6	
19	Studies are criticaly examined						5		
20	Relationship of problem to previous research is made						5		32
	clear								
21	A conceptual frame work/ theoretical rationale is clearly stated						5		

22	Davious concludes with a brief			
22	Review concludes with a brief		5	
	summary or relevant literature and it simplications to the		3	
	research problem understudy			
		   ETHODOLOGY		
	IV	a.Subjects		
		a.oubjects		
23	Subject population (sampling		5	
	frame) is described			
24	Sampling method is		5	
	described			
25	Sampling method is justified		5	
	(especially for non probability			
	sampling)			30
26	Sample size is sufficient to		5	
07	reduce type II error			4
27	Possible sources of sampling		5	
28	error can be identified Standards for protections of		5	+
20	<u>-</u>		5	
	subjects are discusse	b. Instruments		
29	Relevant previous realibility	D. Motramonto		T
29	data are presented		5	
30	Reliability data pertinent to			+
30	the present study are		5	
	Reported			
31	Relevant previous realibility		_	1
	data are presented		5	25
32	Validity data pertinent to		-	25
	present study are reported		5	
33	Methods of data collection			
	are sufficiently described to			
	permit judgment of their		5	
	appropriateness to the			
	present study	a Daoign		
2.4	Decima in consumints to study	c. Design		T
34	Design is appropriate to study		5	
35	questions and/or hypothesis  Proper controls are included			+
55	where appropriate		5	
36	Confounding/ moderating			20
	variables are/ can be		5	
	identified			
37	Description of design is			1
	explicit enough to permit		5	
	replication			
		ATA ANALYSIS	 	
38	Information presented i s			
	sufficient to answer research		5	
	questions			20
39	Statistical tests used are		5	
	identified			1
40	Reported statistics are		5	
	appropriate for hypotheses/		_	

		I					-
	research questions						
41	Table and figures are presented in an easy-to				5		
	understand, informative way						
	,	DISCUSSION					
42	Conclusions are clearly				5		
10	stated						
43	Conclusions are				_		
	substantianted by the				5		
44	evidence presented						
44	Methodological issues in study are identified and				5		
	discussed				3		
45	Findings of study are						
70	sprecifically related to						35
	conceptual/ theoretical basis				5		00
	of study						
46	Implications of the findings				_		
	are discussed				5		
47	Results are generalized on ly						
	to populations on which Study				5		
	is based						
48	Recommendations are made				5		
	for further research				0		
	FC	ORM AND STYLE					
49	Report is clearly written					6	
50	Report is logically organized				5		
51	Tone of report displays an						16
	unbiased, impartial, scientific				5		
	attitude						
	ND TOTAL SCORE						
	uperior(205-306 points)						
h 1	(orago/102 204 points)						

- b. Average(103-204 points) c. Below Average(0-102 points)

## RAC Moch.Caerudin

No.	Kriteria	I APPRAISAL CI		_101		or			Total
140.	Micha		1	2	3	4	5	6	skor
		Title		<del>  -</del>		<u> </u>			
1	Title is readily understood							5	
2	Title is clear							6	16
3	Title is clearly related to content						5		16
		ABSTRAK			1		1		
4	Abstract states problemand,								
•	where appropriate, hypotheses clearly and						5		
_	Concisely								
5	Methodology is identified and described briefly				3				18
6	Results are summarized						5		
7	Findings and/ or conclusions are stated						5		
	are stated	PROBLEM						<u> </u>	
8	The general problem of the	····				4			
	study is introduce dearly in There port								
9	Questions to be answered are stated precisely						5		
10	Problem state mentis clear						5		
11	Hypotheses to be teted are stated precisely in a form That permits them to be tested					4			43
12	Limitation softhe study can be identified						5		
13	Assumptions of the study can be identified						5		
14	Pertinent terms are/ can be operationally defined						5		
15	Significance of the problem is identified						5		
16	Research is justified						5		
	REVIE	W OF LITERAT	URE						
17	Cited literature is pertinent to research problem						5		
18	Cited literature provides rationale for the research						5		
19	Studies are criticaly examined						5		
			-				5		29
20	Relationship of problem to previous research is made clear						3		29
21	A conceptual frame work/ theoretical rationale is clearly stated					4			

	<u> </u>	I					
22	Review concludes with a brief				_		
	summary or relevant literature				5		
	and it simplications to the						
	research problem understudy						
	N	IETHODOLOGY					
		a.Subjects					
23	Subject population (sampling				5		
	frame) is described						
24	Sampling method is		3				
	described						
25	Sampling method is justified		3				
	(especially for non probability						
	sampling)						26
26	Sample size is sufficient to				5		
	reduce type II error						
27	Possible sources of sampling				5		
	error can be identified						
28	Standards for protections of				5		
	subjects are discusse						
		b. Instruments	•			•	
29	Relevant previous realibility				_		
	data are presented				5		
30	Reliability data pertinent to						
	the present study are				5		
	Reported						
31	Relevant previous realibility				F		
	data are presented				5		22
32	Validity data pertinent to			4			22
	present study are reported			4			
33	Methods of data collection		3				
	are sufficiently described to						
	permit judgment of their						
	appropriateness to the						
	present study						
	,	c. Design					
34	Design is appropriate to study				5		
	questions and/or hypothesis				<u> </u>		
35	Proper controls are included				5		
	where appropriate						20
36	Confounding/ moderating				_		
	variables are/ can be				5		
	identified				$\sqcup$		
37	Description of design is				_		
	explicit enough to permit				5		
	replication	 					
00		ATA ANALYSIS		1	<del>                                     </del>	1	
38	Information presented i s				_		
	sufficient to answer research				5		6.0
00	questions						20
39	Statistical tests used are				5		
40	identified				-	_	
40	Reported statistics are				5		
	appropriate for hypotheses/						

		ı		_		
	research questions					
41	Table and figures are presented in an easy-to understand, informative way			5		
		DISCUSSION				
42	Conclusions are clearly stated				6	
43	Conclusions are substantianted by the evidence presented				6	
44	Methodological issues in study are identified and discussed			5		
45	Findings of study are sprecifically related to conceptual/ theoretical basis of study			5		38
46	Implications of the findings are discussed			5		
47	Results are generalized on ly to populations on which Study is based			5		
48	Recommendations are made for further research				6	
	FC	ORM AND STYLE				
49	Report is clearly written			5		
50	Report is logically organized			5		
51	Tone of report displays an unbiased, impartial, scientific attitude				6	16
	AND TOTAL SCORE uperior(205-306 points)					
	verage(103-204 points)					

- b. Average(103-204 points) c. Below Average(0-102 points)

## RAC Chulee Ubolsakka Jones

No.	Kriteria	I APPRAISAL C				kor			Tota
	Tariona		1	2	3	4	5	6	skor
		Title		-	Ť	T .		Ť	
1	Title is readily understood							6	
2	Title is clear							6	40
3	Title is clearly related to							6	18
	content	ABSTRAK							
4	Abstract states problemand,					1			
•	where appropriate,						_		
	hypotheses clearly and						5		
	concisely								
5	Methodology is identified and					<del> </del>			40
•	described briefly					4			19
6	Results are summarized						5		
7	Findings and/ or conclusions						5		
	are stated	DDOD! EM					5		
0	The general problem of the	PROBLEM			1	T	1		
8	The general problem of the						5		
	study is introduce dearly in There port						3		
9	Questions to be answered								-
9	are stated precisely						5		
10	Problem state mentis clear						5		
11	Hypotheses to be teted are								
	stated precisely in a form						_		
	That permits them to be						5		
	tested								46
12	Limitation softhe study can						_		
	be identified						5		
13	Assumptions of the study can						F		1
	be identified						5		
14	Pertinent terms are/ can be						5		
	operationally defined						5		
15	Significance of the problem is						5		
	identified				1				
16	Research is justified	\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\						6	
		W OF LITERAT	UKE	1	1	1			
17	Cited literature is pertinent to					4			
40	research problem				1				
18	Cited literature provides					4			
19	rationale for the research				-		5		
19	Studies are criticaly examined						ာ		28
20	Relationship of problem to		+		+	-	5		∠6
20	previous research is made						3		
	clear								
21	A conceptual frame work/						5		
	theoretical rationale is clearly					1	٦		

	stated			
22	Review concludes with a brief summary or relevant literature and it simplications to the research problem understudy		5	
	N	IETHODOLOGY		
		a.Subjects		
23	Subject population (sampling frame) is described		5	
24	Sampling method is described		5	
25	Sampling method is justified (especially for non probability sampling)		5	30
26	Sample size is sufficient to reduce type II error		5	
27	Possible sources of sampling error can be identified		5	
28	Standards for protections of subjects are discusse		5	
		b. Instruments		
29	Relevant previous realibility data are presented		5	
30	Reliability data pertinent to the present study are Reported		5	
31	Relevant previous realibility data are presented		5	0.4
32	Validity data pertinent to present study are reported		5	24
33	Methods of data collection are sufficiently described to permit judgment of their appropriateness to the present study		4	
	-	c. Design	 	
34	Design is appropriate to study questions and/or hypothesis		5	
35	Proper controls are included where appropriate		5	20
36	Confounding/ moderating variables are/ can be identified		5	
37	Description of design is explicit enough to permit replication		5	
	+	ATA ANALYSIS	 	
38	Information presented i s sufficient to answer research questions		5	20

39	Statistical tests used are identified						5			
40	Reported statistics are									
	appropriate for hypotheses/						5			
	research questions									
41	Table and figures are									
	presented in an easy-to						5			
	understand, informative way									
		DISCUSSION								
42	Conclusions are clearly									
	stated							6		
43	Conclusions are									
	substantianted by the							6		
	evidence presented									
44	Methodological issues in				3					
	study are identified and									
	discussed									
45	Findings of study are									
	sprecifically related to						_		36	
	conceptual/ theoretical basis						5			
	of study									
46	Implications of the findings						5			
	are discussed						ာ			
47	Results are generalized on ly									
	to populations on which						5			
	Study is based									
48	Recommendations are made							6		
	for further research							О		
	FC	ORM AND STYLE								
49	Report is clearly written						5			
50	Report is logically organized						5			
51	Tone of report displays an								16	
	unbiased, impartial, scientific							6		
	attitude									
GRA	GRAND TOTAL SCORE									
a Si	uperior(205-306 points)									

- a. Superior(205-306 points)
  b. Average(103-204 points)
  c. Below Average(0-102 points)

## RAC Dian Nirmala Sari

No.	Kriteria	HAPPRAISAL C			Skor			Total	
INU.	Milelia		1	2 3		4 5		6	skor
		Title	-	<u> </u>		+	+		3
1	Title is readily understood	77.00						6	
2	Title is clear							6	18
3	Title is clearly related to								
	content							6	
		ABSTRAK							
4	Abstract states problemand,								
	where appropriate,						5		
	hypotheses clearly and								
_	concisely					-			-
5	Methodology is identified and described briefly						5		20
6	Results are summarized						5		
7	Findings and/ or conclusions						5		
	are stated	PROBLEM							
8	The general problem of the	- NOBLEIN							
•	study is introduce dearly in						5		
	There port								
9	Questions to be answered						_		
	are stated precisely						5		
10	Problem state mentis clear						5		
11	Hypotheses to be teted are								
	stated precisely in a form						5		
	That permits them to be						3		
	tested								45
12	Limitation softhe study can						5		
	be identified						ļ -		
13	Assumptions of the study can						5		
4.4	be identified					-	Ļ		-
14	Pertinent terms are/ can be						5		
15	operationally defined				1	+			
15	Significance of the problem is identified						5		
16	Research is justified						5		
10		⊥ EW OF LITERAT	TURE		<u> </u>		1 3		
17	Cited literature is pertinent to						5		
	research problem								
18	Cited literature provides						5		1
	rationale for the research				L				
19	Studies are criticaly						5		1
	examined								30
20	Relationship of problem to						5		
	previous research is made								
	clear				1	_			
21	A conceptual frame work/						5		
	theoretical rationale is clearly			1	1				

	stated							
22	Review concludes with a brief summary or relevant literature and it simplications to the research problem understudy			5				
	N	IETHODOLOGY						
		a.Subjects						
23	Subject population (sampling frame) is described			5				
24	Sampling method is described			5				
25	Sampling method is justified (especially for non probability sampling)			5		29		
26	Sample size is sufficient to reduce type II error			4				
27	Possible sources of sampling error can be identified			5				
28	Standards for protections of subjects are discusse			5				
		b. Instruments						
29	Relevant previous realibility data are presented			5	5	24		
30	Reliability data pertinent to the present study are Reported			5	5			
31	Relevant previous realibility data are presented			5	5			
32	Validity data pertinent to present study are reported			5	5			
33	Methods of data collection are sufficiently described to permit judgment of their appropriateness to the present study			4				
		c. Design						
34	Design is appropriate to study questions and/or hypothesis			5	5	20		
35	Proper controls are included where appropriate			5	5			
36	Confounding/ moderating variables are/ can be identified			5	5			
37	Description of design is explicit enough to permit replication			5	5			
	DATA ANALYSIS							
38	Information presented i s sufficient to answer research questions			5	5	20		

39	Statistical tests used are identified			5					
40	Reported statistics are								
.	appropriate for hypotheses/			5					
	research questions								
41	Table and figures are								
	presented in an easy-to			5					
	understand, informative way								
DISCUSSION									
42	Conclusions are clearly								
42	stated				6				
43	Conclusions are								
43	substantianted by the				6				
	evidence presented				0				
44	Methodological issues in								
44	study are identified and			5					
	discussed								
45	Findings of study are								
43	sprecifically related to					38			
	conceptual/ theoretical basis			5		36			
	of study								
46					1				
40	Implications of the findings are discussed			5					
47									
47	Results are generalized on ly			_					
	to populations on which			5					
40	Study is based								
48	Recommendations are made				6				
-	for further research	DM AND OTM E							
FORM AND STYLE									
49	Report is clearly written			5					
50	Report is logically organized			5					
51	Tone of report displays an					16			
	unbiased, impartial, scientific				6				
	attitude								
GRAND TOTAL SCORE									
C. Superior (2005, 2006, points)									

- a. Superior(205-306 points)
  b. Average(103-204 points)
  c. Below Average(0-102 points)

#### Pencarian pada Google Scolar, KnE Life Science, IMJ. Jurnal hasil secara 51 Google Scolar keseluruhan (n = 55)KnE IMJ 1 **IJNHS** 1 Pubmed 1 Screening Kriteria inklusi: a. Rentang waktu 10 tahun terakhir (2011-2021) b. Tipe original penelitian dalam bentuk full text c. Jurnal bahasa Indonesia dan bahasa Jurnal akhir inggris yang sesuai d. Tema: Relaksasi Benson dengan e. Google scolar :15 kriteria inklusi KnE Life Sciences : 1 (n=19)g. IMJ : 1

### E. Seleksi Studi dan Penilaian Kualitas

Gambar 3.1 Flow Gram

### F. Jalannya Penelitian

Jalannya penelitian di bagi menjadi beberapa tahap yaitu :

### 1. Tahap Awal

- a. Tahap awal peneliti membuat pengajuan judul kepada Dosen pembimbing.
- b. Setelah judul disetujui peneliti melakukan studi pendahuluan.
- c. Melakukan penyusunan Skripsi.
- d. Skripsi yang dikerjakan peneliti adalah bab I, II , III VI dan V berdasarkan data yang ada dan *literature* yang berkaitan dengan

variabel. Dalam pembuatan Skripsi ini selalu mendapatkan bimbingan, arahan dan revisi dari dosen pembimbing.

### 2. Tahap Pelaksanaan Penelitian

Peneliti melakukan pengumpulan *literature* menggunakan google cendikia atau *Google Scholar, KnE Life Sciences, IMJ, Pubmed and IJNHS* kemudian diseleksi berdasarkan kriteria inklusi dan ekslusi hingga ditemukan sampel akhir.

### G. Tahap Analisa Data

Jurnal yang terkumpul akan di analisis dan dibahas untuk menarikkesimpulan dan menjawab pertanyaan terkait peneliti.

### H. Tahap Akhir

- a. Melakukan penyusunan Skripsi yang terdiri dari interpretasi data.
- b. Membahas hasil kegiatan *literature review* sesuai dengan data yang sudah ada.
- c. Pemaparan hasil kegiatan *literature review* dengan cara tertulis dan soft copy
- d. Sidang penelitian Skripsi dan revisi atau perbaikan susulan keputusan hasil sidang penelitian.
- e. Penyetoran Skripsi tertulis hasil kegiatan penelitian yang sudah direvisi atau diperbaiki kepada Fakultas Kesehatan dan Farmasi Universitas Muhammadiyah KalimantanTimur.

## I. Populasi dan Sampel

Populasi adalah wilayah umum yang terdiri dari objek/subyek

dengan kualitas dan karakteristik tertentu. Peneliti menentukan penelitian dan kemudian menarik kesimpulan. Meskipun sampel adalah bagian dari nomor dan karaktristik populasi tersebut dan bisa di bilang mewakili populasi (sugiyono, 2018).

Sampel pada penelitian tidak langsung terjun ke masyarakat akan tetapi melalui jurnal-jurnal yang telah melalui penyaringan dan di sesuai dengan kriteria inklusi peneliti.

## J. Waktu dan Tempat Penelitian

Waktu melakukan kegiatan penelitian ini di mulai dari bulan april hingga november. Yang mana kegiatan studi pendahuluan di mulai dari bulan april sampai juni dan penyusunan Skripsi di mulai dari bulan juni 2020 sampai juni 2021. Tempat penelitian di Universitas Muhammadiyah KalimantanTimur dengan melakukan penelusuran jurnal.