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LAMPIRAN 1. KUISIONER PENELITIAN

Nama/Inisial	
Jenis Kelamin	P / L *lingkari jawaban yang dipilih
Pekerjaan	
Usia	
Berat Badan (IMT)	
Tinggi Badan	
Lama bersepeda	a. > 1 Tahun b. < 1 Tahun *lingkari jawaban yang dipilih
Nama komunitas	
Tanggal masuk komunitas	Sejak tahun
Jenis Sepeda	a. Mountain Bike (MTB) b. Road Bike (RB) c. Sepeda Lipat (<i>Folding Bike</i>) d. Sepeda Ontel *lingkari jawaban yang dipilih
Frekuensi Bersepeda (dalam 1 Pekan)	a. 1x /minggu b. 2-3x /minggu c. >3x / minggu *lingkari jawaban yang dipilih
Rata-rata Kecepatan Bersepeda	a. 10-15 km/jam b. 16-20 km/jam c. > 20 km / jam *lingkari jawaban yang dipilih
Rata-rata jarak tempuh bersepeda	a. >10 km b. <10 km *lingkari jawaban yang dipilih
Konsumsi alkohol	a. Ya b. Tidak *lingkari jawaban yang dipilih

Riwayat Merokok	a. Ya b. Tidak *lingkari jawaban yang dipilih. Jika memilih Ya, tuliskan sudah berapa lama anda merokok dan berapa batang/bungkus/hari
Konsumsi obat-obatan	Ya / Tidak *lingkari jawaban yang dipilih Jika memilih Ya , sebutkan nama jenis obat yang dikonsumsi : - -
Riwayat Penyakit	- - - -

LAMPIRAN 2. SURAT PERSETUJUAN ETIK



REKOMENDASI PERSETUJUAN ETIK

Nomor : 577/UN4.6.4.5.31/ PP36/ 2022

Tanggal: 11 Oktober 2022

Dengan ini Menyatakan bahwa Protokol dan Dokumen yang Berhubungan Dengan Protokol berikut ini telah mendapatkan Persetujuan Etik :

No Protokol	UH22080482		No Sponsor Protokol	
Peneliti Utama	Maryam Marsuki, S.Tr.Kes		Sponsor	
Judul Peneliti	Pengaruh Jarak Tempuh Dan Kecepatan Rata Rata Bersepeda Terhadap Perubahan Kadar F2-Isoprostane dan Creatine Kinase Myocardial Band (CK-MB) Pada Komunitas Sepeda Makassar Di Event "X"			
No Versi Protokol	2	Tanggal Versi	7 Oktober 2022	
No Versi PSP	2	Tanggal Versi	7 Oktober 2022	
Tempat Penelitian	Komunitas Sepeda di Makassar			
Jenis Review	<input type="checkbox"/> Exempted	<input checked="" type="checkbox"/> Expedited	<input type="checkbox"/> Fullboard Tanggal	Masa Berlaku 11 Oktober 2022 sampai 11 Oktober 2023 Frekuensi review lanjutan
Ketua KEP Universitas Hasanuddin	Nama	Prof.Dr.dr. Suryani As'ad, M.Sc.,Sp.GK (K)		Tanda tangan
Sekretaris KEP Universitas Hasanuddin	Nama	dr. Agussalim Bukhari, M.Med.,Ph.D.,Sp.GK (K)		Tanda tangan

Kewajiban Peneliti Utama:

- Menyerahkan Amandemen Protokol untuk persetujuan sebelum di implementasikan
- Menyerahkan Laporan SAE ke Komisi Etik dalam 24 jam dan dilengkapi dalam 7 hari dan Laporan SUSAR dalam 72 Jam setelah Peneliti Utama menerima laporan
- Menyerahkan Laporan Kemajuan (progress report) setiap 6 bulan untuk penelitian resiko tinggi dan setiap setahun untuk penelitian resiko rendah
- Menyerahkan laporan akhir setelah Penelitian berakhir
- Melaporkan penyimpangan dari protokol yang disetujui (protocol deviation / violation)
- Mematuhi semua peraturan yang ditentukan

LAMPIRAN 3. SURAT KETERANGAN SELESAI PENELITIAN**KEMENTERIAN PENDIDIKAN, KEBUDAYAAN,
RISET, DAN TEKNOLOGI
UNIVERSITAS HASANUDDIN
RUMAH SAKIT UNHAS**

Jl. Perintis Kemerdekaan Km. 10 Tamalanrea, Makassar 90245

Website www.rs.unhas.ac.id Email info@rs.unhas.ac.id Telp: (0411) 591331 Fax: (0411) 591332Nomor : 12452/UN4.24.1.1/PT.01.05/2022
Hal : **Surat Keterangan Selesai Penelitian**

23 Desember 2022

Dengan ini menerangkan bahwa mahasiswa yang beridentitas :

Nama : Maryam Marsuki
NIM : P062202030
Institusi : Universitas Hasanuddin, Makassar
Kode Penelitian : 221031_1

Telah menyelesaikan penelitian di Rumah Sakit Unhas.

Terhitung pada tanggal : 4 November 2022

Dengan Sampel : Data Primer : Elisa

Dalam rangka penyusunan Tesis yang berjudul:

"PENGARUH JARAK TEMPUH DAN KECEPATAN RATA-RATA BERSEPEDA TERHADAP PERUBAHAN KADAR F2-ISOPROSTANE DAN CREATINE KINASE MYOCARDIAL BAND (CK-MB) PADA KOMUNITAS SEPEDA MAKASSAR DI EVENT "BIKE FOR HEALTH"

Demikian surat keterangan ini dibuat dan diberikan kepada yang bersangkutan untuk dipergunakan seperlunya.

Manajer Pendidikan dan Penelitian,

dr. Aslir Taslim, Sp. Onk. Rad, M. Kes
NIP. 198304252012121003

LAMPIRAN 4. INFORMED CONSENT



KEMENTERIAN PENDIDIKAN, KEBUDAYAAN, RISET DAN TEKNOLOGI
 UNIVERSITAS HASANUDDIN FAKULTAS KEDOKTERAN
 KOMITE ETIK PENELITIAN UNIVERSITAS HASANUDDIN
 RSPTN UNIVERSITAS HASANUDDIN
 RSUP Dr. WAHIDIN SUDIROHUSODO MAKASSAR
 Sekretariat : Lantai 2 Gedung Laboratorium Terpadu
 JL.PERINTIS KEMERDEKAAN KAMPUS TAMALANREA KM.10 MAKASSAR 90245.



Contact Person: dr. Agusallim Bukhari., MMed, PhD, SpGK TELP. 081241850858, 0411 5780103. Fax : 0411-581431

FORMULIR PERSETUJUAN SETELAH PENJELASAN

Saya yang bertandatangan di bawah ini :

Nama :
 Umur :
 Masa Kerja :
 Satuan :
 Alamat :

setelah mendengar/membaca dan mengerti penjelasan yang diberikan mengenai tujuan, manfaat, dan apa yang akan dilakukan pada penelitian ini, menyatakan setuju untuk ikut dalam penelitian ini secara sukarela tanpa paksaan.

Saya tahu bahwa keikutsertaan saya ini bersifat sukarela tanpa paksaan, sehingga saya bisa menolak ikut atau mengundurkan diri dari penelitian ini. Saya berhak bertanya atau meminta penjelasan pada peneliti bila masih ada hal yang belum jelas atau masih ada hal yang ingin saya ketahui tentang penelitian ini.

Saya juga mengerti bahwa semua biaya yang dikeluarkan sehubungan dengan penelitian ini, akan ditanggung oleh peneliti. Saya percaya bahwa keamanan dan kerahasiaan data penelitian akan terjamin dan saya dengan ini menyetujui semua data saya yang dihasilkan pada penelitian ini untuk disajikan dalam bentuk lisan maupun tulisan.

Dengan membubuhkan tandatangan saya di bawah ini, saya menegaskan keikutsertaan saya secara sukarela dalam studi penelitian ini.

	Nama	Tanda tangan	Tgl/Bln/Thn
Responden
/Wali	
Saksi

(Tanda Tangan Saksi diperlukan hanya jika Partisipan tidak dapat memberikan consent/persetujuan sehingga menggunakan wali yang sah secara hukum, yaitu untuk partisipan berikut:

1. Berusia di bawah 18 tahun
2. Usia lanjut
3. Gangguan mental
4. Pasien tidak sadar
5. Dan lain-lain kondisi yang tidak memungkinkan memberikan persetujuan

LAMPIRAN 5. HASIL ANALISIS DATA SPSS

age group

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	30-45	15	50.0	50.0	50.0
	46-60	15	50.0	50.0	100.0
	Total	30	100.0	100.0	

body mass index 2

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	normal	16	53.3	53.3	53.3
	overweight	14	46.7	46.7	100.0
	Total	30	100.0	100.0	

kategori latihan

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	trained	13	43.3	43.3	43.3
	untrained	17	56.7	56.7	100.0
	Total	30	100.0	100.0	

riwayat merokok

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Ya	5	16.7	16.7	16.7
	tidak	25	83.3	83.3	100.0
	Total	30	100.0	100.0	

speed group

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	>median	15	50.0	50.0	50.0
	<median	15	50.0	50.0	100.0
	Total	30	100.0	100.0	

Group Statistics

	age group	N	Mean	Std. Deviation	Std. Error Mean
pretest ckmb	30-45	15	6.62093	2.280432	.588805
	46-60	15	5.73747	.577967	.149231
posttest ckmb	30-45	15	6.25213	.382074	.098651
	46-60	15	6.31853	.255447	.065956
delta_ckmb	30-45	15	-.3688	2.26577	.58502
	46-60	15	.5811	.53484	.13810
pretest f2 isoprostane	30-45	15	109.24033	52.551424	13.568719
	46-60	15	95.78380	48.519701	12.527733

posttest f2 isoprostane	30-45	15	95.18740	39.761864	10.266469
	46-60	15	123.25807	42.637604	11.008982
delta_f2isoprostane	30-45	15	-14.0529	41.71338	10.77035
	46-60	15	27.4743	67.45211	17.41606

Group Statistics

	speed group	N	Mean	Std. Deviation	Std. Error Mean
pretest ckmb	>median	15	5.87580	.537068	.138670
	<median	15	6.48260	2.338130	.603703
posttest ckmb	>median	15	6.23060	.391862	.101178
	<median	15	6.34007	.231561	.059789
delta_ckmb	>median	15	.3548	.57418	.14825
	<median	15	-.1425	2.33258	.60227
pretest f2 isoprostane	>median	15	112.82480	58.546254	15.116578
	<median	15	92.19933	39.462106	10.189072
posttest f2 isoprostane	>median	15	121.36713	41.109930	10.614538
	<median	15	97.07833	42.603110	11.000076
delta_f2isoprostane	>median	15	8.5423	69.81365	18.02581
	<median	15	4.8790	48.29598	12.46997

Group Statistics

	kategori latihan	N	Mean	Std. Deviation	Std. Error Mean
pretest ckmb	trained	13	6.38208	2.595098	.719751
	untrained	17	6.02406	.313952	.076145
posttest ckmb	trained	13	6.28562	.249977	.069331
	untrained	17	6.28512	.374205	.090758
delta_ckmb	trained	13	-.0965	2.56939	.71262
	untrained	17	.2611	.39375	.09550
pretest f2 isoprostane	trained	13	96.24900	51.321536	14.234033
	untrained	17	107.30147	50.294623	12.198238
posttest f2 isoprostane	trained	13	116.27446	51.449320	14.269474
	untrained	17	103.83024	35.873152	8.700517

delta_f2isoprostane	trained	13	20.0255	69.83400	19.36847
	untrained	17	-3.4712	48.99130	11.88214

Group Statistics

	Indeks Massa Tubuh	N	Mean	Std. Deviation	Std. Error Mean
pretest ckmb	Ideal	16	5.94638	.518298	.129574
	Overweight	14	6.44529	2.440801	.652332
posttest ckmb	Ideal	16	6.32275	.274925	.068731
	Overweight	14	6.24257	.372990	.099686
delta_ckmb	Ideal	16	.3764	.53051	.13263
	Overweight	14	-.2027	2.41658	.64586
pretest f2 isoprostane	Ideal	16	94.26681	55.362676	13.840669
	Overweight	14	111.93521	43.565337	11.643326
posttest f2 isoprostane	Ideal	16	112.58713	46.507604	11.626901
	Overweight	14	105.37771	39.867926	10.655151
delta_f2isoprostane	Ideal	16	18.3203	67.73043	16.93261
	Overweight	14	-6.5575	46.04228	12.30532

Group Statistics

	riwayat merokok	N	Mean	Std. Deviation	Std. Error Mean
pretest ckmb	Ya	5	6.25500	.273740	.122420
	tidak	25	6.16404	1.859676	.371935
posttest ckmb	Ya	5	6.36100	.273658	.122383
	tidak	25	6.27020	.332693	.066539
delta_ckmb	Ya	5	.1060	.39696	.17753
	tidak	25	.1062	1.84857	.36971
pretest f2 isoprostane	Ya	5	139.54780	65.100214	29.113701
	tidak	25	95.10492	44.626903	8.925381
posttest f2 isoprostane	Ya	5	137.24500	43.046789	19.251109
	tidak	25	103.61828	41.518933	8.303787
delta_f2isoprostane	Ya	5	-2.3028	56.82855	25.41450
	tidak	25	8.5134	60.41024	12.08205

AGE

Test Statistics^a

	posttest f2isoprostane klp 1 - pretest f2isoprostane klp 1	posttest ckmb klp 1 - pretest ckmb klp 1	posttest f2isoprostane klp 2 - pretest f2 isoprostane klp 2	posttest ckmb klp 2 - pretest ckmb klp 2
Z	-1.250 ^b	-1.079 ^c	-1.420 ^c	-3.010 ^c
Asymp. Sig. (2-tailed)	.211	.281	.156	.003

	delta_ckmb	delta_f2isoprost ane
Mann-Whitney U	62.000	68.000
Wilcoxon W	182.000	188.000
Z	-2.095	-1.846
Asymp. Sig. (2-tailed)	.036	.065
Exact Sig. [2*(1-tailed Sig.)]	.037 ^b	.067 ^b

SPEED

	posttest f2isoprostane klp 1 - pretest f2isoprostane klp 1	posttest ckmb klp 1 - pretest ckmb klp 1	posttest f2isoprostane klp 2 - pretest f2 isoprostane klp 2	posttest ckmb klp 2 - pretest ckmb klp 2
Z	-.170 ^b	-2.215 ^b	-.511 ^b	-2.045 ^b
Asymp. Sig. (2-tailed)	.865	.027	.609	.041

	delta_ckmb	delta_f2isoprost ane
Mann-Whitney U	108.000	107.000
Wilcoxon W	228.000	227.000
Z	-.187	-.228
Asymp. Sig. (2-tailed)	.852	.820
Exact Sig. [2*(1-tailed Sig.)]	.870 ^b	.838 ^b

KATEGORI LATIHAN

	posttest f2 klp 1 - pretest f2 klp 1	posttest ckmb klp1 - pretest ckmb klp 1	posttestf2 klp 2 - pretest f2 klp 2	posttest ckmb klp 2 - pretest ckmb klp 2
Z	-.804 ^b	-1.852 ^b	-.260 ^c	-2.201 ^b
Asymp. Sig. (2-tailed)	.422	.064	.795	.028
	delta_ckmb	delta_f2isoprost ane		
Mann-Whitney U	83.000	89.000		
Wilcoxon W	236.000	242.000		
Z	-1.151	-.900		
Asymp. Sig. (2-tailed)	.250	.368		
Exact Sig. [2*(1-tailed Sig.)]	.263 ^b	.385 ^b		

IMT

	posttest f2isoprostane klp ideal - pretest f2isoprostane klp ideal	posttest ckmb klp ideal - pretest ckmb klp ideal	posttest f2isoprostane klp overweight - pretest f2isoprostane klp overweight	posttest ckmb klp overweight - pretest ckmb klp overweight
Z	-1.034 ^b	-2.585 ^b	-.534 ^c	-1.726 ^b
Asymp. Sig. (2-tailed)	.301	.010	.594	.084
	delta_ckmb	delta_f2isoprost ane		
Mann-Whitney U	106.000	87.000		
Wilcoxon W	242.000	192.000		
Z	-.249	-1.039		
Asymp. Sig. (2-tailed)	.803	.299		
Exact Sig. [2*(1-tailed Sig.)]	.822 ^b	.313 ^b		

VO2max

	posttest f2isoprostane baik - pretest f2isoprostane baik	posttest ckmb baik - pretest ckmb baik	posttest f2isoprostane buruk - pretest f2isoprostane buruk	posttest ckmb buruk - pretest ckmb buruk
--	--	--	--	--

Z	-1.836 ^b	-2.192 ^b	-.852 ^c	-2.103 ^b
Asymp. Sig. (2-tailed)	.066	.028	.394	.035
	delta_ckmb	delta_f2isoprostane		
Mann-Whitney U	76.000	48.000		
Wilcoxon W	307.000	279.000		
Z	-.837	-2.104		
Asymp. Sig. (2-tailed)	.402	.035		
Exact Sig. [2*(1-tailed Sig.)]	.422 ^b	.036 ^b		

PEROKOK

	posttest f2isoprostane klp perokok - pretest f2isoprostane klp perokok	posttest ckmb klp perokok - pretest ckmb klp perokok	posttest f2isoprostane klp nonperokok - pretest f2isoprostane klp nonperokok	posttest ckmb klp nonperokok - pretest ckmb klp nonperokok	post f2isoprostane k.perokok - pre f2isoprostane k.perokok
Z	-.405 ^b	-.944 ^c	-.471 ^c	-2.839 ^c	-2.768 ^b
Asymp. Sig. (2-tailed)	.686	.345	.638	.005	.006
	delta_ckmb	delta_f2isoprostane			
Mann-Whitney U	43.000	55.000			
Wilcoxon W	58.000	70.000			
Z	-1.085	-.417			
Asymp. Sig. (2-tailed)	.278	.676			
Exact Sig. [2*(1-tailed Sig.)]	.300 ^b	.706 ^b			

Correlations

		delta_ckmb	delta_f2isoprostane
Spearman's rho	delta_ckmb	Correlation Coefficient	1.000
		Sig. (1-tailed)	.
		N	30
	delta_f2isoprostane	Correlation Coefficient	.321 [*]
		Sig. (1-tailed)	.042
		N	30

LAMPIRAN 6. DOKUMENTASI





LAMPIRAN 7. DAFTAR RIWAYAT HIDUP

DAFTAR RIWAYAT HIDUP

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