

Variable	Frequency	Percentage	Reliability	Validity	Mean	Standard deviation
1	1					1
2	1	6	9	6	7	6
3	2	11	17	11	10	10
4	7	40	50	31	11	11
5	14	80	90	57	10	10

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	3					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29