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LAMPIRAN I

LEMBAR INFORMED CONSENT

Saya yang bertanda tangan dibawah ini:

Nama :

Alamat :

Bersedia menjadi responden dalam penelitian yang dilakukan oleh:

Nama : Nur Rahmi

Nim : P102191007

Setelah mendapat penjelasan mengenai penelitian ini saya mengerti bahwa segala informasi akan dirahasiakan dan hanya digunakan untuk kepentingan penelitian. Maka saya bersedia dengan suka rela dan tanpa ada unsur paksaan dari siapapun untuk menjadi responden penelitian ini yang berjudul "**Efek Pemberian Madu Sehat Terhadap Kadar Hemoglobin Pada Ibu Hamil Anemia Ringan**".

Makassar, Agustus 2021

Responden

LAMPIRAN II
LEMBAR OBSERVASI

Efek Pemberian Madu Sehat Terhadap Kadar Hemoglobin Pada Ibu Hamil
Anemia Ringan

A. Data Demografi

1. Nama :
2. Umur :
3. Pendidikan :
4. Pekerjaan :
5. Agama :
6. Alamat :
7. Umur Kehamilan : Bulan
8. Paritas :
9. Jarak Kehamilan :
10. Riwayat Persalinan :

B. Pemberian Madu + Fe

Hari	Pemberian Madu + Fe	
	Madu	Fe
1		
2		
3		
4		
5		
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30		

Hari	Pemberian Madu + Fe	
	Madu	Fe
31		
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C. Kadar HB

Hb 11,00 gr%

Hb 9-10,5 gr%

Hb 7-8,9 gr%

Hb <7,0 gr%

LAMPIRAN II
LEMBAR OBSERVASI

Efek Pemberian Madu Sehat Terhadap Kadar Hemoglobin Pada Ibu Hamil
Anemia Ringan

A. Data Demografi

1. Nama :
2. Umur :
3. Pendidikan :
4. Pekerjaan :
5. Agama :
6. Alamat :
7. Umur Kehamilan : Bulan
8. Paritas :
9. Jarak Kehamilan :
10. Riwayat Persalinan :

B. Pemberian Fe

Hari	Tablet Fe	Hari	Tablet Fe
1		31	
2		32	
3		33	
4		34	
5		35	
6		36	
7		37	
8		38	
9		39	
10		40	
11		41	
12		42	
13		43	
14		44	
15		45	
16		46	
17		47	
18		48	
19		49	
20		50	
21		51	
22		52	
23		53	
24		54	
25		55	
26		56	
27		57	
28		58	
29		59	
30		60	

C. Kadar HB

Hb 11,00 gr%

Hb 9-10,5 gr%

Hb 7-8,9 gr%

Hb <7,0 gr%

LAMPIRAN III

Kessler Psychological Distress Scale (K10)

Petunjuk pengisian

Kuesioner ini terdiri dari berbagai pernyataan yang mungkin sesuai dengan pengalaman ibu dalam menghadapi situasi hidup sehari-hari. Ibu diminta untuk menjawab dengan cara **memberi tanda silang (X)** pada salah satu kolom yang paling sesuai dengan pengalaman ibu selama trimester kehamilan ini. Tidak ada jawaban yang benar ataupun salah, karena itu isilah sesuai dengan keadaan diri ibu yang sesungguhnya yaitu berdasarkan jawaban pertama yang terlintas dalam pikiran ibu.

1. Seberapa sering Anda merasa lelah tanpa alasan yang tidak bagus?
 - a. Tidak pernah
 - b. Hanya sekali
 - c. Terkadang
 - d. Sering
 - e. Setiap waktu

2. Seberapa sering anda merasa gugup?
 - a. Tidak pernah
 - b. Hanya sekali
 - c. Terkadang
 - d. Sering
 - e. Setiap waktu

3. Seberapa sering Anda merasa gugup dan tidak ada bisa menenangkan diri Anda?
 - a. Tidak pernah
 - b. Hanya sekali
 - c. Terkadang
 - d. Sering
 - e. Setiap waktu
4. Seberapa sering anda merasa putus asa?
 - a. Tidak pernah
 - b. Hanya sekali
 - c. Terkadang
 - d. Sering
 - e. Setiap waktu
5. Seberapa sering anda merasa resah dan gelisah?
 - a. Tidak pernah
 - b. Hanya sekali
 - c. Terkadang
 - d. Sering
 - e. Setiap waktu
6. Seberapa sering anda merasa resah sehingga anda tidak bisa duduk diam?
 - a. Tidak pernah
 - b. Hanya sekali
 - c. Terkadang
 - d. Sering
 - e. Setiap waktu

7. Seberapa sering anda merasa murung?
 - a. Tidak pernah
 - b. Hanya sekali
 - c. Terkadang
 - d. Sering
 - e. Setiap waktu

8. Seberapa sering anda merasa semua adalah usaha?
 - a. Tidak pernah
 - b. Hanya sekali
 - c. Terkadang
 - d. Sering
 - e. Setiap waktu

9. Seberapa sering anda merasa sedih dan tidak ada yang bisa membuat anda senang?
 - a. Tidak pernah
 - b. Hanya sekali
 - c. Terkadang
 - d. Sering
 - e. Setiap waktu

10. Seberapa sering anda merasa tak berguna?
 - a. Tidak pernah
 - b. Hanya sekali
 - c. Terkadang
 - d. Sering
 - e. Setiap waktu

Harap diperiksa kembali, jangan sampai ada yang terlewatkan. Terima kasih.

MASTER TABEL
EFEK PEMBERIAN MADU SEHAT TERHADAP KADAR HEMOGLOBIN
PADA IBU HAMIL ANEMIA RINGAN

No	Nama	Umur (tahun)	Pendidikan	Pekerjaan	Paritas	TD Sistol (mmHg)		TD Diastol (mmHg)	TB (cm)	BB (kg)	UK (MGG)	TFU (cm)	Letak Janin Kep/Su/Li	DJJ (x/i)	Hb Pre (gr/dl)	Hb Post (gr/dl)
1	Ny. N	24	D3	IRT	multipara	110	1	70	156	52	18-20	15/72	Ball (-)	(-)	8.50	10.30
2	Ny. R	26	D3	IRT	multipara	100		60	151	42	20-22	(-)	Puka	147	8.60	10.00
3	Ny. R	26	Akademi	karyawan / wiraswasta	primipara	100		60	151	42	20-22	(-)	Puka	147	9.00	10.50
4	Ny. N	20	(-)	IRT	primipara	100		80	160	70	20-22	18/92	Puki	120	9.50	10.80
5	Ny. R	29	SMA	IRT	multipara	90	2	60	155	48	34-36	23/81	Puka	135	8.00	10.40
6	Ny. S	35	SMA	IRT	primipara	100		60	138	60	38-40	33/95	Puka	138	9.80	10.10
7	Ny. R	20	SMP	IRT	multipara	100		70	148	35	10-12	10/62	Ball	(-)	9.90	10.80
8	Ny. N	19	SMA	IRT	multipara	110		60	147	49	22-24	17/80	Ball	(-)	9.80	10.40
9	Ny. Y	30	SMA	IRT	primipara	100		60	154	40	24-26	19/70	Puka	150	8.70	10.70
10	Ny. A	23	SMP	IRT	multipara	110		70	154	75	12-14	16/72	Ball	(-)	9.80	10.70
11	Ny. N	28	SMK	IRT	multipara	100		70	155	54	12-14	10/68	Ball	(-)	8.60	10.60
12	Ny. N	26	SLTA	IRT	primipara	90		60	154	54	8-10	10/62	Ball	(-)	8.60	10.60
13	Ny. E	35	SMK	IRT	primipara	100		70	147	48	16-18	17/86	Ball	(-)	9.10	10.80
14	Ny. R	20	SMA	karyawan / wiraswasta	primipara	110		80	149	54	4-6	10/62	Ball	(-)	8.20	10.60
15	Ny. B	20	SLTP	IRT	primipara	90		60	142	49	10-12	12/64	Ball	(-)	9.50	10.80
16	Ny. I	40	SMA	IRT	multipara	110		70	157	60	32-34	28/92	Puki	148	9.40	10.40
17	Ny. E	31	SMA	IRT	multipara	120		70	165	48	28-30	28/87	Puki	136	9.00	10.00
18	Ny. K	25	SLTA	IRT	multipara	80		60	150	44	12-14	10/62	Ball	(-)	9.00	10.60
19	Ny. F	17	SD	IRT	primipara	140		80	150	54	28-30	32/89	Puki	140	9.80	10.30

20	Ny. R	35	SMA	IRT	primipara	130		90	152	64	28-30	32/100	Puka	150	9.90	10.00
21	Ny. N	18	SMP	IRT	multipara	90		70	154	87	36-38	34/105	Puka/Puki	140/142	9.80	10.40
22	Ny. T	29	SMP	karyawan / wiraswasta	multipara	130		90	150	59	22-24	20/82	Puki	120	9.90	10.80
23	Ny. F	30	SLTA	IRT	multipara	84		62	145	41	30-32	31/82	Puka	150	8.90	10.60
24	Ny. N	18	SMP	IRT	primipara	90		60	143	46	24-26	19/81	Puki	132	8.70	10.60
25	Ny. A	22	SMA	IRT	primipara	100		73	155	47	8-10	10/62	Ball	(-)	8.80	11.40
26	Ny. M	27	SMP	IRT	multipara	90		70	157	42	18-20	14/72	Ball	(-)	8.30	11.20
27	Ny. A	28	S2	IRT	multipara	120		80	155	35	8-10	10/62	Ball	(-)	9.90	11.00
28	Ny. K	17	SMP	IRT	primipara	110		80	156	50	40-42	32/84	Puki	140	8.90	12.00
29	Ny. N	34	SMA	IRT	multipara	120		90	150	62	32-33	25/98	Puka	150	9.70	11.80
30	Ny. M	32	SMP	IRT	multipara	120		90	147	55	24-29	29/94	Puki	153	9.30	12.30
31	Ny. N	34	S1	IRT	primipara	110		70	145	48	16-17	(-)	Ball	(-)	9.80	11.00
32	Ny. N	18	SMP	IRT	multipara	100		70	154	83	32-34	32/109	Puka	147	9.90	11.10
33	Ny. T	27	SMA	IRT	multipara	110		70	149	50	20-23	25/97	Puka	110	8.50	12.50
34	Ny. W	26	S1	IRT	primipara	100		70	148	50	30-32	21/80	Puki	138	8.40	12.70
35	Ny. T	18	SMK	IRT	multipara	110		70	150	62	32-34	32/93	Puka	150	9.60	12.10
36	Ny. N	37	SMA	IRT	primipara	120		80	148	67	22-24	20/78	Ball	(-)	8.80	11.00
37	Ny. S	30	S2	IRT	multipara	110		70	148	54	8-10	10/62	Ball	(-)	9.80	13.80
38	Ny. H	33	SMP	Dosen	multipara	130		84	150	70	32-34	26/86	Puki	146	9.90	13.00
39	Ny. N	24	SMA	IRT	primipara	130		80	149	57	38-40	33/96	Puki	136	9.00	12.00

40	Ny. Y	20	SD	IRT	multipara	100		70	148	53	6-8	10/62	Ball	(-)	8.90	12.10
41	Ny. M	23	SMA	karyawan / wiraswasta	multipara	120		70	150	42	22-24	14/70	Ball	(-)	8.90	11.30
42	Ny. H	25	D4	IRT	primipara	100		65	161	84	36-38	31/10 7	Puki	156	8.70	12.30
43	Ny. R	40	SD	IRT	primipara	110		70	162	67	24-26	24/92	Puka	133	8.90	12.00
44	Ny. M	21	SMK	IRT	primipara	120		80	149	66	20-22	20/70	Ball	(-)	9.00	13.90
45	Ny. D	24	SMK	guru / honoror / PNS	multipara	130		80	143	49	26-28	21/80	Puka	144	9.80	15.00
46	Ny. P	28	SMA	IRT	multipara	110		70	157	74	18-20	20/99	Ball	(-)	9.00	12.00
47	Ny. E	28	SLTA	IRT	multipara	100		60	148	49	28-29	26/87	Puki	130	9.60	13.10
48	Ny. S	40	SMA	IRT	multipara	110		80	150	78	38-40	42/11 2	Puka	152	8.50	13.50
49	Ny. N	30	SD	IRT	multipara	120		70	149	54	38-40	32/94	Puki	151	8.20	11.00
50	Ny. S	35	SLTA	IRT	multipara	120		70	150	61	26-28	33/95	Puka	149	9.70	11.80
51	Ny. A	29	SMA	IRT	primipara	127		90	140	56	32-34	28/93	Puka	152	8.70	12.20
52	Ny. S	34	SMK	karyawan / wiraswasta	multipara	150		90	156	81	38-40	34/11 1	Puka	145	9.40	11.60
53	Ny. R	25	SMA	IRT	primipara	90		70	155	50	34-36	33/86	Puka	153	9.50	12.00
54	Ny. A	23	SMP	guru / honoror / PNS	multipara	110		70	145	46	12-14	10/62	Ball	(-)	9.80	12.20
55	Ny. N	18	SMK	IRT	multipara	100		70	153	43	22-24	17/72	Ball	(-)	8.20	13.20
56	Ny. I	37	SLTA	IRT	multipara	100		75	156	64	28-30	27/89	Puki	146	9.70	11.00
57	Ny. R	22	SMK	IRT	multipara	110		70	150	59	34-36	27/98	Puka	154	9.90	12.20
58	Ny. N	25	SLTA	karyawan /	multipara	90		70	146	50	30-32	27/58	Puka	136	9.00	11.90

				wiraswasta												
59	Ny. R	22	SMP	karyawan / wiraswasta	multipara	100		70	150	43	32-34	27/88	Puka	146	9.40	12.00
60	Ny. N	19	SMP	IRT	multipara	100		80	143	42	38-40	32/98	Puka	153	9.70	12.50

Analisis Univariat

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Klmpk_umur * Kelompok	60	100.0%	0	0.0%	60	100.0%
Pendidikan * Kelompok	60	100.0%	0	0.0%	60	100.0%
pekerjaan * Kelompok	60	100.0%	0	0.0%	60	100.0%
paritas * Kelompok	60	100.0%	0	0.0%	60	100.0%

Klmpk_umur * Kelompok Crosstabulation

			Kelompok		Total
			Kelompok kontrol	Kelompok intervensi	
Klmpk_umur	<20 tahun	Count	9	5	14
		% within Kelompok	30.0%	16.7%	23.3%
	20-35 tahun	Count	20	21	41
		% within Kelompok	66.7%	70.0%	68.3%
	>35 tahun	Count	1	4	5
		% within Kelompok	3.3%	13.3%	8.3%
Total		Count	30	30	60
		% within Kelompok	100.0%	100.0%	100.0%

Pendidikan * Kelompok Crosstabulation

			Kelompok		Total
			Kelompok kontrol	Kelompok intervensi	
Pendidikan	Tidak sekolah	Count	1	0	1
		% within Kelompok	3.3%	0.0%	1.7%
	SD	Count	1	3	4
		% within Kelompok	3.3%	10.0%	6.7%
	SMP/SLTP	Count	9	5	14
		% within Kelompok	30.0%	16.7%	23.3%
	SMA/SMK/SLTA	Count	15	18	33
		% within Kelompok	50.0%	60.0%	55.0%
	D3/D4/S1/S2/Akade mi	Count	4	4	8
		% within Kelompok	13.3%	13.3%	13.3%
	Total	Count	30	30	60
		% within Kelompok	100.0%	100.0%	100.0%

pekerjaan * Kelompok Crosstabulation

			Kelompok		Total
			Kelompok kontrol	Kelompok intervensi	
pekerjaan	IRT	Count	27	23	50
		% within Kelompok	90.0%	76.7%	83.3%
	karyawan / wiraswasta	Count	3	4	7
		% within Kelompok	10.0%	13.3%	11.7%
	guru / honorer / PNS	Count	0	2	2
		% within Kelompok	0.0%	6.7%	3.3%
	Dosen	Count	0	1	1
		% within Kelompok	0.0%	3.3%	1.7%
	Total	Count	30	30	60
		% within Kelompok	100.0%	100.0%	100.0%

paritas * Kelompok Crosstabulation

			Kelompok		Total
			Kelompok kontrol	Kelompok intervensi	
Paritas	Primipara	Count	13	9	22
		% within Kelompok	43.3%	30.0%	36.7%
	Multipara	Count	17	21	38
		% within Kelompok	56.7%	70.0%	63.3%
Total		Count	30	30	60
		% within Kelompok	100.0%	100.0%	100.0%

Case Processing Summary

		Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
Klmpk_umur	Kelompok kontrol	30	100.0%	0	0.0%	30	100.0%
	Kelompok intervensi	30	100.0%	0	0.0%	30	100.0%
Pendidikan	Kelompok kontrol	30	100.0%	0	0.0%	30	100.0%
	Kelompok intervensi	30	100.0%	0	0.0%	30	100.0%
Pekerjaan	Kelompok kontrol	30	100.0%	0	0.0%	30	100.0%
	Kelompok intervensi	30	100.0%	0	0.0%	30	100.0%
Paritas	Kelompok kontrol	30	100.0%	0	0.0%	30	100.0%
	Kelompok intervensi	30	100.0%	0	0.0%	30	100.0%

Descriptives

Kelompok		Statistic	Std. Error		
Klmpk_umur	Kelompok kontrol	Mean	1.73	.095	
		95% Confidence Interval for Mean	Lower Bound	1.54	
			Upper Bound	1.93	
		5% Trimmed Mean		1.72	
		Median		2.00	
		Variance		.271	
		Std. Deviation		.521	
		Minimum		1	
		Maximum		3	
		Range		2	
		Interquartile Range		1	
		Skewness		-.298	.427
		Kurtosis		-.295	.833

	Kelompok intervensi	Mean	1.97	.102
		95% Confidence Interval for Mean	Lower Bound 1.76	
			Upper Bound 2.17	
		5% Trimmed Mean	1.96	
		Median	2.00	
		Variance	.309	
		Std. Deviation	.556	
		Minimum	1	
		Maximum	3	
		Range	2	
		Interquartile Range	0	
		Skewness	-.022	.427
		Kurtosis	.623	.833
Pendidikan	Kelompok kontrol	Mean	2.6667	.16141
		95% Confidence Interval for Mean	Lower Bound 2.3365	
			Upper Bound 2.9968	
		5% Trimmed Mean	2.7222	
		Median	3.0000	
		Variance	.782	
		Std. Deviation	.88409	
		Minimum	.00	
		Maximum	4.00	
		Range	4.00	
		Interquartile Range	1.00	
		Skewness	-.867	.427
		Kurtosis	1.724	.833
	Kelompok intervensi	Mean	2.7667	.14920
		95% Confidence Interval for Mean	Lower Bound 2.4615	
			Upper Bound 3.0718	
		5% Trimmed Mean	2.7963	
		Median	3.0000	
		Variance	.668	
		Std. Deviation	.81720	
		Minimum	1.00	
		Maximum	4.00	
		Range	3.00	
		Interquartile Range	1.00	
		Skewness	-.749	.427
		Kurtosis	.492	.833
Pekerjaan	Kelompok kontrol	Mean	1.1000	.05571

		95% Confidence	Lower Bound	.9861	
		Interval for Mean	Upper Bound	1.2139	
		5% Trimmed Mean		1.0556	
		Median		1.0000	
		Variance		.093	
		Std. Deviation		.30513	
		Minimum		1.00	
		Maximum		2.00	
		Range		1.00	
		Interquartile Range		.00	
		Skewness		2.809	.427
		Kurtosis		6.308	.833
	Kelompok intervensi	Mean		1.3667	.13965
		95% Confidence	Lower Bound	1.0811	
		Interval for Mean	Upper Bound	1.6523	
		5% Trimmed Mean		1.2593	
		Median		1.0000	
		Variance		.585	
		Std. Deviation		.76489	
		Minimum		1.00	
		Maximum		4.00	
		Range		3.00	
		Interquartile Range		.25	
		Skewness		2.217	.427
		Kurtosis		4.517	.833
Paritas	Kelompok kontrol	Mean		1.5667	.09202
		95% Confidence	Lower Bound	1.3785	
		Interval for Mean	Upper Bound	1.7549	
		5% Trimmed Mean		1.5741	
		Median		2.0000	
		Variance		.254	
		Std. Deviation		.50401	
		Minimum		1.00	
		Maximum		2.00	
		Range		1.00	
		Interquartile Range		1.00	
		Skewness		-.283	.427
		Kurtosis		-2.062	.833
	Kelompok intervensi	Mean		1.7000	.08510
		95% Confidence	Lower Bound	1.5260	

Interval for Mean	Upper Bound	1.8740	
5% Trimmed Mean		1.7222	
Median		2.0000	
Variance		.217	
Std. Deviation		.46609	
Minimum		1.00	
Maximum		2.00	
Range		1.00	
Interquartile Range		1.00	
Skewness		-.920	.427
Kurtosis		-1.242	.833

Test of Homogeneity of Variance

		Levene			
		Statistic	df1	df2	Sig.
Klmpk_umur	Based on Mean	1.526	1	58	.222
	Based on Median	.075	1	58	.786
	Based on Median and with adjusted df	.075	1	57.954	.786
	Based on trimmed mean	1.610	1	58	.210
Pendidikan	Based on Mean	.334	1	58	.566
	Based on Median	.303	1	58	.584
	Based on Median and with adjusted df	.303	1	57.797	.584
	Based on trimmed mean	.303	1	58	.584
Pekerjaan	Based on Mean	13.798	1	58	.000
	Based on Median	3.146	1	58	.081
	Based on Median and with adjusted df	3.146	1	38.002	.084
	Based on trimmed mean	9.584	1	58	.003
Paritas	Based on Mean	3.863	1	58	.054
	Based on Median	1.132	1	58	.292
	Based on Median and with adjusted df	1.132	1	57.649	.292
	Based on trimmed mean	3.863	1	58	.054

Descriptive Statistics

Kelompok		N	Minimum	Maximum	Mean	Std. Deviation
Kelompok control	TB	30	138.00	165.00	151.5667	5.58744
	BB	30	35.00	87.00	52.2000	11.53824
	HbPre	30	8.00	9.90	9.1633	.58692
	PreENERGI	30	441.8	2903.6	1574.067	557.8647
	PrePROTEIIN	30	17.9	97.9	49.460	20.0970
	PreKARBOHIDRAT	30	78.8	395.9	245.133	77.6560
	PreSERAT	30	1.1	19.1	9.987	4.2605
	PreFE	30	2.0	30.5	7.647	6.0747
	PreVIT.A	30	348.9	636.9	506.243	72.7892
	PreVIT.E	30	4.7	15.2	9.680	2.9292
	PreVIT.B1	30	.5	1.1	.800	.1742
	PreVIT.B2	30	.5	1.3	.920	.2310
	PreVIT.B6	30	.5	1.3	.820	.2074
	PreASAM.FOLAT	30	78.8	634.2	284.800	134.9472
	PreVIT.C	30	2.0	47.9	8.927	8.8339
	Valid N (listwise)		30			
Kelompok intervensi	TB	30	140.00	162.00	150.0667	4.99609
	BB	30	42.00	84.00	58.4000	12.59338
	HbPre	30	8.20	9.90	9.2067	.55269
	PreENERGI	30	152.6	5053.0	1887.367	896.2823
	PrePROTEIIN	30	4.0	156.5	53.773	26.8351
	PreKARBOHIDRAT	30	28.5	752.0	327.903	157.0483
	PreSERAT	30	3.1	331.6	22.183	58.5998
	PreFE	30	2.6	64.2	12.047	13.4381
	PreVIT.A	30	349.9	636.9	496.357	74.9144
	PreVIT.E	30	4.7	15.2	10.543	3.1960
	PreVIT.B1	30	.5	1.1	.773	.1837
	PreVIT.B2	30	.5	1.3	.847	.2417
	PreVIT.B6	30	.5	1.3	.830	.2087
	PreASAM.FOLAT	30	28.5	435.0	253.193	101.0760
	PreVIT.C	30	2.0	64.2	8.857	11.2580
	Valid N (listwise)		30			

Case Processing Summary

	Kelompok	Cases					
		Valid		Missing		Total	
		N	Percent	N	Percent	N	Percent
TB	Kelompok control	30	100.0%	0	0.0%	30	100.0%
	Kelompok intervensi	30	100.0%	0	0.0%	30	100.0%
BB	Kelompok control	30	100.0%	0	0.0%	30	100.0%
	Kelompok intervensi	30	100.0%	0	0.0%	30	100.0%
HbPre	Kelompok control	30	100.0%	0	0.0%	30	100.0%
	Kelompok intervensi	30	100.0%	0	0.0%	30	100.0%
PreENERGI	Kelompok control	30	100.0%	0	0.0%	30	100.0%
	Kelompok intervensi	30	100.0%	0	0.0%	30	100.0%
PrePROTEIIN	Kelompok control	30	100.0%	0	0.0%	30	100.0%
	Kelompok intervensi	30	100.0%	0	0.0%	30	100.0%
PreKARBOHIDRAT	Kelompok control	30	100.0%	0	0.0%	30	100.0%
	Kelompok intervensi	30	100.0%	0	0.0%	30	100.0%
PreSERAT	Kelompok control	30	100.0%	0	0.0%	30	100.0%
	Kelompok intervensi	30	100.0%	0	0.0%	30	100.0%
PreFE	Kelompok control	30	100.0%	0	0.0%	30	100.0%
	Kelompok intervensi	30	100.0%	0	0.0%	30	100.0%
PreVIT.A	Kelompok control	30	100.0%	0	0.0%	30	100.0%
	Kelompok intervensi	30	100.0%	0	0.0%	30	100.0%
PreVIT.E	Kelompok control	30	100.0%	0	0.0%	30	100.0%
	Kelompok intervensi	30	100.0%	0	0.0%	30	100.0%
PreVIT.B1	Kelompok control	30	100.0%	0	0.0%	30	100.0%
	Kelompok intervensi	30	100.0%	0	0.0%	30	100.0%
PreVIT.B2	Kelompok control	30	100.0%	0	0.0%	30	100.0%
	Kelompok intervensi	30	100.0%	0	0.0%	30	100.0%
PreVIT.B6	Kelompok control	30	100.0%	0	0.0%	30	100.0%
	Kelompok intervensi	30	100.0%	0	0.0%	30	100.0%
PreASAM.FOLAT	Kelompok control	30	100.0%	0	0.0%	30	100.0%
	Kelompok intervensi	30	100.0%	0	0.0%	30	100.0%
PreVIT.C	Kelompok control	30	100.0%	0	0.0%	30	100.0%
	Kelompok intervensi	30	100.0%	0	0.0%	30	100.0%

Descriptives

	Kelompok		Statistic	Std. Error
TB	Kelompok control	Mean	151.5667	1.02012
		95% Confidence Interval for Mean	Lower Bound 149.4803 Upper Bound 153.6531	
		5% Trimmed Mean	151.5926	
		Median	151.5000	
		Variance	31.220	
		Std. Deviation	5.58744	
		Minimum	138.00	
		Maximum	165.00	
		Range	27.00	
		Interquartile Range	7.25	
		Skewness	-.193	.427
		Kurtosis	.661	.833
		Kelompok intervensi	Mean	150.0667
	95% Confidence Interval for Mean		Lower Bound 148.2011 Upper Bound 151.9322	
	5% Trimmed Mean		149.9259	
	Median		149.5000	
	Variance		24.961	
	Std. Deviation		4.99609	
	Minimum		140.00	
	Maximum		162.00	
	Range		22.00	
	Interquartile Range		5.25	
	Skewness		.551	.427
Kurtosis	.558		.833	
BB	Kelompok control	Mean	52.2000	2.10659
		95% Confidence Interval for Mean	Lower Bound 47.8915 Upper Bound 56.5085	
		5% Trimmed Mean	51.4444	
		Median	49.5000	
		Variance	133.131	
		Std. Deviation	11.53824	
		Minimum	35.00	
		Maximum	87.00	
		Range	52.00	

		Interquartile Range	15.75	
		Skewness	1.100	.427
		Kurtosis	1.758	.833
	Kelompok intervensi	Mean	58.4000	2.29923
		95% Confidence Interval for Mean	Lower Bound 53.6976 Upper Bound 63.1024	
		5% Trimmed Mean	57.9074	
		Median	55.0000	
		Variance	158.593	
		Std. Deviation	12.59338	
		Minimum	42.00	
		Maximum	84.00	
		Range	42.00	
		Interquartile Range	18.00	
		Skewness	.638	.427
		Kurtosis	-.594	.833
HbPre	Kelompok control	Mean	9.1633	.10716
		95% Confidence Interval for Mean	Lower Bound 8.9442 Upper Bound 9.3825	
		5% Trimmed Mean	9.1833	
		Median	9.0500	
		Variance	.344	
		Std. Deviation	.58692	
		Minimum	8.00	
		Maximum	9.90	
		Range	1.90	
		Interquartile Range	1.13	
		Skewness	-.201	.427
		Kurtosis	-1.201	.833
	Kelompok intervensi	Mean	9.2067	.10091
		95% Confidence Interval for Mean	Lower Bound 9.0003 Upper Bound 9.4130	
		5% Trimmed Mean	9.2241	
		Median	9.2000	
		Variance	.305	
		Std. Deviation	.55269	
		Minimum	8.20	
		Maximum	9.90	
		Range	1.70	
		Interquartile Range	.95	

		Skewness	- .298	.427		
		Kurtosis	-1.249	.833		
PreENERGI	Kelompok control	Mean	1574.067	101.8517		
		95% Confidence Interval for Mean	Lower Bound 1365.757	Upper Bound 1782.377		
		5% Trimmed Mean	1563.011			
		Median	1586.700			
		Variance	311213.029			
		Std. Deviation	557.8647			
		Minimum	441.8			
		Maximum	2903.6			
		Range	2461.8			
		Interquartile Range	816.7			
			Skewness	.250	.427	
			Kurtosis	-.129	.833	
		Kelompok intervensi	Mean	1887.367	163.6380	
			95% Confidence Interval for Mean	Lower Bound 1552.689	Upper Bound 2222.044	
			5% Trimmed Mean	1832.246		
			Median	1825.350		
			Variance	803321.919		
			Std. Deviation	896.2823		
			Minimum	152.6		
			Maximum	5053.0		
	Range		4900.4			
	Interquartile Range		800.1			
		Skewness	1.419	.427		
		Kurtosis	4.601	.833		
PrePROTEIIN	Kelompok control	Mean	49.460	3.6692		
		95% Confidence Interval for Mean	Lower Bound 41.956	Upper Bound 56.964		
		5% Trimmed Mean	48.831			
		Median	48.500			
		Variance	403.891			
		Std. Deviation	20.0970			
		Minimum	17.9			
		Maximum	97.9			
		Range	80.0			
		Interquartile Range	32.8			
				Skewness	.337	.427

		Kurtosis	- .370	.833	
Kelompok intervensi		Mean	53.773	4.8994	
		95% Confidence Interval for Mean	Lower Bound Upper Bound	43.753 63.794	
		5% Trimmed Mean	51.972		
		Median	48.950		
		Variance	720.124		
		Std. Deviation	26.8351		
		Minimum	4.0		
		Maximum	156.5		
		Range	152.5		
		Interquartile Range	33.9		
		Skewness	1.743	.427	
		Kurtosis	6.654	.833	
	PreKARBOHIDRAT Kelompok control		Mean	245.133	14.1780
			95% Confidence Interval for Mean	Lower Bound Upper Bound	216.136 274.131
		5% Trimmed Mean	244.837		
		Median	235.600		
		Variance	6030.456		
		Std. Deviation	77.6560		
		Minimum	78.8		
		Maximum	395.9		
		Range	317.1		
		Interquartile Range	111.9		
		Skewness	.315	.427	
		Kurtosis	- .163	.833	
Kelompok intervensi			Mean	327.903	28.6730
			95% Confidence Interval for Mean	Lower Bound Upper Bound	269.261 386.546
		5% Trimmed Mean	322.052		
		Median	311.300		
		Variance	24664.183		
		Std. Deviation	157.0483		
		Minimum	28.5		
		Maximum	752.0		
		Range	723.5		
		Interquartile Range	149.9		
		Skewness	.889	.427	
		Kurtosis	1.215	.833	

PreSERAT	Kelompok control	Mean	9.987	.7779	
		95% Confidence Interval for Mean	Lower Bound 8.396	Upper Bound 11.578	
		5% Trimmed Mean	9.915		
		Median	9.100		
		Variance	18.152		
		Std. Deviation	4.2605		
		Minimum	1.1		
		Maximum	19.1		
		Range	18.0		
		Interquartile Range	5.5		
		Skewness	.497	.427	
		Kurtosis	.173	.833	
		Kelompok intervensi	Mean	22.183	10.6988
			95% Confidence Interval for Mean	Lower Bound .302	Upper Bound 44.065
			5% Trimmed Mean	11.780	
	Median		11.950		
	Variance		3433.939		
	Std. Deviation		58.5998		
	Minimum		3.1		
	Maximum		331.6		
	Range		328.5		
	Interquartile Range		6.3		
	Skewness		5.429	.427	
Kurtosis	29.638		.833		
PreFE	Kelompok control		Mean	7.647	1.1091
			95% Confidence Interval for Mean	Lower Bound 5.378	Upper Bound 9.915
			5% Trimmed Mean	6.885	
		Median	5.650		
		Variance	36.903		
		Std. Deviation	6.0747		
		Minimum	2.0		
		Maximum	30.5		
		Range	28.5		
		Interquartile Range	5.2		
		Skewness	2.361	.427	
		Kurtosis	6.402	.833	
		Kelompok intervensi	Mean	12.047	2.4534

		95% Confidence	Lower Bound	7.029	
		Interval for Mean	Upper Bound	17.065	
		5% Trimmed Mean		9.961	
		Median		6.800	
		Variance		180.582	
		Std. Deviation		13.4381	
		Minimum		2.6	
		Maximum		64.2	
		Range		61.6	
		Interquartile Range		9.2	
		Skewness		2.856	.427
		Kurtosis		8.616	.833
PreVIT.A	Kelompok control	Mean		506.243	13.2894
		95% Confidence	Lower Bound	479.063	
		Interval for Mean	Upper Bound	533.423	
		5% Trimmed Mean		508.248	
		Median		517.150	
		Variance		5298.268	
		Std. Deviation		72.7892	
		Minimum		348.9	
		Maximum		636.9	
		Range		288.0	
		Interquartile Range		99.2	
		Skewness		-.543	.427
		Kurtosis		-.126	.833
	Kelompok intervensi	Mean		496.357	13.6774
		95% Confidence	Lower Bound	468.383	
		Interval for Mean	Upper Bound	524.330	
		5% Trimmed Mean		496.059	
		Median		479.000	
		Variance		5612.161	
		Std. Deviation		74.9144	
		Minimum		349.9	
		Maximum		636.9	
		Range		287.0	
		Interquartile Range		114.0	
		Skewness		.096	.427
		Kurtosis		-.646	.833
PreVIT.E	Kelompok control	Mean		9.680	.5348
		95% Confidence	Lower Bound	8.586	

		Interval for Mean	Upper Bound	10.774	
		5% Trimmed Mean		9.656	
		Median		9.350	
		Variance		8.580	
		Std. Deviation		2.9292	
		Minimum		4.7	
		Maximum		15.2	
		Range		10.5	
		Interquartile Range		4.7	
		Skewness		.300	.427
		Kurtosis		-.938	.833
	Kelompok intervensi	Mean		10.543	.5835
		95% Confidence	Lower Bound	9.350	
		Interval for Mean	Upper Bound	11.737	
		5% Trimmed Mean		10.600	
		Median		9.700	
		Variance		10.214	
		Std. Deviation		3.1960	
		Minimum		4.7	
		Maximum		15.2	
		Range		10.5	
		Interquartile Range		6.5	
		Skewness		-.119	.427
		Kurtosis		-1.448	.833
PreVIT.B1	Kelompok control	Mean		.800	.0318
		95% Confidence	Lower Bound	.735	
		Interval for Mean	Upper Bound	.865	
		5% Trimmed Mean		.800	
		Median		.800	
		Variance		.030	
		Std. Deviation		.1742	
		Minimum		.5	
		Maximum		1.1	
		Range		.6	
		Interquartile Range		.2	
		Skewness		.084	.427
		Kurtosis		-.831	.833
	Kelompok intervensi	Mean		.773	.0335
		95% Confidence	Lower Bound	.705	
		Interval for Mean	Upper Bound	.842	

		5% Trimmed Mean	.770		
		Median	.750		
		Variance	.034		
		Std. Deviation	.1837		
		Minimum	.5		
		Maximum	1.1		
		Range	.6		
		Interquartile Range	.3		
		Skewness	.315	.427	
		Kurtosis	-.900	.833	
PreVIT.B2	Kelompok control	Mean	.920	.0422	
		95% Confidence Interval for Mean	Lower Bound Upper Bound	.834 1.006	
		5% Trimmed Mean	.920		
		Median	.900		
		Variance	.053		
		Std. Deviation	.2310		
		Minimum	.5		
		Maximum	1.3		
		Range	.8		
		Interquartile Range	.4		
	Skewness	.170	.427		
	Kurtosis	-1.013	.833		
		Kelompok intervensi	Mean	.847	.0441
	95% Confidence Interval for Mean		Lower Bound Upper Bound	.756 .937	
	5% Trimmed Mean		.841		
	Median		.800		
	Variance		.058		
	Std. Deviation		.2417		
	Minimum		.5		
	Maximum		1.3		
Range	.8				
Interquartile Range	.3				
Skewness	.381	.427			
Kurtosis	-.871	.833			
PreVIT.B6	Kelompok control	Mean	.820	.0379	
		95% Confidence Interval for Mean	Lower Bound Upper Bound	.743 .897	
		5% Trimmed Mean	.813		

		Median	.800	
		Variance	.043	
		Std. Deviation	.2074	
		Minimum	.5	
		Maximum	1.3	
		Range	.8	
		Interquartile Range	.3	
		Skewness	.484	.427
		Kurtosis	-.391	.833
	Kelompok intervensi	Mean	.830	.0381
		95% Confidence Lower Bound	.752	
		Interval for Mean Upper Bound	.908	
		5% Trimmed Mean	.824	
		Median	.800	
		Variance	.044	
		Std. Deviation	.2087	
		Minimum	.5	
		Maximum	1.3	
		Range	.8	
		Interquartile Range	.3	
		Skewness	.352	.427
		Kurtosis	-.536	.833
PreASAM.FOLAT	Kelompok control	Mean	284.800	24.6379
		95% Confidence Lower Bound	234.410	
		Interval for Mean Upper Bound	335.190	
		5% Trimmed Mean	275.433	
		Median	236.050	
		Variance	18210.748	
		Std. Deviation	134.9472	
		Minimum	78.8	
		Maximum	634.2	
		Range	555.4	
		Interquartile Range	163.0	
		Skewness	1.363	.427
		Kurtosis	1.521	.833
	Kelompok intervensi	Mean	253.193	18.4539
		95% Confidence Lower Bound	215.451	
		Interval for Mean Upper Bound	290.936	
		5% Trimmed Mean	255.150	
		Median	235.600	

		Variance	10216.354	
		Std. Deviation	101.0760	
		Minimum	28.5	
		Maximum	435.0	
		Range	406.5	
		Interquartile Range	154.4	
		Skewness	-.127	.427
		Kurtosis	-.350	.833
PreVIT.C	Kelompok control	Mean	8.927	1.6128
		95% Confidence Interval for Mean	Lower Bound 5.628	Upper Bound 12.225
		5% Trimmed Mean	7.663	
		Median	6.150	
		Variance	78.038	
		Std. Deviation	8.8339	
		Minimum	2.0	
		Maximum	47.9	
		Range	45.9	
		Interquartile Range	6.9	
	Skewness	3.215	.427	
	Kurtosis	13.008	.833	
	Kelompok intervensi	Mean	8.857	2.0554
		95% Confidence Interval for Mean	Lower Bound 4.653	Upper Bound 13.060
		5% Trimmed Mean	6.981	
		Median	5.650	
		Variance	126.743	
		Std. Deviation	11.2580	
		Minimum	2.0	
		Maximum	64.2	
Range		62.2		
Interquartile Range		5.7		
Skewness	4.380	.427		
Kurtosis	21.507	.833		

Test of Homogeneity of Variance

		Levene Statistic	df1	df2	Sig.
TB	Based on Mean	.828	1	58	.367
	Based on Median	.873	1	58	.354
	Based on Median and with adjusted df	.873	1	57.921	.354
	Based on trimmed mean	.884	1	58	.351
BB	Based on Mean	.984	1	58	.325
	Based on Median	.696	1	58	.407
	Based on Median and with adjusted df	.696	1	57.955	.407
	Based on trimmed mean	.950	1	58	.334
HbPre	Based on Mean	.105	1	58	.747
	Based on Median	.059	1	58	.810
	Based on Median and with adjusted df	.059	1	54.708	.810
	Based on trimmed mean	.120	1	58	.731
PreENERGI	Based on Mean	1.294	1	58	.260
	Based on Median	1.268	1	58	.265
	Based on Median and with adjusted df	1.268	1	41.561	.267
	Based on trimmed mean	1.266	1	58	.265
PrePROTEIIN	Based on Mean	.158	1	58	.693
	Based on Median	.083	1	58	.774
	Based on Median and with adjusted df	.083	1	45.385	.774
	Based on trimmed mean	.115	1	58	.736
PreKARBOHIDRAT	Based on Mean	6.434	1	58	.014
	Based on Median	6.204	1	58	.016
	Based on Median and with adjusted df	6.204	1	40.675	.017
	Based on trimmed mean	6.275	1	58	.015
PreSERAT	Based on Mean	2.968	1	58	.090

	Based on Median	.990	1	58	.324
	Based on Median and with adjusted df	.990	1	29.129	.328
	Based on trimmed mean	.982	1	58	.326
PreFE	Based on Mean	4.193	1	58	.045
	Based on Median	1.931	1	58	.170
	Based on Median and with adjusted df	1.931	1	38.801	.173
	Based on trimmed mean	2.872	1	58	.095
PreVIT.A	Based on Mean	.085	1	58	.772
	Based on Median	.026	1	58	.873
	Based on Median and with adjusted df	.026	1	57.740	.873
	Based on trimmed mean	.089	1	58	.766
PreVIT.E	Based on Mean	1.391	1	58	.243
	Based on Median	.914	1	58	.343
	Based on Median and with adjusted df	.914	1	57.996	.343
	Based on trimmed mean	1.436	1	58	.236
PreVIT.B1	Based on Mean	.274	1	58	.603
	Based on Median	.266	1	58	.608
	Based on Median and with adjusted df	.266	1	57.999	.608
	Based on trimmed mean	.273	1	58	.603
PreVIT.B2	Based on Mean	.147	1	58	.702
	Based on Median	.144	1	58	.706
	Based on Median and with adjusted df	.144	1	57.897	.706
	Based on trimmed mean	.136	1	58	.714
PreVIT.B6	Based on Mean	.008	1	58	.929
	Based on Median	.011	1	58	.915
	Based on Median and with adjusted df	.011	1	57.999	.915
	Based on trimmed mean	.012	1	58	.915

PreASAM.FOLAT	Based on Mean	1.290	1	58	.261
	Based on Median	.319	1	58	.575
	Based on Median and with adjusted df	.319	1	46.858	.575
	Based on trimmed mean	.847	1	58	.361
PreVIT.C	Based on Mean	.011	1	58	.916
	Based on Median	.001	1	58	.972
	Based on Median and with adjusted df	.001	1	53.189	.972
	Based on trimmed mean	.000	1	58	.984

Analisis bivariate

Group Statistics

	Kelompok	N	Mean	Std. Deviation	Std. Error Mean
HbPre	Kelompok control	30	9.1633	.58692	.10716
	Kelompok intervensi	30	9.2067	.55269	.10091
HbPost	Kelompok control	30	10.7167	.55528	.10138
	Kelompok intervensi	30	12.2667	.95316	.17402

Independent Samples Test

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
HbPre	Equal variances assumed	.105	.747	-.294	58	.769	-.04333	.14719	-.33797	.25130
	Equal variances not assumed			-.294	57.792	.770	-.04333	.14719	-.33799	.25132
HbPost	Equal variances assumed	5.490	.023	-7.696	58	.000	-1.55000	.20140	-1.95314	-1.14686
	Equal variances not assumed			-7.696	46.651	.000	-1.55000	.20140	-1.95524	-1.14476

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	HbPre	9.1633	30	.58692	.10716
	HbPost	10.7167	30	.55528	.10138

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	HbPre & HbPost	30	.006	.974

Paired Samples Test

		Paired Differences				t	df	Sig. (2-tailed)	
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower				Upper
Pair 1	HbPre – HbPost	-1.55333	.80547	.14706	-1.85410	-1.25257	-10.563	29	.000

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	HbPre	9.2067	30	.55269	.10091
	HbPost	12.2667	30	.95316	.17402

Paired Samples Correlations

	N	Correlation	Sig.
Pair 1 HbPre & HbPost	30	.027	.886

Paired Samples Test

	Paired Differences					t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper			
Pair 1 HbPre – HbPost	-3.06000	1.08869	.19877	-3.46652	-2.65348	-15.395	29	.000

Dokumentasi







