DASS 21

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UNIVERSITI PENDIDIKAN SULTAN IDRIS
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SULTAN IDRIS EDUCATION UNIVERSITY

NAMA	:	NO. STAF / NO. MATRIK	:	TARIKH	:
NAME		*STAFF NO./MATRIC NO.*		*DATE*	

Sila baca setiap kenyataan dan bulatkan jawapan (skala markah 0,1,2,3) yang menggambarkan keadaan anda SEMINGGU YANG LEPAS. Tidak ada jawapan betul atau salah. JANGAN guna terlalu banyak masa untuk mana-mana kenyataan. / *Please read each statement and circle a number 0, 1, 2 or 3 which indicates how much the statement applied to you over the past week. There are no right or wrong answers. Do not spend too much time on any statement.*

Skala markah adalah seperti berikut / *The rating scale is as follows:*

0= Tidak pernah / *Did not apply to me at all (Never)*   **1=Jarang /** *Applied to me to some degree, or some of the time (Almost Never)*   **2=Kerap /** *Applied to me to a considerable degree or a good part of time (Often)*   **3=Sangat Kerap** / *Applied to me very much or most of the time (Very often)*

Nombor (N) *Number(N)*	ITEM	Tidak Pernah *Never*	Jarang *Almost Never*	Kerap *Often*	Sangat Kerap *Very often*
1	**Saya rasa susah untuk bertenang** / *I found it hard to wind down*	0	1	2	3
2	**Saya sedar mulut saya rasa kering** / *I was aware of dryness of my mouth*	0	1	2	3
3	**Saya seolah-olah tidak dapat mengalami perasaan positif sama sekali** / *I couldn't seem to experience any positive feeling at all*	0	1	2	3
4	**Saya mengalami kesukaran bernafas (contohnya, bernafas terlalu cepat,tercungap-cungap walaupun tidak melakukan aktiviti fizikal)** / *I experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion)*	0	1	2	3
5	**Saya rasa tidak bersemangat untuk memulakan sesuatu keadaan** / *I found it difficult to work up the initiative to do things*	0	1	2	3
6	**Saya cenderung bertindak secara berlebihan kepada sesuatu keadaan** / *I tended to over-react to situations*	0	1	2	3
7	**Saya pernah menggeletar (contohnya tangan)** / *I experienced trembling (e.g. in the hands)*	0	1	2	3
8	**Saya rasa saya terlalu gelisah** / *I felt that I was using a lot of nervous energy*	0	1	2	3
9	**Saya risau akan berlaku keadaan di mana saya panik dan berkelakuan bodoh** / *I was worried about situations in which I might panic and make a fool of myself*	0	1	2	3
10	**Saya rasa tidak ada apa yang saya harapkan (putus harapan)** / *I felt that I had nothing to look forward to*	0	1	2	3
11	**Saya dapati saya mudah resah** / *I found myself getting agitated*	0	1	2	3
12	**Saya berasa sukar untuk relaks** / *I found it difficult to relax*	0	1	2	3
13	**Saya rasa muram dan sedih** / *I felt down-hearted and blue*	0	1	2	3
14	**Saya tidak boleh terima apa jua yang menghalangi saya daripada meneruskan apa yang saya sedang lakukan** / *I was intolerant of anything that kept me from getting on with what I was doing*	0	1	2	3
15	**Saya rasa hampir panik** / *I felt I was close to panic*	0	1	2	3
16	**Saya tidak bersemangat langsung** / *I was unable to become enthusiastic about anything*	0	1	2	3
17	**Saya rasa diri saya tidak berharga** / *I felt I wasn't worth much as a person*	0	1	2	3
18	**Saya mudah tersinggung** / *I felt that I was rather touchy*	0	1	2	3
19	**Walaupun saya tidak melakukan aktiviti fizikal, saya sedar debaran jantung saya (contoh degupan jantung lebih cepat)** / *I was aware of the action of my heart in the absence of physical exertion (e.g. sense of heart rate increase, heart missing a beat)*	0	1	2	3
20	**Saya rasa takut tanpa sebab** / *I felt scared without any good reason*	0	1	2	3
21	**Saya rasa hidup ini tidak bererti lagi** / *I felt that life was meaningless*	0	1	2	3

Panduan Mengira Skor :- Masukkan skala markah jawapan bagi soalan (N) bagi setiap kategori dibawah / *Score Counting Guide: - Enter the scale of the answer scores for the question (N) for each category.*

TEKANAN / *STRESS*

Nombor / *Number*	N1	N6	N8	N11	N12	N14	N18	Jumlah / *Total*
Skala / *Scale*								

KEBIMBANGAN / *ANXIETY*

Nombor / *Number*	N2	N4	N7	N9	N15	N19	N20	Jumlah / *Total*
Skala / *Scale*								

KEMURUNGAN / *DEPRESSION*

Nombor / *Number*	N3	N5	N10	N13	N16	N17	N21	Jumlah / *Total*
Skala / *Scale*								

Jumlah Skor Ujian DASS 21 perlu di ganda 2 untuk mendapat jumlah skor akhir / *Scores on the DASS-21 will need to be multiplied by 2 to calculate the final score.*

SKOR SARINGAN / *SCORES*

	KEMURUNGAN / *DEPRESSION*	KEBIMBANGAN / *ANXIETY*	TEKANAN / *STRESS*
Normal	0 - 9	0 - 7	0 - 14
Ringan / *Mild*	10 - 13	8 - 9	15 - 18
Sederhana / *Moderate*	14 - 20	10 - 14	19 - 25
Teruk / *Severe*	21 - 27	15 - 19	26 - 33
Sangat Teruk / *Extremly Severe*	28+	20+	34+