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Lampiran 1

Pendekatan PICO dalam Penyusunan Tinjauan Pustaka.

Tabel PICO (T)

P	I	C	O	T
<i>cardiovaskular disease, coronary heart disease, myocardial infarction, coronary artery disease, acute coronary syndrome, coronary angiography, percutaneous coronary intervention, coronary disease</i>	<i>health promotion, health promotion model, pender's health promotion model</i>	-	<i>Physical activity, physical activities, physical exercise, physical inactivity, physical activity older, physical activity level, physical activity cardiovascular, physical activity guidelines</i>	-

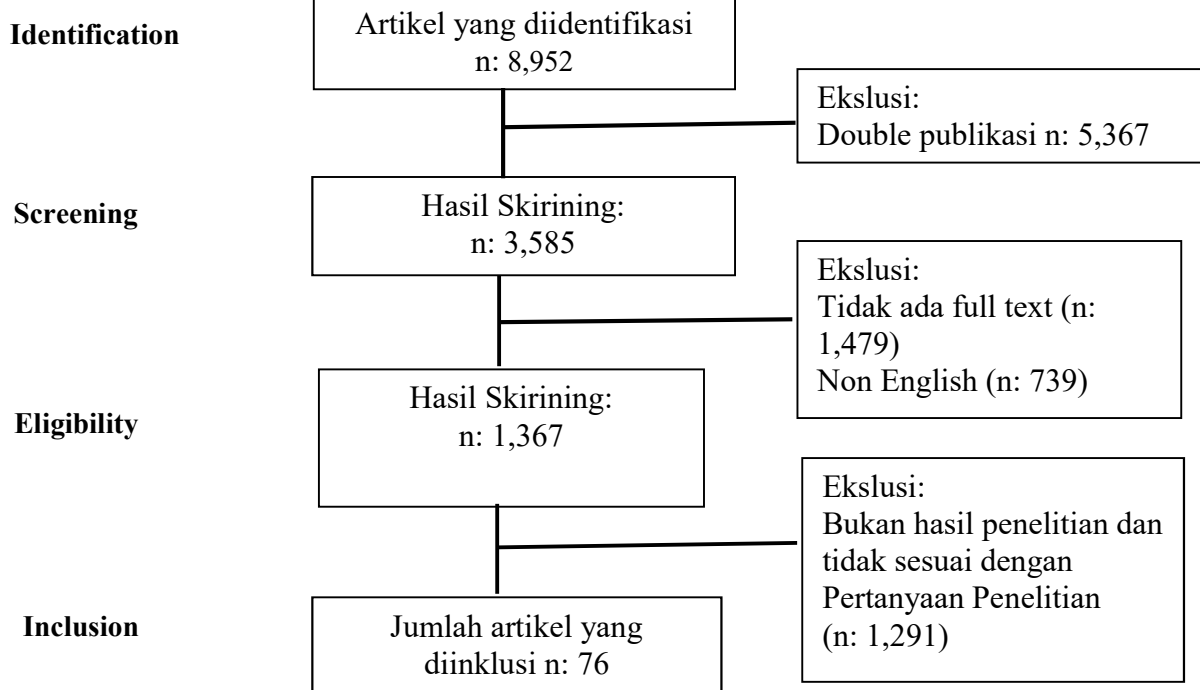
Lampiran 2

Tabel Komparasi

Kata Kunci PICOT	PubMed	ScienceDirect	wiley	Cochrane
cardiovaskular disease OR coronary heart disease OR myocardial infarction OR coronary artery disease OR acute coronary syndrome OR coronary angiography OR percutaneous coronary intervention OR coronary disease AND health promotion OR health promotion model OR pender's health promotion model AND Physical activity OR physical activities OR physical exercise OR physical inactivity OR physical activity older OR physical activity level OR physical activity cardiovascular OR physical activity guidelines	2808	3650	2156	338

Lampiran 3
 Algoritma Pencarian

PUB MED	ScienceDirect	WILLEY	Cochrane
2808	3650	2156	338





Lampiran 4

PERMOHONAN MENJADI RESPONDEN

Kepada

Yth. Bapak/Ibu/Sdr-i Calon Responden

Dengan Hormat, Saya yang bertanda tangan dibawah ini:

Nama : Reginus Tertius Malara

NIM : C012171049

Pekerjaan : Mahasiswa Program Studi Magister Ilmu Keperawatan
Fakultas Keperawatan Universitas Hasanuddin Makassar

Mengajukan permohonan kepada Bapak/Ibu/Sdr-i untuk bersedia berpartisipasi dalam penelitian saya yang berjudul Faktor-Faktor yang Memprediksi Perilaku Aktifitas Fisik pada Pasien Jantung Koroner: Model Promosi Kesehatan Pender. Aktifitas fisik merupakan Laporan responden terhadap seluruh kegiatan yang biasa dilakukan setiap hari.

Penelitian ini bertujuan untuk mengidentifikasi kebiasaan aktifitas fisik dan memprediksi faktor-faktor yang mempengaruhi aktifitas fisik. Manfaat yang di dapatkan dari penelitian ini adalah responden bisa mengetahui kebiasaan aktifitas fisik yang dilakukan dan apakah aktifitas fisik yang dilakukan sudah sesuai dengan pedoman aktifitas fisik atau belum.

Bapak/Ibu/Sdr-i akan diminta untuk mengisi beberapa kuesioner berupa pertanyaan-pertanyaan yang berhubungan dengan tujuan penelitian ini. Kuesioner yang akan diisi oleh responden terdiri dari kuesioner karakteristik responden (nama inisial, Jenis kelamin, Usia, Status perkawinan, pendidikan, status pekerjaan, perilaku sebelumnya: Riwayat Merokok, Hipertensi, Diabetes, Hiperkolestrol), Kuesioner aktifitas fisik, kuesioner Model promosi kesehatan Pender. Proses pengisian kuesioner ini membutuhkan waktu kurang lebih 30-50 menit. Kemudian diajarkan cara penggunaan akselerometer yang akan responden gunakan meliputi: apa kegunaannya, dimana ditempatkan, kapan digunakan dan di lepaskan, bagaimana cara penggunaannya, dan berapa lama digunakan.

Informasi yang diperoleh dari responden akan dijaga kerahasiaannya dan hanya akan digunakan untuk keperluan penelitian dan pengembangan ilmu pengetahuan. Responden diberikan kebebasan untuk mengundurkan diri selama proses penelitian berlangsung tanpa ada sanksi apapun.

Apabila ada pertanyaan yang berkaitan dengan proses penelitian ini, silahkan menanyakan langsung kepada peneliti. Demikian permohonan ini dibuat, besar harapan saya Bapak/Ibu/Sdr-i dapat terlibat dalam penelitian ini.

Makassar, Februari 2019
Hormat Saya,

Reginus Tertius Malara



Lampiran 5

PERSETUJUAN MENJADI RESPONDEN

Setelah mendapatkan penjelasan , saya yang bertanda tangan di bawah ini:

No. Responden :

Nama Initial :

Umur :

Alamat :

Nomor Telepon :

Menyatakan telah memahami penjelasan yang diberikan tentang penelitian, tujuan, manfaat, prosedur penelitian yang akan dilakukan dengan judul “Faktor-Faktor yang Memprediksi Perilaku Aktifitas Fisik pada Pasien Jantung Koroner: Model Promosi Kesehatan Pender”

Dengan mempertimbangkan hal-hal tersebut, tanpa paksaan dari pihak manapun maka saya memutuskan untuk menjadi responden dalam penelitian ini. Saya bersedia meluangkan waktu untuk mengisi kuesioner dan akan memberikan informasi yang benar dan sejujurnya sesuai kebutuhan penelitian ini. Demikian pernyataan saya buat untuk dapat digunakan sebagaimana mestinya.

	Initial Nama,	Tanda Tangan,	Tgl/Bln/Thn
Yang membuat Pernyataan,	_____	_____	_____
Saksi :	_____	_____	_____

Penanggung jawab penelitian

Nama : Reginus Tertius Malara S. Kep., Ns

Alamat : Perumahan Bumi Kilu Permai No. 126 Kelurahan Paniki satu,
Kecamatan Mapanget Kota Manado

Telepon : 0852 567426 98



Lampiran 6

KUESIONER MODEL PROMOSI KESEHATAN (MPK) PENDER

1. Karakteristik dan Pengalaman Responden

Data Demografi Responden

Petunjuk pengisian: Kuesioner ini terdiri dari beberapa item pertanyaan untuk mengidentifikasi karakteristik responden. Berikanlah jawaban sesuai dengan kondisi yang sebenarnya
(beri tanda \surd pada kotak pilihan yang tepat).

- a) Nama Responden (Initial) : _____
- b) Umur : _____ Tahun
- c) Lama menderita PJK (tahun) : _____ Tahun
- d) Riwayat penyakit dan Pengobatan
 Hipertensi Diabetes Melitus Hiperkolesterolemia/Dislipidemia
- e) Riwayat Merokok
 Tidak Pernah Pernah
- f) Tingkat Pendidikan
 Tidak Sekolah SD SMP SMA Akademi/PT
- g) Status Pekerjaan
 Tidak bekerja Bekerja
- h) Penghasilan Per Bulan
 < Rp. 3.051.076 \geq Rp 3.051.076
- i) Rasio ingkar pinggang tinggi badan
Lingkar Pinggang (Cm) : _____ Cm
Tinggi Badan (Cm) : _____ Cm
Hasil :
- j) Indeks Masa Tubuh
Berat Badan (Kg) : _____ Kg
Tinggi Badan : _____ Cm
Hasil :



PENGARUH YANG DI TIMBULKAN OLEH AKTIFITAS FISIK

Bagi saya, berjalan tiga kali seminggu selama 30 menit pada bulan depan adalah:

	1	2	3	4	5
2.1	Sangat buruk	Buruk	Sama sekali tidak	Baik	Sangat baik
2.2	Sangat Berbahaya	berbahaya	Sama sekali tidak	Bermanfaat	Sangat Bermanfaat
2.3	Sangat tidak menyenangkan	Tidak Menyenangkan	Sama sekali tidak	Menyenangkan	Sangat Menyenangkan
2.4	Sangat Membosankan	Membosankan	Sama sekali tidak	Menggembirakan	Sangat Menggembirakan
2.5	sangat tidak berarti	Tidak berarti	Sama sekali tidak	Masuk Akal	Sangat masuk akal

3. MANFAAT AKTIFITAS FISIK

PETUNJUK: Di bawah ini merupakan pernyataan-pernyataan yang berhubungan dengan Ide-ide tentang olahraga, silakan tunjukkan sejauh mana Anda setuju atau tidak setuju dengan pernyataan dengan memberikan tanda centang (√) dengan pilihan: sangat setuju, setuju, tidak setuju atau sangat tidak setuju.

No	Pernyataan	Sangat Setuju	Setuju	Tidak Setuju	Sangat Tidak setuju
1	Berolahraga mengurangi perasaan stres dan ketegangan bagi saya				
2	Saya dapat mencegah serangan jantung dengan berolahraga				
3	Berolahraga meningkatkan kekuatan otot saya				
4	Berolahraga membuat saya merasa tenang.				
5	Berolahraga akan membuat saya tidak mengalami tekanan darah tinggi.				
6	Berolahraga meningkatkan tingkat kebugaran fisik saya.				
7	Berolahraga meningkatkan fungsi sistem jantung dan pembuluh darah saya.				
8	Saya merasa sehat dengan berolahraga				
9	Berolahraga meningkatkan stamina saya				
10	Berolahraga meningkatkan pergerakan saya				

11	Berolahraga membantu saya tidur dengan lebih nyenyak di malam hari				
12	Berolahraga merupakan suatu hiburan yang baik bagi saya.				
13	Berolahraga meningkatkan penampilan tubuh saya.				

4. HAMBATAN DALAM MELAKUKAN AKTIFITAS FISIK

Silakan tandai sejauh mana Anda setuju dengan 11 pernyataan yang disebutkan di bawah ini mengenai pernyataan berikut: “Menurut Anda, apa yang bisa mencegah Anda melaksanakan aktivitas fisik rutin dalam enam bulan ke depan? (1: Sangat Setuju; 5: sangat tidak setuju)

1- Kelelahan



2- Takut Cedera



3- Takut akan serangan jantung



4- Kondisi fisik buruk



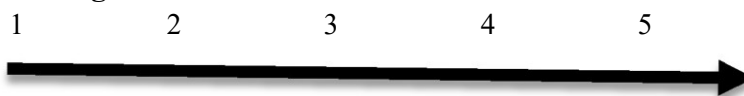
5- Kondisi kesehatan secara keseluruhan



6- Kondisi cuaca



7- Sendiri / atau tanpa bantuan jika terjadi masalah saat berolahraga



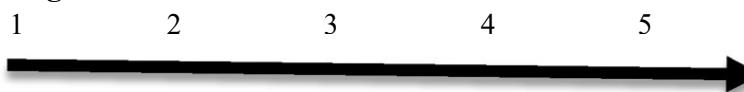
8- Kesulitan bernapas selama berolahraga



9- Kurang motivasi



10- Takut akan masalah jantung dan pembuluh darah selain serangan jantung



11- Penyakit jantung Anda sendiri, kontra indikasi medis, atau efek samping dari perawatan



5. SELF-EFICACY DALAM MELAKUKAN AKTIFITAS FISIK

Self-efficacy For Exercise (SEE) Scale

Seberapa yakinkah Anda sekarang bahwa Anda bisa berolahraga tiga (3) kali setiap minggu selama dua puluh (20) menit jika:

	Tidak Percaya Diri										Sangat Percaya Diri	
	0	1	2	3	4	5	6	7	8	9	10	
1. Cuacanya mengganggu Anda	0	1	2	3	4	5	6	7	8	9	10	
2. Anda bosan dengan program atau aktivitas yang Anda lakukan	0	1	2	3	4	5	6	7	8	9	10	
3. Anda merasakan Nyeri saat berolahraga	0	1	2	3	4	5	6	7	8	9	10	
4. Anda harus berolahraga sendiri	0	1	2	3	4	5	6	7	8	9	10	



5. Anda tidak menikmatinya	0	1	2	3	4	5	6	7	8	9	10
6. Anda terlalu sibuk dengan kegiatan lain	0	1	2	3	4	5	6	7	8	9	10
7. Anda merasa lelah	0	1	2	3	4	5	6	7	8	9	10
8. Anda merasa stres	0	1	2	3	4	5	6	7	8	9	10
9. Anda merasa murung	0	1	2	3	4	5	6	7	8	9	10

6. DUKUNGAN SOSIAL

Di bawah ini terdapat daftar hal-hal yang mungkin dilakukan atau dikatakan orang kepada seseorang yang mencoba berolahraga secara teratur. Jika anda tidak sedang mencoba untuk berolahraga, maka beberapa pertanyaan mungkin tidak berlaku untuk anda, namun tetap baca dan berikan jawaban untuk setiap pernyataan yang ada.

Berilah nilai setiap pertanyaan dua kali.

1. Untuk Keluarga, nilailah seberapa sering Anggota keluarga Anda mengatakan atau melakukan apa yang dijelaskan dalam pertanyaan dalam selama tiga bulan terakhir.
2. Untuk Teman, nilai seberapa sering teman, kenalan, atau rekan kerja Anda mengatakan atau melakukan apa yang dijelaskan dalam pertanyaan selama tiga bulan terakhir.

Tuliskan satu angka dari skala peringkat berikut pada setiap pernyataan:

Tidak Pernah	Jarang	Beberapa kali	Sering	Sangat sering	Tidak berlaku
1	2	3	4	5	6

No	Pernyataan Apakah Selama tiga bulan terakhir, Anggota keluarga atau teman-teman saya:	Keluarga	Teman
1	Berolahraga bersama saya?		
2	Menawarkan untuk berolahraga bersama saya?		
3	Mengucapkan kata-kata pengingat bagi saya untuk berolahraga (Contoh: "Apakah Kamu akan berolahraga hari ini")		
4	Menyemangati saya untuk tetap mengikuti program olahraga saya		
5	Mengubah jadwal sehingga bisa berolahraga bersama.		



	7	embahas mengenai olahraga bersama saya		
		engeluhkan waktu yang saya habiskan untuk berolahraga.		
	8	Mengkritik atau mengejek saya karena saya berolahraga		
	9	Memberikan saya hadiah karena berolahraga (contoh: membelikan atau memberikan saya sesuatu yang saya sukai)		
	10	Merencanakan untuk berolahraga saat berrekreasi atau bertamasya		
	11	Membantu merencanakan kegiatan-kegiatan sehingga tidak berbenturan dengan jadwal saya berolahraga		
	12	Bertanya kepada saya tentang bagaimana mereka bisa lebih banyak berolahraga		
	13	Mengungkapkan bahwa anggota keluarga dan Teman sukaberolahraga.		

7. PENGARUH LINGKUNGAN

Lingkungan rumah

Harap tunjukkan item yang Anda miliki di kompleks rumah atau halaman Anda. (ya = 1; tidak = 0).

Item	Ya	Tidak
Peralatan aerobik		
Sepeda		
Anjing		
Sepatu lari		
Kolam Renang		
Peralatan angkat beban		
Perlengkapan untuk mengencangkan Otot		
Kaset video atau audio latihan aerobik		
Peralatan olahraga (bola, raket)		

Lingkungan sekitar

Harap sebutkan mana dari yang berikut ini yang ada di lingkungan Anda. (ya = 1; tidak = 0)

	Ya	Tidak
Trotoar		
Lalu lintas padat *		
Bukit *		
Lampu jalan		
Anjing yang tidak dijaga *		



Pemandangan yang menyenangkan		
Sering melihat orang berjalan atau Berolahraga		
Tingkat kejahatan tinggi *		

* Skor Dibalik

	Sangat tidak aman	Tidak aman	Kadang aman	Aman	Sangat aman
Seberapa amankah Anda berjalan di lingkungan sekitar setiap hari?					

Anda tinggal di lingkungan:

1. Perumahan
2. Campuran komersial dan residensial
3. Komersial

8. NIAT UNTUK MELAKUKAN AKTIFITAS FISIK

- 1) Saya berniat untuk berjalan kaki, setidaknya 30 menit, tiga kali seminggu bulan depan

1	2	3	4	5
Tentu saja tidak	Tidak	Saya tidak tahu	ya	Pasti ya

- 2) Saya berencana untuk berjalan kaki, setidaknya 30 menit, tiga kali seminggu bulan depan

1	2	3	4	5
Tentu saja tidak	Tidak	Saya tidak tahu	ya	Pasti ya

- 3) Saya akan mencoba untuk berjalan kaki setidaknya selama 30 menit, tiga kali seminggu bulan depan

1	2	3	4	5
Tentu saja tidak	Tidak	Saya tidak tahu	ya	Pasti ya

- 4) Saya ingin berjalan kaki, setidaknya 30 menit, tiga kali seminggu bulan depan

1	2	3	4	5
Tentu saja tidak	Tidak	Saya tidak tahu	ya	Pasti ya

- 5) Saya berharap bisa berjalan kaki, setidaknya 30 menit, tiga kali seminggu bulan depan

1	2	3	4	5
Tentu saja tidak	Tidak	Saya tidak tahu	ya	Pasti ya

- 6) Berapa besar kemungkinan Anda akan berjalan, setidaknya selama 30 menit bulan depan

1	2	3	4	5
Sangat Tidak Mungkin	Tidak Mungkin	Saya tidak tahu	Mungkin	Sangat Mungkin

9. PERILAKU AKTIVITAS FISIK (*DIJON PHYSICAL ACTIVITY QUESTIONARE*)

- 1) Bagaimana Anda menilai Aktifitas Fisik Sehari-hari anda :
 - 1- Sangat aktif 3
 - 2- Aktif 2
 - 3- Kurang aktif 1
 - 4- Tidak aktif 0
- 2) Apakah Anda menganggap bahwa **Aktifitas sehari-hari** Anda (sosial dan/atau profesional: melakukan gerakan, mengangkat / membawa sesuatu sendiri, berbelanja, melakukan pekerjaan rumah tangga, mencuci, menyetrika) sesuai/sama dengan:
 - 1- Upaya fisik yang Berat 3
 - 2- Upaya fisik yang sedang 2
 - 3- Upaya Fisik yang Ringan 1
 - 4- Tidak ada upaya fisik 0
- 3) **Aktifitas sehari-hari** Anda dilakukan selama:
 - 1- Lebih dari 10 jam dalam seminggu 4
 - 2- Antara 6 jam sampai 10 jam dalam seminggu 3
 - 3- Antara 2 jam sampai 6 jam dalam seminggu 2
 - 4- Kurang dari 2 jam dalam seminggu 1
 - 5- Tidak ada waktu yang dihabiskan untuk aktifitas 0
- 4) Seberapa sering **Aktivitas olahraga dan rekreasi** yang Anda lakukan :
 - 1- Sangat sering: tingkat kelelahan otot cukup besar 3
 - 2- Cukup sering: tingkat kelelahan otot biasa 2
 - 3- jarang: Tidak ada kelelahan otot 1
 - 4- Tidak Berolahraga 0



- 5) Anda Melakukan **Aktifitas olahraga dan rekreasi:**
- | | |
|---|---|
| 1- Setiap hari | 4 |
| 2- Tiga sampai enam kali dalam seminggu | 3 |
| 3- Satu atau dua kali dalam seminggu | 2 |
| 4- Kadang-kadang | 1 |
| 5- Tidak Pernah | 0 |
- 6) Rata-rata, aktivitas olahraga /rekreasi Anda berlangsung selama:
- | | |
|-------------------------|---|
| 1- 60 menit atau lebih | 4 |
| 2- 30 sampai 60 menit | 3 |
| 3- 15 sampai 30 menit | 2 |
| 4- Kurang dari 15 menit | 1 |
| 5- Tidak ada aktifitas | 0 |
- 7) Berapa bulan dalam setahun Anda melakukan aktifitas olahraga, rekreasi ?
- | | |
|--------------------------|---|
| 1- Lebih dari 9 bulan | 3 |
| 2- Antara 4 dari 9 bulan | 2 |
| 3- Kurang dari 4 bulan | 1 |
| 4- Tidak pernah | 0 |
- 8) Apakah aktifitas fisik Anda (olahraga dan rekreasi) menyebabkan Anda mengalami:
- | | |
|---|---|
| 1- Kelelahan dan/atau sangat sesak nafas berat | 3 |
| 2- Kelelahan dan sesak nafas sedang | 2 |
| 3- Tidak merasakan kelelahan dan/atau sesak nafas | 1 |
- 9) Anda beristirahat (tidur, tidur siang atau istirahat)
- | | |
|-----------------------------------|---|
| 1- Kurang dari 12 jam sehari | 3 |
| 2- Antara 12 sampai 16 jam sehari | 2 |
| 3- Antara 16 sampai 20 jam sehari | 1 |
| 4- Lebih dari 20 jam | 0 |



lampiran 7

Terjemahan Kuesioner



1. PENGARUH YANG DI TIMBULKAN OLEH AKTIFITAS FISIK

Bagi saya, berjalan tiga kali seminggu selama 30 menit pada bulan depan adalah:

	1	2	3	4	5
a)	Sangat buruk	Buruk	Sama sekali tidak	Baik	Sangat baik
b)	Sangat Berbahaya	berbahaya	Sama sekali tidak	Bermanfaat	Sangat Bermanfaat
c)	Sangat tidak menyenangkan	Tidak Menyenangkan	Sama sekali tidak	Menyenangkan	Sangat Menyenangkan
d)	Sangat Membosankan	Membosankan	Sama sekali tidak	Menggembirakan	Sangat Menggembirakan
e)	sangat tidak berarti	Tidak berarti	Sama sekali tidak	Masuk Akal	Sangat masuk akal

2. MANFAAT AKTIFITAS FISIK

PETUNJUK: Di bawah ini terdapat pernyataan-pernyataan yang berhubungan dengan Ide-ide yang menyangkut olahraga, tunjukkanlah sejauh mana Anda setuju atau tidak setuju dengan memberi tanda centang (✓) di kotak dengan pilihan: sangat setuju, setuju, tidak setuju atau sangat tidak setuju.

No	Pernyataan	Sangat Setuju	Setuju	Tidak Setuju	Sangat Tidak setuju
1	Saya menikmati berolahraga				
2	Berolahraga mengurangi perasaan stres dan ketegangan bagi saya				
3	Berolahraga meningkatkan kesehatan mental (<i>mental health</i>) saya				
4	Saya akan mencegah serangan jantung dengan berolahraga				
5	Berolahraga meningkatkan kekuatan otot saya				
6	Berolahraga memberi saya rasa pencapaian pribadi (<i>personal accomplishment</i>).				
7	Berolahraga membuat saya merasa tenang.				
8	Berolahraga memungkinkan saya untuk bertemu bersama teman				
9	Berolahraga akan membuat saya tidak memiliki tekanan darah tinggi.				
10	Berolahraga meningkatkan tingkat kebugaran fisik saya.				
11	Bentuk otot saya meningkat dengan berolahraga				



12	Berolahraga meningkatkan fungsi sistem kardiovaskular saya.				
13	Saya merasa sehat dengan berolahraga				
14	Berolahraga meningkatkan stamina saya				
15	Berolahraga meningkatkan fleksibilitas saya				
16	Ketentuan/disposisi saya meningkat dengan berolahraga.				
17	Berolahraga membuat saya tidur dengan lebih nyenyak di malam hari				
18	Saya akan hidup lebih lama jika saya berolahraga.				
19	Berolahraga membantu saya mengurangi kelelahan.				
20	Berolahraga merupakan cara yang baik bagi saya untuk bertemu orang-orang baru				
21	Daya tahan fisik saya meningkat dengan berolahraga.				
22	Berolahraga meningkatkan konsep diri saya (<i>self-concept</i>).				
23	Berolahraga meningkatkan kewaspadaan mental (<i>mental alertness</i>) saya				
24	Berolahraga memungkinkan saya untuk melakukan aktivitas sehari-hari tanpa menjadi lelah.				
25	Berolahraga meningkatkan kualitas kerja saya.				
26	Berolahraga merupakan suatu hiburan yang baik bagi saya.				
27	Berolahraga meningkatkan tingkat penerimaan saya oleh orang lain.				
28	Berolahraga meningkatkan fungsi tubuh secara keseluruhan bagi saya.				
29	Berolahraga meningkatkan penampilan tubuh saya.				



3. HAMBATAN DALAM MELAKUKAN AKTIFITAS FISIK

Silakan tandai sejauh mana Anda setuju dengan 11 pernyataan yang disebutkan di bawah ini mengenai pernyataan berikut: “Menurut Anda, apa yang bisa mencegah Anda melaksanakan aktivitas fisik rutin dalam enam bulan ke depan?”

(1: Sangat Setuju; 5: sangat tidak setuju)

1- Kelelahan

1 2 3 4 5





2- Takut Terluka
1 2 3 4 5



3- Takut akan serangan jantung
1 2 3 4 5



4- Kondisi fisik buruk
1 2 3 4 5



5- Kondisi kesehatan secara keseluruhan
1 2 3 4 5



6- Kondisi cuaca
1 2 3 4 5



7- Sendiri / atau tanpa bantuan jika terjadi masalah saat berolahraga
1 2 3 4 5



8- Kesulitan bernapas selama berolahraga
1 2 3 4 5



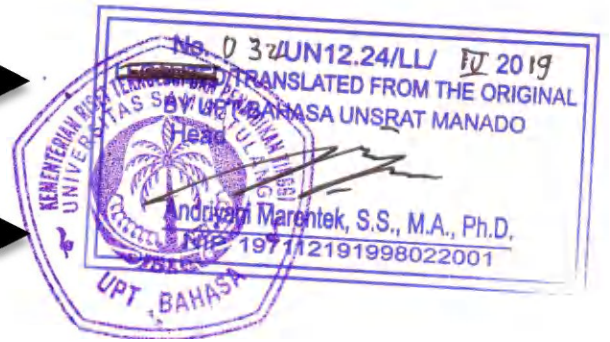
9- Kurang motivasi
1 2 3 4 5



10- Takut akan masalah kardiovaskular selain serangan jantung
1 2 3 4 5



11- Penyakit jantung Anda sendiri, kontra indikasi medis, atau efek samping dari perawatan
1 2 3 4 5





SELF-EFFICACY DALAM MELAKUKAN AKTIFITAS FISIK

Self-efficacy For Exercise (SEE) Scale

Seberapa yakinkah Anda sekarang bahwa Anda bisa berolahraga tiga (3) kali setiap minggu selama dua puluh (20) menit jika:

	Tidak Percaya Diri						Sangat Percaya Diri					
	0	1	2	3	4	5	6	7	8	9	10	
1. Cuacanya mengganggu Anda	0	1	2	3	4	5	6	7	8	9	10	
2. Anda bosan dengan program atau aktivitas yang Anda lakukan	0	1	2	3	4	5	6	7	8	9	10	
3. Anda merasakan kesakitan saat berolahraga	0	1	2	3	4	5	6	7	8	9	10	
4. Anda harus berolahraga sendiri	0	1	2	3	4	5	6	7	8	9	10	
5. Anda tidak menikmatinya	0	1	2	3	4	5	6	7	8	9	10	
6. Anda terlalu sibuk dengan kegiatan lain	0	1	2	3	4	5	6	7	8	9	10	
7. Anda merasa lelah	0	1	2	3	4	5	6	7	8	9	10	
8. Anda merasa stres	0	1	2	3	4	5	6	7	8	9	10	
9. Anda merasa murung	0	1	2	3	4	5	6	7	8	9	10	

5. DUKUNGAN SOSIAL

Di bawah ini terdapat daftar hal-hal yang mungkin dilakukan atau dikatakan orang kepada seseorang yang mencoba untuk berolahraga secara teratur. Jika anda tidak sedang mencoba untuk berolahraga, maka beberapa pertanyaan mungkin tidak berlaku untuk anda, namun tetap baca dan berikan jawaban untuk setiap pertanyaan yang ada.

Berilah nilai setiap pertanyaan dua kali.

1. Untuk Keluarga, nilailah seberapa sering seseorang dari keluarga Anda mengatakan atau melakukan apa yang dijelaskan dalam pertanyaan dalam selama tiga bulan terakhir.
2. Untuk Teman, nilai seberapa sering teman, kenalan, atau rekan kerja Anda mengatakan atau melakukan apa yang dijelaskan dalam pertanyaan selama tiga bulan terakhir.

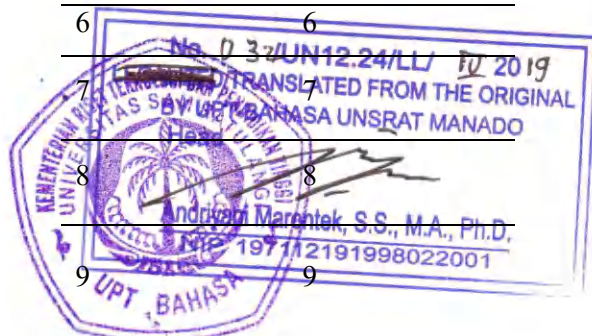


Tuliskan satu angka dari skala peringkat berikut pada setiap pernyataan:

Tidak ada	Jarang	Beberapa kali	Sering	Sangat sering	Tidak berlaku
1	2	3	4	5	6

Selama tiga bulan terakhir, keluarga atau teman-teman saya:

	Keluarga	Teman
1) Berolahraga bersama saya	1	1
2) Menawarkan untuk berolahraga bersama saya.	2	2
3) Mengucapkan kata-kata pengingat bagi saya untuk berolahraga (Contoh: "Apakah Kamu akan berolahraga malam ini")	3	3
4) Memberikan saya semangat untuk tetap mengikuti program olahraga saya	4	4
5) Mengubah jadwal mereka sehingga bisa berolahraga bersama.	5	5
6) Membahas mengenai olahraga bersama saya	6	6
7) Mengeluh tentang waktu yang saya habiskan untuk berolahraga.	7	7
8) Mengkritik atau mengolok-olok saya karena saya berolahraga	8	8
9) Memberi saya suatu hadiah karena berolahraga (contoh: membelikan atau memberikan saya sesuatu yang saya sukai)	9	9
10) Merencanakan untuk berolahraga pada acara rekreasi	10	10
11) Membantu merencanakan kegiatan-kegiatan sehingga tidak berbenturan dengan jadwal saya berolahraga	11	11
12) Bertanya kepada saya tentang bagaimana mereka bisa lebih banyak berolahraga	12	12
13) Berbicara tentang betapa mereka suka untuk berolahraga.	13	13



6. PENGARUH LINGKUNGAN

Lingkungan rumah

Harap tunjukkan item yang Anda miliki di kompleks rumah, halaman, atau apartemen Anda.

(ya = 1; tidak = 0).

Item	Ya	Tidak
Peralatan aerobik		
Sepeda		



Anjing		
Trampolin untuk jogging di tempat		
Sepatu lari		
Kolam Renang		
Peralatan angkat beban		
Perlengkapan untuk mengencangkan Otot		
Kaset video latihan aerobik atau kaset audio		
Step aerobik, slide aerobik		
Sepatu Roda		
Peralatan olahraga (bola, raket)		
Papan selancar, papan boogie, papan selancar angin		
Kano, perahu dayung, kayak		
Ski (salju atau air)		

Lingkungan sekitar

Harap sebutkan mana dari yang berikut ini yang ada di lingkungan Anda. (ya = 1; tidak = 0)

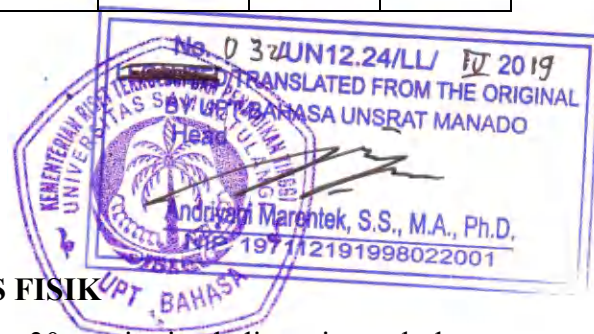
	Ya	Tidak
Trotoar		
Lalu lintas padat *		
Bukit *		
Lampu jalan		
Anjing yang tidak dijaga *		
Pemandangan yang menyenangkan		
Sering melihat orang berjalan atau Berolahraga		
kejahatan tinggi *		

*Skor dibalik

	Sangat tidak aman	Tidak aman	Kadang aman	Aman	Sangat aman
Seberapa amankah Anda berjalan di lingkungan sekitar setiap hari?					

Anda tinggal di lingkungan:

1. Perumahan
2. Campuran komersial dan residensial
3. Komersial



7. NIAT UNTUK MELAKUKAN AKTIFITAS FISIK

- 1) Saya berniat untuk berjalan kaki, setidaknya 30 menit, tiga kali seminggu bulan depan

1	2	3	4	5
Tentu saja tidak	Tidak	Saya tidak tahu	ya	Pasti ya



2) Saya berencana untuk berjalan kaki, setidaknya 30 menit, tiga kali seminggu bulan depan

1	2	3	4	5
Tentu saja tidak	Tidak	Saya tidak tahu	ya	Pasti ya

3) Saya akan mencoba untuk berjalan kaki setidaknya selama 30 menit, tiga kali seminggu bulan depan

1	2	3	4	5
Tentu saja tidak	Tidak	Saya tidak tahu	ya	Pasti ya

4) Saya ingin berjalan kaki, setidaknya 30 menit, tiga kali seminggu bulan depan

1	2	3	4	5
Tentu saja tidak	Tidak	Saya tidak tahu	ya	Pasti ya

5) Saya berharap bisa berjalan kaki, setidaknya 30 menit, tiga kali seminggu bulan depan

1	2	3	4	5
Tentu saja tidak	Tidak	Saya tidak tahu	ya	Pasti ya

6) Berapa besar kemungkinan Anda akan berjalan, setidaknya selama 30 menit bulan depan

1	2	3	4	5
Sangat Tidak Mungkin	Tidak Mungkin	Saya tidak tahu	Mungkin	Sangat Mungkin

8. PERILAKU AKTIVITAS FISIK (DIJON PHYSICAL ACTIVITY

QUESTIONARE)

1) Bagaimana Anda menganggap diri Anda secara fisik:

- 1- Sangat aktif dan atletis
- 2- Aktif secara fisik
- 3- Kurang aktif secara fisik
- 4- Tidak ada aktifitas fisik/sedikit bergerak

3

2





- 2) Apakah Anda menganggap bahwa **Aktifitas sehari-hari** Anda (sosial dan/atau profesional: melakukan gerakan, mengangkat/membawa sesuatu (*DIY/Do It Yourself*), berbelanja, melakukan pekerjaan rumah tangga, mencuci, menyetrika) sesuai/sama dengan:
- 1- Upaya fisik yang intens 3
 - 2- Upaya fisik yang sedang 2
 - 3- Upaya Fisik yang Sedikit 1
 - 4- Tidak ada upaya fisik 0
- 3) **Aktifitas sehari-hari** Anda memakan waktu selama:
- 1- Lebih dari 10 jam dalam seminggu 4
 - 2- Antara 6 jam sampai 10 jam dalam seminggu 3
 - 3- Antara 2 jam sampai 6 jam dalam seminggu 2
 - 4- Kurang dari 2 jam dalam seminggu 1
 - 5- Tidak ada waktu yang dihabiskan untuk hal ini 0
- 4) **Aktivitas olahraga dan rekreasi** yang Anda lakukan ialah:
- 1- Sangat sering: tingkat kelelahan otot cukup besar 3
 - 2- Cukup sering: tingkat kelelahan otot biasa 2
 - 3- jarang: Tidak ada kelelahan otot 1
 - 4- Tidak Berolahraga 0
- 5) Anda terlibat dalam kegiatan ini (olahraga, rekreasi):
- 1- Setiap hari 4
 - 2- Tiga sampai enam kali dalam seminggu 3
 - 3- Satu atau dua kali dalam seminggu 2
 - 4- Terkadang 1
 - 5- Tidak Pernah 0
- 6) Rata-rata, aktivitas olahraga /rekreasi Anda berlangsung selama:
- 1- 60 menit atau lebih 4
 - 2- 30 sampai 60 menit 3
 - 3- 15 sampai 30 menit 2
 - 4- Kurang dari 15 menit 1
 - 5- Tidak ada aktifitas 0
- 7) Berapa bulan dalam setahun Anda terlibat dalam kegiatan ini (olahraga, rekreasi) ?
- 1- Lebih dari 9 bulan 3
 - 2- Antara 4 dari 9 bulan 2
 - 3- Kurang dari 4 bulan 1
 - 4- Tidak pernah 0
- 8) Apakah aktifitas fisik Anda (olahraga dan rekreasi) biasanya mengarah ke:
- 1- Cukup Banyak Kelelahan dan/atau cukup banyak sesak nafas 3
 - 2- Cukup Kelelahan dan sesak nafas 2
 - 3- Tidak ada sensasi kelelahan atau sesak nafas 1
- 9) Anda beristirahat (tidur, tidur siang atau istirahat)
- 1- Kurang dari 12 jam sehari 3
 - 2- Antara 12 sampai 16 jam sehari 2
 - 3- Antara 16 sampai 20 jam sehari 1
 - 4- Lebih dari 20 jam 0





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ER TABEL STUDI PENDAHULUAN

No Res.	Initial	JK	Umur	Lama Menderita PJK (Tahun)		Riwayat Pengobatan			Riwayat Mero kok	Pendi dikan	Statu s Pekrj aan	Peng hasila n	Rasio Lingkar pinggang tinggi badan		Indeks Masa Tubuh	
						HP	DM	HK					M	LP	TB	BB
1	ST	P	59	3	1	1	0	1	0	2	0	0	81	147	49	147
2	RP	L	63	4	1	1	0	1	1	3	0	0	94	164	72	164
3	KB	P	61	5	1	0	1	1	0	4	0	0	91	155	58	155
4	AA	L	55	5	1	1	0	1	1	4	1	1	94	160	74	160
5	JP	P	54	9	2	1	1	1	0	4	1	1	83	150	51	150
6	MM	L	60	3	1	1	0	0	1	3	0	0	94	159	60	159
7	DA	L	37	2	1	1	0	1	1	3	0	0	89	165	65	165
8	AM	P	59	2	1	1	0	1	0	2	0	0	93	154	69	154
9	CL	L	57	3	1	1	0	1	1	2	1	1	105	163	82	163
10	HN	L	49	1	1	1	0	0	0	2	1	1	110	165	89	165
11	SS	P	62	2	1	1	0	1	0	2	1	0	82	152	58	152
12	RK	P	50	2	1	1	0	1	0	4	1	1	97	152	69	152
13	HL	P	45	6	2	1	1	1	0	4	0	0	103	158	77	158
14	JT	L	48	3	1	1	1	0	0	4	1	1	87	166	65	166
15	DT	L	52	6	2	1	0	1	1	4	0	0	97	158	69	158
16	PD	L	63	2	1	1	1	1	1	3	1	1	94	169	68	169
17	IY	L	55	2	1	1	0	1	1	3	1	1	97	160	81	160
18	TO	L	62	2	1	1	0	0	1	4	0	1	128	165	87	165
19	AM	L	59	2	1	1	1	1	1	3	0	0	124	156	98	156
20	YS	P	46	2	1	1	0	1	0	3	0	0	85	158	69	158
21	TT	L	52	2	1	1	0	1	1	2	1	1	94	168	76	168
22	LM	P	52	2	1	1	1	1	0	4	0	0	78	148	45	148
23	EM	P	60	2	1	1	1	1	0	4	1	1	100	155	74	155
24	FM	L	45	1	1	1	0	1	1	3	1	0	110	165	92	165
25	TS	L	47										92	169	74	169
26	LT	L	54	3	1	1	1	1	1	4	1	1	102	165	89	165
27	PT	P	60	7	2	1	0	1	0	4	0	1	96	155	72	155
28	FP	L	62	3	1	1	1	0	0	4	1	1	82	173	78	173
29	AM	P	47	4	1	1	0	1	0	3	1	0	88	158	62	158
30	CB	L	45	5	1	1	0	1	1	3	1	0	85	165	76	165
31	HM	L	65	5	1	1	0	1	1	3	1	1	110	169	96	169
32	SH	L	60	2	1	1	0	0	1	3	0	1	86	165	76	165
33	YS	P	65	5	1	1	1	1	0	4	0	0	104	165	78	165



		Waktu Pemakaian		PAM SCORE (Poin)							PAM	LIVING ZONE (Min)							LIVING	HEALTH ZONE (min)							HEALTH	SPORT ZONE (min)							SPORT				
		Mulai	Tgl Selesai	1	2	3	4	5	6	7	SCORE	1	2	3	4	5	6	7	ZONE	1	2	3	4	5	6	7	ZONE	1	2	3	4	5	6	7	ZONE				
		09/09/2019	16/09/2019	22,8	23	22	22	22	22	22	156	22	131	184	194	218	188	206	173	1294	185	46	39	42	42	42	43	31	285	41	0	0	0	1	1	1	0	3	0
		09/09/2019	16/09/2019	19,3	21,7	25,7	31,6	25,5	24,1	26	174	25	114	133	158	206	153	155	154	1073	153	33	35	44	47	42	34	46	281	40	0	1	1	0	1	1	1	5	1
3	KB	09/09/2019	16/09/2019	14	24,6	26,1	31,7	18,9	28,9	27,8	172	25	65	130	136	179	110	187	159	966	138	26	45	48	62	33	43	53	310	44	2	2	2	1	0	1	1	9	1
4	AA	09/09/2019	16/09/2019	15,8	25,5	21,6	20	26,2	23,3	21	153	22	100	176	144	144	153	153	149	1019	146	24	35	31	24	47	30	27	218	31	0	0	0	0	1	1	0	2	0
5	JP	09/09/2019	16/09/2019	24,7	26,1	19,7	22,9	24,6	18,2	24,9	161	23	149	166	131	154	144	64	143	951	136	42	40	26	30	43	54	45	280	40	0	1	1	0	1	0	0	3	0
6	MM	09/09/2019	16/09/2019	17	27,2	13,8	26,7	30,2	44	32,8	192	27	61	74	30	89	98	176	142	670	96	47	94	42	68	76	120	72	519	74	1	1	2	4	5	3	3	19	3
7	DA	18/09/2019	24/09/2019	33,5	31	38,5	42,1	33,9	30,9	21,04	231	33	201	194	237	215	162	189	143	1341	192	59	50	65	96	83	51	33	437	62	1	1	1	2	1	1	0	7	1
8	AM	18/09/2019	24/09/2019	7,4	9,8	8,9	17,7	15,4	20	11,9	91	13	47	68	59	118	106	133	74	605	86	10	13	12	25	20	29	18	127	18	0	0	0	0	0	0	0	0	0
9	CL	18/09/2019	24/09/2019	23,3	0,2	27,9	30,9	17,9	29,4	15,8	145	21	154	0	158	184	122	186	108	912	130	33	0	52	56	25	48	23	237	34	0	0	1	1	0	1	0	3	0
10	HN	18/09/2019	24/09/2019	19,1	12,6	18,2	8,6	28,2	32,9	10,6	130	19	114	74	101	48	116	122	68	643	92	32	22	38	15	64	75	16	262	37	1	0	0	0	3	5	0	9	1
11	SS	18/09/2019	24/09/2019	18,6	26,1	29,6	36,7	24,4	33,3	34,4	203	29	126	170	188	235	155	171	203	1248	178	26	39	44	57	40	73	61	340	49	0	1	1	1	0	1	1	5	1
12	RK	18/09/2019	24/09/2019	27,1	25,3	26,9	25	21,9	23,8	19,2	169	24	169	137	158	155	128	148	114	1009	144	44	52	50	39	35	38	32	290	41	1	1	1	1	1	1	1	7	1
13	HL	18/09/2019	24/09/2019	23,3	9,8	14,7	12	16,9	21,7	15	113	16	120	55	80	40	98	122	16	531	76	47	20	29	15	27	41	10	189	27	0	0	0	0	0	0	0	0	
14	JT	25/09/2019	01/10/2019	36,2	28,1	28,9	31,1	18,7	26,5	21,9	191	27	230	178	177	191	121	196	133	1226	175	56	46	50	53	26	40	36	307	44	1	1	1	1	0	1	0	5	1
15	DT	25/09/2019	01/10/2019	17,9	26,7	11,8	0	14	11,1	39	121	17	122	155	69	0	81	72	249	748	107	25	53	22	0	27	16	66	209	30	0	0	0	0	0	0	1	1	0
16	PD	25/09/2019	01/10/2019	24	21	29	34	25	33	37	203	29	164	149	193	231	168	216	256	1377	197	35	26	41	45	36	51	56	290	41	0	0	1	1	1	0	0	3	0
17	IY	25/09/2019	01/10/2019	19,2	13,2	7,7	7,2	9,9	11,8	22,6	92	13	114	75	42	43	54	61	152	541	77	32	22	13	11	18	22	35	153	22	0	0	0	0	0	0	0	0	0
18	TO	25/09/2019	01/10/2019	15,6	17,9	21,4	6,5	18,7	21,6	15,2	117	17	107	122	142	38	130	131	106	776	111	20	22	31	10	23	36	18	160	23	0	0	0	0	0	1	0	1	0
19	AM	25/09/2019	01/10/2019	14,4	10,4	3,7	0,5	5,4	6,5	6,1	47	7	118	97	25	39	50	45	55	429	61	10	5	7	6	5	6	6	45	6	0	0	0	0	0	0	0	0	0
20	YS	25/09/2019	01/10/2019	22,5	16,1	17	16,9	24,8	32,4	29,4	159	23	131	85	70	91	138	206	185	906	129	38	28	20	29	44	48	47	254	36	1	1	0	1	2	1	1	7	1
21	TT	03/10/2019	10/10/2019	20,3	24,9	15,6	13	45,3	29,4	24,6	173	25	136	130	92	85	290	226	179	1138	163	28	57	28	18	74	28	28	261	37	0	0	0	0	0	0	0	0	0
22	LM	03/10/2019	10/10/2019	26,4	28,2	28,9	19,6	31,7	23,6	23,1	182	26	166	165	180	96	194	138	108	1047	150	38	49	43	36	51	38	45	300	43	1	1	1	2	2	2	11	2	
23	EM	03/10/2019	10/10/2019	31,2	28,4	28,1	16,7	3,1	14,1	16	138	20	211	177	163	107	19	103	121	901	129	42	46	59	22	4	15	18	206	29	0	0	0	0	0	0	0	0	0
24	FM	03/10/2019	10/10/2019	36,2	37,5	32,1	23,9	36,5	38,3	27,9	232	33	209	190	200	133	212	218	156	1318	188	69	86	57	41	69	81	56	459	66	1	1	0	1	0	0	0	3	0
25	TS	03/10/2019	10/10/2019	Di Keluarkan dari Studi							0								0								0								0				
26	LT	03/10/2019	10/10/2019	12,7	16,4	17,6	16,5	18,1	13,5	15,5	110	16	87	118	117	97	107	72	98	696	99	15	18	22	27	30	20	24	156	22	0	0	0	1	1	0	0	2	0
27	PT	03/10/2019	10/10/2019	14,1	21,6	23,7	17,1	30,7	19,8	14,8	142	20	86	123	131	99	178	155	86	858	123	24	37	40	27	53	34	24	239	34	0	1	1	1	1	1	0	5	1
28	FP	12/10/2019	18/10/2019	25,9	24,7	24,9	15,3	43,3	23,6	21,6	179	26	168	176	99	96	232	86	138	995	142	40	29	65	20	81	61	29	325	46	1	1	1	1	1	0	1	6	1
29	AM	12/10/2019	18/10/2019	31,7	29,9	25,9	16,8	18,8	22,4	29,9	175	25	163	170	163	105	119	147	149	1016	145	69	55	39	25	30	31	48	297	42	1	1	1	0	0	0	0	3	0
30	CB	12/10/2019	18/10/2019	22,7	20,7	27,4	19,3	26,9	27,4	21,8	166	24	169	153	193	143	189	191	151	1189	170	28	24	37	23	36	36	31	215	31	0	0	0	0	0	0	0	0	0
31	HM	12/10/2019	18/10/2019	15,8	15,1	12,3	14,7	15,4	14,6	15,5	103	15	111	104	81	100	104	97	104	701	100	20	19	17	19	20	20	21	136	19	0	0	0	0	0	0	0	0	0
32	SH	12/10/2019	18/10/2019	12,9	18,7	14,5	14	12,6	18,4	15,1	106	15	92	135	102	104	94	141	115	783	112	13	22	16	15	12	17	14	109	16	0	0	0	0	0	0	0	0	0
33	YS	12/10/2019	18/10/2019	20,6	24,7	26,7	17,6	25,1	23,9	25,1	164	23	101	147	143	86	120	133	132	862	123	35	37	43	30	44	41	44	274	39	3	2	3	3	4	2	3	20	3



No	RP	L	63	Mg-2	PENGARUH YANG TIMBULKAN													Self-efficacy For Exercise (SEE)													HAMBATAN DALAM MELAKUKAN AKTIFITAS FISIK													MANFAAT AKTIFITAS FISIK													DUKUNGAN SOSIAL													PENGARUH LINGKUNGAN													NIAT UNTUK MELAKUKAN AKTIFITAS FISIK					DIJON PHYSICAL ACTIVITY QUESTIONARE																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																															
					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	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110	111	112	113	114	115	116	117	118	119	120	121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151	152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171	172	173	174	175	176	177	178	179	180	181	182	183	184	185	186	187	188	189	190	191	192	193	194	195	196	197	198	199	200	201	202	203	204	205	206	207	208	209	210	211	212	213	214	215	216	217	218	219	220	221	222	223	224	225	226	227	228	229	230	231	232	233	234	235	236	237	238	239	240	241	242	243	244	245	246	247	248	249	250	251	252	253	254	255	256	257	258	259	260	261	262	263	264	265	266	267	268	269	270	271	272	273	274	275	276	277	278	279	280	281	282	283	284	285	286	287	288	289	290	291	292	293	294	295	296	297	298	299	300	301	302	303	304	305	306	307	308	309	310	311	312	313	314	315	316	317	318	319	320	321	322	323	324	325	326	327	328	329	330	331	332	333	334	335	336	337	338	339	340	341	342	343	344	345	346	347	348	349	350	351	352	353	354	355	356	357	358	359	360	361	362	363	364	365	366	367	368	369	370	371	372	373	374	375	376	377	378	379	380	381	382	383	384	385	386	387	388	389	390	391	392	393	394	395	396	397	398	399	400	401	402	403	404	405	406	407	408	409	410	411	412	413	414	415	416	417	418	419	420	421	422	423	424	425	426	427	428	429	430	431	432	433	434	435	436	437	438	439	440	441	442	443	444	445	446	447	448	449	450	451	452	453	454	455	456	457	458	459	460	461	462	463	464	465	466	467	468	469	470	471	472	473	474	475	476	477	478	479	480	481	482	483	484	485	486	487	488	489	490	491	492	493	494	495	496	497	498	499	500	501	502	503	504	505	506	507	508	509	510	511	512	513	514	515	516	517	518	519	520	521	522	523	524	525	526	527	528	529	530	531	532	533	534	535	536	537	538	539	540	541	542	543	544	545	546	547	548	549	550	551	552	553	554	555	556	557	558	559	560	561	562	563	564	565	566	567	568	569	570	571	572	573	574	575	576	577	578	579	580	581	582	583	584	585	586	587	588	589	590	591	592	593	594	595	596	597	598	599	600	601	602	603	604	605	606	607	608	609	610	611	612	613	614	615	616	617	618	619	620	621	622	623	624	625	626	627	628	629	630	631	632	633	634	635	636	637	638	639	640	641	642	643	644	645	646	647	648	649	650	651	652	653	654	655	656	657	658	659	660	661	662	663	664	665	666	667	668	669	670	671	672	673	674	675	676	677	678	679	680	681	682	683	684	685	686	687	688	689	690	691	692	693	694	695	696	697	698	699	700	701	702	703	704	705	706	707	708	709	710	711	712	713	714	715	716	717	718	719	720	721	722	723	724	725	726	727	728	729	730	731	732	733	734	735	736	737	738	739	740	741	742	743	744	745	746	747	748	749	750	751	752	753	754	755	756	757	758	759	760	761	762	763	764	765	766	767	768	769	770	771	772	773	774	775	776	777	778	779	780	781	782	783	784	785	786	787	788	789	790	791	792	793	794	795	796	797	798	799	800	801	802	803	804	805	806	807	808	809	810	811	812	813	814	815	816	817	818	819	820	821	822	823	824	825	826	827	828	829	830	831	832	833	834	835	836	837	838	839	840	841	842	843	844	845	846	847	848	849	850	851	852	853	854	855	856	857	858	859	860	861	862	863	864	865	866	867	868	869	870	871	872	873	874	875	876	877	878	879	880	881	882	883	884	885	886	887	888	889	890	891	892	893	894	895	896	897	898	899	900	901	902	903	904	905	906	907	908	909	910	911	912	913	914	915	916	917	918	919	920	921	922	923	924	925	926	927	928	929	930	931	932	933	934	935	936	937	938	939	940	941	942	943	944	945	946	947	948	949	950	951	952	953	954	955	956	957	958	959	960	961	962	963	964	965	966	967	968	969	970	971	972	973	974	975	976	977	978	979	980	981	982	983	984	985	986	987	988	989	990	991	992	993	994	995



R TABEL STUDI UTAMA

No Res.	Initial	JK	Umur		Lama Menderita PJK (Tahun)		Riwayat Penyakit & Pengobatan				Pendidikan	Pekerjaan	Penghasilan	Rasio Lingkar pinggang tinggi			Indeks Masa Tubuh			HASIL	
							HP	DM	HK	M				Lingkar Pinggang	Tinggi Badan	Hasil	Berat Badan	Tinggi Badan	TB (M)		
1	BB	L	1	60	3	3	1	1	0	1	1	4	0	1	110	170	64,7	86	170	1,70	29,76
2	HC	L	1	56	3	2	1	0	0	0	1	4	1	1	84	168	50,0	82	168	1,68	29,05
3	MR	L	1	60	3	2	1	1	1	1	1	3	0	0	96	166	57,8	88	166	1,66	31,93
4	NN	P	0	61	3	1	1	1	1	1	0	3	0	0	76	146	52,1	45	146	1,46	21,11
5	YY	L	1	63	3	5	1	1	0	0	1	3	0	0	80	160	50,0	60	160	1,60	23,44
6	AP	P	0	59	3	3	1	1	0	1	0	3	0	0	72	154	46,8	52	154	1,54	21,93
7	JK	L	1	56	3	2	1	1	0	0	1	3	1	1	89	172	51,7	74	172	1,72	25,01
8	YP	P	0	59	3	2	1	1	0	1	0	2	1	1	85	152	55,9	63	152	1,52	27,27
9	FL	P	0	62	3	5	1	1	0	1	0	2	1	1	86	145	59,3	56	145	1,45	26,63
10	SL	L	1	43	2	2	1	1	0	0	1	1	1	0	84	166	50,6	63	166	1,66	22,86
11	AS	P	0	52	3	1	1	1	1	1	0	4	1	1	86	154	55,8	60	154	1,54	25,30
12	PR	P	0	42	2	7	2	1	0	1	0	2	1	0	84	165	50,9	64	165	1,65	23,51
13	HR	P	0	42	2	2	1	0	0	1	0	3	1	0	88	166	53,0	69	166	1,66	25,04
14	AL	L	1	57	3	2	1	0	1	1	1	1	1	0	89	159	56,0	78	159	1,59	30,85
15	LR	P	0	63	3	2	1	1	1	1	0	1	0	0	80	170	47,1	68	170	1,70	23,53
16	FM	P	0	47	2	2	1	1	0	1	0	3	1	0	78	150	52,0	53	150	1,50	23,56
17	D	P	0	65	3	4	1	1	0	1	0	2	0	0	84	146	57,5	60	146	1,46	28,15
18	MI	P	0	62	3	2	1	1	0	1	0	2	0	0	93	156	59,6	97	156	1,56	39,86
19	JM	L	1	60	3	2	1	1	0	0	1	2	1	1	88	180	48,9	84	180	1,80	25,93
20	AK	L	1	64	3	1	1	0	1	0	1	1	0	0	78	155	50,3	56	155	1,55	23,31
21	FM	P	0	55	3	2	1	1	0	1	0	3	0	0	89	158	56,3	54	158	1,58	21,63
22	KS	P	0	60	3	1	1	1	0	1	0	3	0	0	76	161	47,2	62	161	1,61	23,92
23	FK	P	0	55	3	1	1	1	0	0	1	1	0	0	70	155	45,2	67	155	1,55	27,89
24	AP	P	0	55	3	2	1	1	0	1	0	1	1	0	65	152	42,8	50	152	1,52	21,64
25	NT	P	0	54	3	1	1	1	0	1	0	1	0	0	76	164	46,3	57	164	1,64	21,19
26	AW	L	1	63	3	2	1	1	0	1	1	3	1	1	87	168	51,8	71	168	1,68	25,16
27	JP	L	1	65	3	1	1	1	0	1	1	2	0	0	91	160	56,9	85	160	1,60	33,20
28	JP	L	1	64	3	4	1	1	1	1	1	2	0	0	87	165	52,7	70	165	1,65	25,71
29	OP	P	0	53	3	3	1	1	0	1	1	1	1	0	86	156	55,1	67	156	1,56	27,53
30	SM	P	0	64	3	2	1	1	0	1	0	4	0	1	89	157	56,7	67	157	1,57	27,18
31	AH	L	1	57	3	2	1	0	0	1	1	4	1	1	88	177	49,7	80	177	1,77	25,54
32	VM	L	1	55	3	3	1	1	0	1	1	3	1	1	93	174	53,4	87	174	1,74	28,74
33	D	P	0	65	3	3	1	1	1	1	0	1	0	0	67	150	44,7	55	150	1,50	24,44
34	RR	L	1	53	3	1	1	1	1	1	1	3	1	1	85	159	53,5	60	159	1,59	23,73
35	RP	P	0	60	3	1	1	1	0	1	0	2	1	1	76	159	47,8	64	159	1,59	25,32
36	BL	L	1	54	3	2	1	1	0	1	1	2	0	0	89	157	56,7	75	157	1,57	30,43
37	BM	L	1	58	3	3	1	1	1	0	1	3	1	0	96	169	56,8	90	169	1,69	31,51
38	YY	L	1	44	2	3	1	0	1	0	1	3	1	1	89	168	53,0	76	168	1,68	26,93
39	SU	L	1	59	3	5	1	1	1	0	1	3	0	0	67	167	40,1	58	167	1,67	20,80
40	SM	P	0	54	3	2	1	1	0	1	0	3	0	0	70	156	44,9	60	156	1,56	24,65
41	AK	L	1	45	2	2	1	0	0	1	1	3	1	1	98	170	57,6	79	170	1,70	27,34
42	SM	L	1	44	2	2	1	0	1	1	1	3	1	1	100	165	60,6	80	165	1,65	29,38
43	UA	L	1	59	3	1	1	1	1	1	1	1	0	0	113	171	66,1	84	171	1,71	28,73
44	HP	L	1	49	2	3	1	0	0	1	1	3	1	0	80	167	47,9	69	167	1,67	24,74
45	FS	P	0	50	2	2	1	1	1	1	0	3	0	0	94	155	60,6	76	155	1,55	31,63
46	FJ	P	0	62	3	3	1	1	1	1	0	2	1	1	96	156	61,5	89	156	1,56	36,57
47	SS	P	0	43	2	2	1	0	1	0	1	3	0	0	92	160	57,5	86	160	1,60	33,59
48	SR	L	1	50	2	2	1	1	0	1	1	4	1	1	73	169	43,2	62	169	1,69	21,71
49	AY	P	0	49	2	1	1	1	0	1	1	2	0	0	86	158	54,4	60	158	1,58	24,03
50	JR	L	1	58	3	2	1	0	0	1	1	2	0	0	85	160	53,1	70	160	1,60	27,34



		L	1	47	2	2	1	1	0	1	1	2	0	0	78	160	48,8	65	160	1,60	25,39
		L	1	54	3	2	1	1	0	1	1	2	0	0	90	169	53,3	87	169	1,69	30,46
		P	0	57	3	10	2	1	0	1	0	2	0	0	86	155	55,5	76	155	1,55	31,63
		L	1	61	3	2	1	1	0	1	1	2	0	0	76	167	45,5	89	167	1,67	31,91
55	AT	P	0	65	3	11	3	1	1	1	0	2	0	0	88	163	54,0	74	163	1,63	27,85
56	AW	L	1	52	3	1	1	1	0	0	0	4	1	1	83	168	49,4	77	168	1,68	27,28
57	MM	L	1	45	2	2	1	1	1	1	0	3	0	0	69	146	47,3	56	146	1,46	26,27
58	GT	L	1	61	3	1	1	1	0	0	0	2	1	1	90	170	52,9	83	170	1,70	28,72
59	SI	P	0	55	3	2	1	1	0	1	0	1	0	0	67	160	41,9	55	160	1,60	21,48
60	HA	P	0	59	3	3	1	1	0	1	0	3	0	0	75	158	47,5	68	158	1,58	27,24
61	RS	L	1	53	3	1	1	1	0	0	1	3	1	1	89	177	50,3	85	177	1,77	27,13
62	RF	P	0	62	3	2	1	1	0	1	0	1	0	0	89	151	58,9	63	151	1,51	27,63
63	ID	L	1	56	3	2	1	1	0	1	1	2	1	1	87	169	51,5	80	169	1,69	28,01
64	JL	L	1	60	3	8	2	1	1	1	1	3	1	1	83	166	50,0	67	166	1,66	24,31
65	SR	P	0	45	2	2	1	1	0	1	9	2	1	0	75	150	50,0	60	150	1,50	26,67
66	RU	L	1	58	3	2	1	1	0	1	1	3	0	0	89	160	55,6	80	160	1,60	31,25
67	YA	L	1	60	3	2	1	1	0	0	1	2	1	0	79	168	47,0	63	168	1,68	22,32
68	YS	L	1	64	3	5	1	1	0	1	1	3	1	0	70	163	42,9	69	163	1,63	25,97
69	ML	P	0	42	2	2	1	1	1	0	1	3	0	0	73	169	43,2	68	169	1,69	23,81
70	SW	P	0	39	1	1	1	0	1	1	0	2	1	0	80	168	47,6	66	168	1,68	23,38
71	VB	L	1	60	3	1	1	1	0	1	1	2	1	0	68	163	41,7	57	163	1,63	21,45
72	FP	L	1	58	3	2	1	1	0	1	1	3	1	1	82	170	48,2	67	170	1,70	23,18
73	RW	P	0	42	2	1	1	1	1	1	0	2	1	1	78	165	47,3	63	165	1,65	23,14
74	FM	L	1	53	3	2	1	1	0	1	0	4	1	1	89	165	53,9	74	165	1,65	27,18
75	FG	P	0	62	3	4	1	1	0	1	0	1	0	0	79	154	51,3	60	154	1,54	25,30
76	FR	L	1	65	3	7	2	1	1	1	1	3	0	0	109	160	68,1	79	160	1,60	30,86
77	RM	L	1	59	3	3	1	1	1	1	1	3	0	0	83	160	51,9	76	160	1,60	29,69
78	S	L	1	60	3	3	1	0	0	1	1	2	1	0	90	159	56,6	62	155	1,55	25,81
79	MP	P	0	55	3	4	1	1	0	0	0	3	1	0	102	163	62,6	70	163	1,63	26,35
80	ET	L	1	63	3	2	1	1	0	1	1	2	0	0	93	159	58,5	87	159	1,59	34,41
81	TS	L	1	47	2	2	1	0	1	0	1	4	1	1	89	169	52,7	74	169	1,69	25,91
82	RB	L	1	57	3	1	1	1	1	1	1	4	1	1	110	159	69,2	87	159	1,59	34,41
83	RT	L	1	45	2	1	1	1	0	1	1	1	1	0	88	168	52,4	67	168	1,68	23,74
84	JM	L	1	61	3	2	1	1	1	1	0	4	0	1	76	155	49,0	52	155	1,55	21,64
85	JF	L	1	52	3	1	1	1	0	1	0	3	1	0	83	174	47,7	73	174	1,74	24,11
86	CY	L	1	46	2	2	1	0	1	0	1	4	1	1	103	165	62,4	89	165	1,65	32,69
87	NW	P	0	61	3	2	1	1	0	1	0	2	0	0	72	155	46,5	60	155	1,55	24,97
88	IT	L	1	46	2	5	1	1	0	1	1	4	1	1	122	175	69,7	89	175	1,75	29,06
89	JK	L	1	60	3	3	1	1	0	1	1	1	0	0	87	166	52,4	65	166	1,66	23,59
90	RR	L	1	60	3	4	1	1	0	1	1	3	0	0	94	164	57,3	72	164	1,64	26,77
91	RH	P	0	59	3	2	1	1	1	0	1	1	0	0	69	158	43,7	70	158	1,58	28,04
92	TM	L	1	65	3	2	1	1	1	0	0	1	0	0	92	155	59,4	60	155	1,55	24,97
93	TS	P	0	58	3	3	1	1	0	1	0	3	0	0	81	147	55,1	49	147	1,47	22,68
94	FL	L	1	57	3	12	3	1	1	1	1	4	1	1	119	175	68,0	98	175	1,75	32,00
95	CP	L	1	60	3	2	1	0	1	1	1	4	1	1	120	160	75,0	96	160	1,60	37,50
96	AP	L	1	58	3	2	1	1	1	0	1	4	1	1	95	165	57,6	67	165	1,65	24,61
97	DT	L	1	51	3	4	1	1	1	1	1	4	0	0	98	159	61,6	70	159	1,59	27,69
98	BM	P	0	55	3	3	1	1	0	1	0	3	1	1	90	155	58,1	73	155	1,55	30,39
99	HK	L	1	58	3	6	2	1	0	1	1	3	1	1	99	176	56,3	85	176	1,76	27,44
100	ML	P	0	64	3	6	2	1	0	1	0	2	0	0	67	150	44,7	46	150	1,50	20,44
101	LK	L	1	48	2	1	1	1	0	1	1	3	1	1	108	169	63,9	94	169	1,69	32,91
102	JL	L	1	48	2	2	1	1	0	0	1	2	0	0	120	160	75,0	79	160	1,60	30,86
103	DP	L	1	62	3	3	1	1	1	1	1	3	1	1	102	169	60,4	70	169	1,69	24,51
104	HT	L	1	55	3	2	1	1	0	1	1	3	1	1	103	176	58,5	81	176	1,76	26,15



Output SPSS Studi pendahuluan

Concurrent Validity

Descriptives

		Statistic	Std. Error	
PAM Score	Mean	21,88	1,050	
	95% Confidence Interval for Mean	Lower Bound	19,73	
		Upper Bound	24,02	
	5% Trimmed Mean	21,96		
	Median	23,00		
	Variance	35,274		
	Std. Deviation	5,939		
	Minimum	7		
	Maximum	33		
	Range	26		
	Interquartile Range	9		
	Skewness	-,326	,414	
	Kurtosis	,073	,809	
Aktifitas Fisik	Mean	19,09	,595	
	95% Confidence Interval for Mean	Lower Bound	17,88	
		Upper Bound	20,31	
	5% Trimmed Mean	19,31		
	Median	20,00		
	Variance	11,314		
	Std. Deviation	3,364		
	Minimum	10		
	Maximum	24		
	Range	14		
	Interquartile Range	4		
	Skewness	-1,101	,414	
	Kurtosis	1,035	,809	

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
PAM Score	,106	32	,200*	,976	32	,678
Aktifitas Fisik	,262	32	,000	,892	32	,004

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction



Correlations

		PAM Score	Aktifitas Fisik
PAM Score	Pearson Correlation	1	,491**
	Sig. (2-tailed)		,004
	N	32	32
Aktifitas Fisik	Pearson Correlation	,491**	1
	Sig. (2-tailed)	,004	
	N	32	32

** . Correlation is significant at the 0.01 level (2-tailed).

Karakteristik Responden

Jenis Kelamin

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Perempuan	13	40,6	40,6	40,6
	Laki-laki	19	59,4	59,4	100,0
	Total	32	100,0	100,0	

Kategori Usia

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	30-40	1	3,1	3,1	3,1
	41-50	9	28,1	28,1	31,3
	51-65	22	68,8	68,8	100,0
	Total	32	100,0	100,0	

Kategori Durasi

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1-5	28	87,5	87,5	87,5
	6-10	4	12,5	12,5	100,0
	Total	32	100,0	100,0	

Hipertensi

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tidak	1	3,1	3,1	3,1
	Ya	31	96,9	96,9	100,0
	Total	32	100,0	100,0	

Diabetes Melitus

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tidak	21	65,6	65,6	65,6
	Ya	11	34,4	34,4	100,0
	Total	32	100,0	100,0	



Dislipidemia

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tidak	6	18,8	18,8	18,8
	Ya	26	81,3	81,3	100,0
	Total	32	100,0	100,0	

Riwayat Merokok

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tidak	16	50,0	50,0	50,0
	Ya	16	50,0	50,0	100,0
	Total	32	100,0	100,0	

Pendidikan

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	SMP	6	18,8	18,8	18,8
	SMA	12	37,5	37,5	56,3
	Akademi/PT	14	43,8	43,8	100,0
	Total	32	100,0	100,0	

Penghasilan

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	< 3.051.076	16	50,0	50,0	50,0
	≥ 3.051.076	16	50,0	50,0	100,0
	Total	32	100,0	100,0	

Status Pekerjaan

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tidak Bekerja	15	46,9	46,9	46,9
	Bekerja	17	53,1	53,1	100,0
	Total	32	100,0	100,0	

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Usia	32	37	65	55,09	7,118
Durasi Menderita PJK	32	1	9	3,34	1,877
Rasio Lingkar Pinggang	32	47,4	79,5	59,747	7,0292
IMT	32	21	40	28,17	4,197
Valid N (listwise)	32				



Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
PAM Score	32	7	33	21,88	5,939
Valid N (listwise)	32				

KATEGORI PAM

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid <20	10	31,3	31,3	31,3
20-30	20	62,5	62,5	93,8
31-40	2	6,3	6,3	100,0
Total	32	100,0	100,0	

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Living Zone	32	61	197	132,91	36,596
Healty Zone	32	6	74	36,38	14,271
Sport Zone	32	0	3	,56	,840
Valid N (listwise)	32				



Output SPSS Studi Utama
Karakteristik Responden

Jenis Kelamin

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Perempuan	41	39,4	39,4	39,4
	Laki-laki	63	60,6	60,6	100,0
Total		104	100,0	100,0	

Statistics

		Umur
N	Valid	104
	Missing	0
Mean		55,71
Median		57,50
Std. Deviation		6,740

Umur

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	30-40	1	1,0	1,0	1,0
	41-51	23	22,1	22,1	23,1
	51-65	80	76,9	76,9	100,0
	Total	104	100,0	100,0	

Statistics

		Lama Menderita PJK
N	Valid	104
	Missing	0
Mean		2,70
Median		2,00
Std. Deviation		2,014

Lama Menderita

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	1-5	96	92,3	92,3	92,3
	6-10	6	5,8	5,8	98,1
	>10	2	1,9	1,9	100,0
	Total	104	100,0	100,0	

Hipertensi

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tidak	16	15,4	15,4	15,4
	Ya	88	84,6	84,6	100,0
	Total	104	100,0	100,0	



Diabetes Melitus

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tidak	68	65,4	65,4	65,4
	Ya	36	34,6	34,6	100,0
	Total	104	100,0	100,0	

Hiperkolestrol

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tidak	23	22,1	22,1	22,1
	Ya	81	77,9	77,9	100,0
	Total	104	100,0	100,0	

Riwayat Merokok

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tidak Pernah	42	40,4	40,4	40,4
	Pernah	62	59,6	59,6	100,0
	Total	104	100,0	100,0	

Pendidikan

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	SD	17	16,3	16,3	16,3
	SMP	30	28,8	28,8	45,2
	SMA	40	38,5	38,5	83,7
	Akademi/PT	17	16,3	16,3	100,0
	Total	104	100,0	100,0	

Pekerjaan

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tidak Bekerja	50	48,1	48,1	48,1
	Bekerja	54	51,9	51,9	100,0
	Total	104	100,0	100,0	

Penghasilan

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	< 3.051.076	65	62,5	62,5	62,5
	> 3.051.076	39	37,5	37,5	100,0
	Total	104	100,0	100,0	

Ketegori IMT

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	18.5-25	44	42,3	42,3	42,3
	25-30	43	41,3	41,3	83,7
	≥30	17	16,3	16,3	100,0
	Total	104	100,0	100,0	



Statistics

Risks Masa Tubuh		
N	Valid	104
	Missing	0
Mean		26,860
Median		26,310
Std. Deviation		3,8975

Statistics

Rasio Lingkar Pinggang Tinggi Badan		
N	Valid	104
	Missing	0
Mean		53,595
Median		52,950
Std. Deviation		7,0992

Statistics

Pengaruh Aktivitas Fisik		
N	Valid	104
	Missing	0
Mean		20,14
Median		20,00
Std. Deviation		2,664

Statistics

Self-Efficacy		
N	Valid	104
	Missing	0
Mean		46,69
Median		44,00
Std. Deviation		19,183

Statistics

Hambatan Aktivitas Fisik		
N	Valid	104
	Missing	0
Mean		26,57
Median		24,00
Std. Deviation		10,687

Statistics

Manfaat Aktivitas Fisik		
N	Valid	104
	Missing	0
Mean		40,63
Median		39,00
Std. Deviation		4,331

Statistics

Dukungan Keluarga		
N	Valid	104
	Missing	0
Mean		23,02
Median		20,00
Std. Deviation		7,885

Statistics

Dukungan Teman		
N	Valid	104
	Missing	0
Mean		18,78
Median		16,00
Std. Deviation		7,333

Statistics

Peralatan Rumah		
N	Valid	104
	Missing	0
Mean		2,16
Median		2,00
Std. Deviation		1,791

Statistics

Kondisi Lingkungan		
N	Valid	104
	Missing	0
Mean		9,95
Median		10,00
Std. Deviation		1,548

Statistics

Niat		
N	Valid	104
	Missing	0
Mean		23,06
Median		24,00
Std. Deviation		4,825

Statistics

Perilaku aktifitas fisik		
N	Valid	104
	Missing	0
Mean		14,13
Median		15,00
Std. Deviation		4,107



gukuran aktivitas fisik

Statistics

Pertanyaan 1

N	Valid	104
	Missing	0
Mean		1,71
Std. Deviation		,586

Pertanyaan 1

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tidak aktif (0)	2	1,9	1,9	1,9
	Kurang aktif (1)	31	29,8	29,8	31,7
	Aktif (2)	66	63,5	63,5	95,2
	Sangat Aktif (3)	5	4,8	4,8	100,0
	Total	104	100,0	100,0	

Statistics

Pertanyaan 2

N	Valid	104
	Missing	0
Mean		1,29
Median		1,00
Std. Deviation		,552

Pertanyaan 2

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tidak ada upaya fisik (0)	2	1,9	1,9	1,9
	Upaya fisik ringan (1)	73	70,2	70,2	72,1
	Upaya fisik sedang (2)	26	25,0	25,0	97,1
	Upaya fisik berat (3)	3	2,9	2,9	100,0
	Total	104	100,0	100,0	

Statistics

Pertanyaan 3

N	Valid	104
	Missing	0
Mean		3,42
Median		4,00
Std. Deviation		,878

Pertanyaan 3

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tidak ada waktu yang dihabiskan untuk beraktifitas (0)	1	1,0	1,0	1,0
	Kurang dari 2 jam dalam seminggu (1)	5	4,8	4,8	5,8
	Antara 2 jam sampai 6 jam dalam seminggu (2)	6	5,8	5,8	11,5
	Antara 6 jam sampai 10 jam dalam seminggu (3)	29	27,9	27,9	39,4
	Lebih dari 10 jam dalam seminggu (4)	63	60,6	60,6	100,0



Total	104	100,0	100,0
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Statistics

Pertanyaan 4

N	Valid	104
	Missing	0
Mean		1,05
Std. Deviation		,768
Minimum		0
Maximum		3

Pertanyaan 4

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tidak Berolahraga (0)	27	26,0	26,0	26,0
	Jarang: Tidak ada kelelahan otot (1)	46	44,2	44,2	70,2
	Cukup sering: tingkat kelelahan otot biasa (2)	30	28,8	28,8	99,0
	Sangat sering: tingkat kelelahan otot cukup besar (3)	1	1,0	1,0	100,0
	Total	104	100,0	100,0	

Statistics

Pertanyaan 5

N	Valid	104
	Missing	0
Mean		1,38
Std. Deviation		1,143
Minimum		0
Maximum		4

Pertanyaan 5

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Tidak Pernah (0)	26	25,0	25,0	25,0
	Kadang-kadang (1)	36	34,6	34,6	59,6
	Satu atau dua kali dalam seminggu (2)	23	22,1	22,1	81,7
	Tiga sampai enam kali dalam seminggu (3)	14	13,5	13,5	95,2
	Setiap hari (4)	5	4,8	4,8	100,0
	Total	104	100,0	100,0	

Statistics

Pertanyaan 6

N	Valid	104
	Missing	0
Mean		1,35
Std. Deviation		1,031
Minimum		0
Maximum		4



Pertanyaan 6

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Tidak ada aktifitas (0)	28	26,9	26,9	26,9
Kurang dari 15 menit (1)	26	25,0	25,0	51,9
15 sampai 30 menit (2)	37	35,6	35,6	87,5
30 sampai 60 menit (3)	12	11,5	11,5	99,0
60 menit atau lebih (4)	1	1,0	1,0	100,0
Total	104	100,0	100,0	

Statistics

Pertanyaan 9

N	Valid	104
	Missing	0
Mean		2,96
Std. Deviation		,193
Minimum		2
Maximum		3

Pertanyaan 9

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Antara 12 sampai 16 jam sehari (2)	4	3,8	3,8	3,8
Kurang dari 12 jam sehari (3)	100	96,2	96,2	100,0
Total	104	100,0	100,0	

UJI KORELASI

Correlations

		Jenis Kelamin	Aktifitas Fisik
Jenis Kelamin	Pearson Correlation	1	,131
	Sig. (2-tailed)		,186
	N	104	104
Aktifitas Fisik	Pearson Correlation	,131	1
	Sig. (2-tailed)	,186	
	N	104	104

Correlations

		Umur	Aktifitas Fisik
Spearman's rho	Umur	Correlation Coefficient	1,000
		Sig. (2-tailed)	.
		N	104
	Aktifitas Fisik	Correlation Coefficient	-,130
		Sig. (2-tailed)	,187
		N	104



Correlations

		Aktifitas Fisik	Lama Menderita PJK
Spearman's rho	Aktifitas Fisik	Correlation Coefficient	1,000
		Sig. (2-tailed)	,280**
		N	104
	Lama Menderita PJK	Correlation Coefficient	-,280**
		Sig. (2-tailed)	,004
		N	104

** . Correlation is significant at the 0.01 level (2-tailed).

Correlations

		Aktifitas Fisik	Hipertensi
Aktifitas Fisik	Pearson Correlation	1	-,059
	Sig. (2-tailed)		,554
	N	104	104
Hipertensi	Pearson Correlation	-,059	1
	Sig. (2-tailed)	,554	
	N	104	104

Correlations

		Aktifitas Fisik	Diabetes Melitus
Aktifitas Fisik	Pearson Correlation	1	-,161
	Sig. (2-tailed)		,103
	N	104	104
Diabetes Melitus	Pearson Correlation	-,161	1
	Sig. (2-tailed)	,103	
	N	104	104

Correlations

		Aktifitas Fisik	Hiperkolestrol
Aktifitas Fisik	Pearson Correlation	1	-,086
	Sig. (2-tailed)		,387
	N	104	104
Hiperkolestrol	Pearson Correlation	-,086	1
	Sig. (2-tailed)	,387	
	N	104	104

Correlations

		Aktifitas Fisik	Merokok
Aktifitas Fisik	Pearson Correlation	1	,011
	Sig. (2-tailed)		,913
	N	104	104
Merokok	Pearson Correlation	,011	1
	Sig. (2-tailed)	,913	
	N	104	104

Correlations

		Aktifitas Fisik	Pendidikan
Aktifitas Fisik	Pearson Correlation	1	,171



	Sig. (2-tailed)		,083
	N	104	104
didikan	Pearson Correlation	,171	1
	Sig. (2-tailed)	,083	
	N	104	104

Correlations

		Aktifitas Fisik	Pekerjaan
Aktifitas Fisik	Pearson Correlation	1	,321**
	Sig. (2-tailed)		,001
	N	104	104
Pekerjaan	Pearson Correlation	,321**	1
	Sig. (2-tailed)	,001	
	N	104	104

** . Correlation is significant at the 0.01 level (2-tailed).

Correlations

		Aktifitas Fisik	Penghasilan
Aktifitas Fisik	Pearson Correlation	1	,263**
	Sig. (2-tailed)		,007
	N	104	104
Penghasilan	Pearson Correlation	,263**	1
	Sig. (2-tailed)	,007	
	N	104	104

** . Correlation is significant at the 0.01 level (2-tailed).

Correlations

			Aktifitas Fisik	Indeks Masa Tubuh
Spearman's rho	Aktifitas Fisik	Correlation Coefficient	1,000	-,093
		Sig. (2-tailed)	.	,349
		N	104	104
	Indeks Masa Tubuh	Correlation Coefficient	-,093	1,000
		Sig. (2-tailed)	,349	.
		N	104	104

Correlations

		Aktifitas Fisik	Rasio Lingkar Pinggang Tinggi Badan
Aktifitas Fisik	Pearson Correlation	1	-,114
	Sig. (2-tailed)		,251
	N	104	104
Rasio Lingkar Pinggang Tinggi Badan	Pearson Correlation	-,114	1
	Sig. (2-tailed)	,251	
	N	104	104

Correlations

			Aktifitas Fisik	Pengaruh yang di timbulkan oleh Aktivitas
Spearman's rho	Aktifitas Fisik	Correlation Coefficient	1,000	,232*
		Sig. (2-tailed)	.	,018



	N	104	104
Pengaruh yang di timbulkan oleh Aktivitas	Correlation Coefficient	,232*	1,000
	Sig. (2-tailed)	,018	.
	N	104	104

*. Correlation is significant at the 0.05 level (2-tailed).

Correlations

		Aktifitas Fisik	Self-Efficacy
Aktifitas Fisik	Pearson Correlation	1	,601**
	Sig. (2-tailed)		,000
	N	104	104
Self-Efficacy	Pearson Correlation	,601**	1
	Sig. (2-tailed)	,000	
	N	104	104

** . Correlation is significant at the 0.01 level (2-tailed).

Correlations

		Aktifitas Fisik	Hambatan Aktivitas Fisik
Spearman's rho	Aktifitas Fisik	Correlation Coefficient	1,000
		Sig. (2-tailed)	.
		N	104
	Hambatan Aktivitas Fisik	Correlation Coefficient	,339**
		Sig. (2-tailed)	,000
		N	104

** . Correlation is significant at the 0.01 level (2-tailed).

Correlations

		Aktifitas Fisik	Manfaat Aktivitas Fisik
Spearman's rho	Aktifitas Fisik	Correlation Coefficient	1,000
		Sig. (2-tailed)	.
		N	104
	Manfaat Aktivitas Fisik	Correlation Coefficient	,314**
		Sig. (2-tailed)	,001
		N	104

** . Correlation is significant at the 0.01 level (2-tailed).

Correlations

		Aktifitas Fisik	Dukungan Keluarga
Spearman's rho	Aktifitas Fisik	Correlation Coefficient	1,000
		Sig. (2-tailed)	.
		N	104
	Dukungan Keluarga	Correlation Coefficient	,373**
		Sig. (2-tailed)	,000
		N	104

** . Correlation is significant at the 0.01 level (2-tailed).

Correlations

		Aktifitas Fisik	Dukungan Teman
Spearman's rho	Aktifitas Fisik	Correlation Coefficient	1,000
		Sig. (2-tailed)	.
		N	104



	Dukungan Teman	Correlation Coefficient	,422**	1,000
		Sig. (2-tailed)	,000	.
		N	104	104

Correlation is significant at the 0.01 level (2-tailed).

Correlations

		Aktifitas Fisik		Peralatan Rumah
Spearman's rho	Aktifitas Fisik	Correlation Coefficient	1,000	,397**
		Sig. (2-tailed)	.	,000
		N	104	104
	Peralatan Rumah	Correlation Coefficient	,397**	1,000
		Sig. (2-tailed)	,000	.
		N	104	104

** . Correlation is significant at the 0.01 level (2-tailed).

Correlations

		Aktifitas Fisik		Kondisi Lingkungan
Spearman's rho	Aktifitas Fisik	Correlation Coefficient	1,000	,187
		Sig. (2-tailed)	.	,057
		N	104	104
	Kondisi Lingkungan	Correlation Coefficient	,187	1,000
		Sig. (2-tailed)	,057	.
		N	104	104

Correlations

		Aktifitas Fisik		Niat
Spearman's rho	Aktifitas Fisik	Correlation Coefficient	1,000	,499**
		Sig. (2-tailed)	.	,000
		N	104	104
	Niat	Correlation Coefficient	,499**	1,000
		Sig. (2-tailed)	,000	.
		N	104	104

** . Correlation is significant at the 0.01 level (2-tailed).

UJI REGRESI LINEAR

Variables Entered/Removed^a

Model	Variables Entered	Variables Removed	Method
1	Niat , Lama Menderita PJK, Hambatan Aktivitas Fisik, Penghasilan, Dukungan Keluarga, Manfaat Aktivitas Fisik, Pengaruh Aktivitas, Self-Efficacy, Peralatan Rumah, Pekerjaan, dukungan teman ^b	.	Enter
2	.	Dukungan Teman	Backward (criterion: Probability of F-to-remove >= ,100).
3	.	Peralatan Rumah	Backward (criterion: Probability of F-to-remove >= ,100).
4	.	Pekerjaan	Backward (criterion: Probability of F-to-remove >= ,100).
5	.	Manfaat Aktivitas Fisik	Backward (criterion: Probability of F-to-remove >= ,100).



8

	Pengaruh Aktivitas	Backward (criterion: Probability of F-to-remove >= ,100).
	Penghasilan	Backward (criterion: Probability of F-to-remove >= ,100).
	Hambatan Aktivitas Fisik	Backward (criterion: Probability of F-to-remove >= ,100).

a. Dependent Variable: Aktifitas Fisik

b. All requested variables entered.

Model Summaryⁱ

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Durbin-Watson
1	,705 ^a	,496	,436	3,084	
2	,705 ^b	,496	,442	3,067	
3	,704 ^c	,496	,448	3,052	
4	,704 ^d	,496	,453	3,037	
5	,704 ^e	,495	,458	3,023	
6	,703 ^f	,494	,463	3,010	
7	,697 ^g	,485	,459	3,020	
8	,687 ^h	,472	,451	3,043	1,947

a. Predictors: (Constant), Niat , Lama Menderita PJK, Hambatan Aktivitas Fisik, Penghasilan, Dukungan Keluarga, Manfaat Aktivitas Fisik, Pengaruh Aktivitas, Self-Efficacy, Peralatan Rumah, Pekerjaan, Dukungan Teman

b. Predictors: (Constant), Niat , Lama Menderita PJK, Hambatan Aktivitas Fisik, Penghasilan, Dukungan Keluarga, Manfaat Aktivitas Fisik, Pengaruh Aktivitas, Self-Efficacy, Peralatan Rumah, Pekerjaan

c. Predictors: (Constant), Niat , Lama Menderita PJK, Hambatan Aktivitas Fisik, Penghasilan, Dukungan Keluarga, Manfaat Aktivitas Fisik, Pengaruh Aktivitas, Self-Efficacy, Pekerjaan

d. Predictors: (Constant), Niat , Lama Menderita PJK, Hambatan Aktivitas Fisik, Penghasilan, Dukungan Keluarga, Manfaat Aktivitas Fisik, Pengaruh Aktivitas, Self-Efficacy

e. Predictors: (Constant), Niat , Lama Menderita PJK, Hambatan Aktivitas Fisik, Penghasilan, Dukungan Keluarga, Pengaruh Aktivitas, Self-Efficacy

f. Predictors: (Constant), Niat , Lama Menderita PJK, Hambatan Aktivitas Fisik, Penghasilan, Dukungan Keluarga, Self-Efficacy

g. Predictors: (Constant), Niat , Lama Menderita PJK, Hambatan Aktivitas Fisik, Dukungan Keluarga, Self-Efficacy

h. Predictors: (Constant), Niat , Lama Menderita PJK, Dukungan Keluarga, Self-Efficacy

i. Dependent Variable: Aktifitas Fisik

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	862,393	11	78,399	8,243	,000 ^b
	Residual	874,982	92	9,511		
	Total	1737,375	103			
2	Regression	862,334	10	86,233	9,165	,000 ^c
	Residual	875,041	93	9,409		
	Total	1737,375	103			
3	Regression	861,951	9	95,772	10,284	,000 ^d
	Residual	875,424	94	9,313		
	Total	1737,375	103			
4	Regression	861,436	8	107,679	11,678	,000 ^e
	Residual	875,939	95	9,220		
	Total	1737,375	103			
5	Regression	860,209	7	122,887	13,449	,000 ^f
	Residual	877,166	96	9,137		



	Total	1737,375	103			
	Regression	858,345	6	143,058	15,786	,000 ^g
	Residual	879,030	97	9,062		
	Total	1737,375	103			
7	Regression	843,301	5	168,660	18,487	,000 ^h
	Residual	894,074	98	9,123		
	Total	1737,375	103			
8	Regression	820,730	4	205,183	22,160	,000 ⁱ
	Residual	916,645	99	9,259		
	Total	1737,375	103			

a. Dependent Variable: Aktifitas Fisik

b. Predictors: (Constant), Niat , Lama Menderita PJK, Hambatan Aktivitas Fisik, Penghasilan, Dukungan Keluarga, Manfaat Aktivitas Fisik, Pengaruh Aktivitas, Self-Eficacy, Peralatan Rumah, Pekerjaan, dukungan teman

c. Predictors: (Constant), Niat , Lama Menderita PJK, Hambatan Aktivitas Fisik, Penghasilan, Dukungan Keluarga, Manfaat Aktivitas Fisik, Pengaruh Aktivitas, Self-Eficacy, Peralatan Rumah, Pekerjaan

d. Predictors: (Constant), Niat , Lama Menderita PJK, Hambatan Aktivitas Fisik, Penghasilan, Dukungan Keluarga, Manfaat Aktivitas Fisik, Pengaruh Aktivitas, Self-Eficacy, Pekerjaan

e. Predictors: (Constant), Niat , Lama Menderita PJK, Hambatan Aktivitas Fisik, Penghasilan, Dukungan Keluarga, Manfaat Aktivitas Fisik, Pengaruh Aktivitas, Self-Eficacy

f. Predictors: (Constant), Niat , Lama Menderita PJK, Hambatan Aktivitas Fisik, Penghasilan, Dukungan Keluarga, Pengaruh Aktivitas, Self-Eficacy

g. Predictors: (Constant), Niat , Lama Menderita PJK, Hambatan Aktivitas Fisik, Penghasilan, Dukungan Keluarga, Self-Eficacy

h. Predictors: (Constant), Niat , Lama Menderita PJK, Hambatan Aktivitas Fisik, Dukungan Keluarga, Self-Eficacy

i. Predictors: (Constant), Niat , Lama Menderita PJK, Dukungan Keluarga, Self-Eficacy

Coefficients^a

Model		Unstandardized Coefficients		Standardized	t	Sig.	Collinearity Statistics	
		B	Std. Error	Beta			Tolerance	VIF
1	(Constant)	5,093	3,454		1,474	,144		
	Lama Menderita PJK	-,445	,156	-,218	-2,853	,005	,934	1,070
	Pekerjaan	,191	,827	,023	,231	,818	,536	1,866
	Penghasilan	,715	,867	,085	,825	,412	,519	1,927
	Pengaruh Aktivitas	-,078	,144	-,051	-,546	,586	,630	1,587
	Self-Eficacy	,086	,021	,403	4,127	,000	,574	1,743
	Hambatan Aktivitas Fisik	,052	,034	,135	1,542	,126	,715	1,399
	Manfaat Aktivitas Fisik	,031	,086	,033	,363	,718	,658	1,519
	Dukungan Keluarga	,084	,052	,162	1,605	,112	,539	1,854
	Dukungan Teman	,005	,057	,008	,079	,937	,522	1,917
	Peralatan Rumah	-,044	,222	-,019	-,198	,844	,587	1,704
Niat	,123	,075	,145	1,640	,104	,703	1,422	
2	(Constant)	5,129	3,405		1,506	,135		
	Lama Menderita PJK	-,446	,155	-,219	-2,885	,005	,941	1,063
	Pekerjaan	,199	,815	,024	,244	,807	,546	1,833
	Penghasilan	,705	,852	,083	,827	,410	,532	1,880
	Pengaruh Aktivitas	-,080	,142	-,052	-,560	,577	,637	1,570
	Self-Eficacy	,087	,020	,405	4,341	,000	,622	1,608
	Hambatan Aktivitas Fisik	,052	,033	,136	1,562	,122	,719	1,390
	Manfaat Aktivitas Fisik	,031	,086	,033	,360	,720	,661	1,512
	Dukungan Keluarga	,086	,045	,166	1,931	,057	,735	1,361
	Peralatan Rumah	-,044	,220	-,019	-,202	,841	,588	1,701
	Niat	,124	,074	,146	1,675	,097	,717	1,395
3	(Constant)	5,239	3,344		1,567	,121		
	Lama Menderita PJK	-,445	,154	-,218	-2,895	,005	,942	1,062



	Pekerjaan	,191	,810	,023	,235	,815	,547	1,828
	Penghasilan	,655	,811	,078	,807	,421	,581	1,720
	Pengaruh Aktivitas	-,079	,141	-,051	-,561	,576	,637	1,570
	Self-Efficacy	,087	,020	,404	4,359	,000	,623	1,605
	Hambatan Aktivitas Fisik	,050	,031	,130	1,589	,115	,802	1,246
	Manfaat Aktivitas Fisik	,030	,085	,031	,349	,728	,664	1,505
	Dukungan Keluarga	,084	,043	,161	1,961	,053	,795	1,258
	Niat	,123	,073	,145	1,675	,097	,719	1,391
4	(Constant)	5,130	3,295		1,557	,123		
	Lama Menderita PJK	-,445	,153	-,218	-2,908	,005	,942	1,062
	Penghasilan	,767	,653	,091	1,175	,243	,888	1,126
	Pengaruh Aktivitas	-,078	,141	-,050	-,553	,582	,639	1,566
	Self-Efficacy	,087	,020	,407	4,439	,000	,632	1,583
	Hambatan Aktivitas Fisik	,050	,031	,131	1,607	,111	,803	1,245
	Manfaat Aktivitas Fisik	,031	,085	,033	,365	,716	,666	1,501
	Dukungan Keluarga	,085	,042	,162	1,993	,049	,799	1,252
	Niat	,125	,073	,146	1,710	,091	,724	1,380
5	(Constant)	5,853	2,622		2,232	,028		
	Lama Menderita PJK	-,454	,151	-,223	-3,014	,003	,965	1,037
	Penghasilan	,768	,650	,091	1,182	,240	,888	1,126
	Pengaruh Aktivitas	-,059	,130	-,038	-,452	,653	,740	1,351
	Self-Efficacy	,088	,019	,410	4,522	,000	,639	1,566
	Hambatan Aktivitas Fisik	,050	,031	,130	1,607	,111	,804	1,244
	Dukungan Keluarga	,086	,042	,166	2,051	,043	,808	1,238
	Niat	,129	,071	,152	1,809	,074	,747	1,338
6	(Constant)	4,948	1,686		2,935	,004		
	Lama Menderita PJK	-,444	,148	-,218	-2,992	,004	,985	1,015
	Penghasilan	,820	,636	,097	1,288	,201	,918	1,090
	Self-Efficacy	,086	,019	,400	4,571	,000	,681	1,469
	Hambatan Aktivitas Fisik	,047	,030	,122	1,553	,124	,843	1,186
	Dukungan Keluarga	,087	,042	,166	2,072	,041	,808	1,237
	Niat	,123	,070	,144	1,761	,081	,780	1,282
7	(Constant)	4,710	1,682		2,801	,006		
	Lama Menderita PJK	-,448	,149	-,220	-3,010	,003	,985	1,015
	Self-Efficacy	,087	,019	,408	4,654	,000	,684	1,462
	Hambatan Aktivitas Fisik	,048	,030	,124	1,573	,119	,843	1,186
	Dukungan Keluarga	,092	,042	,177	2,201	,030	,816	1,226
	Niat	,137	,069	,161	1,992	,049	,802	1,247
8	(Constant)	5,584	1,599		3,493	,001		
	Lama Menderita PJK	-,459	,150	-,225	-3,061	,003	,987	1,013
	Self-Efficacy	,098	,018	,458	5,574	,000	,789	1,267
	Dukungan Keluarga	,086	,042	,165	2,053	,043	,823	1,216
	Niat	,140	,069	,164	2,012	,047	,802	1,247

a. Dependent Variable: Aktivitas Fisik

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Collinearity Diagnostics^a

Model	Eigenvalue	Condition Index	(Constant)	Variance Proportions											
				Lama Menderita PJK	Pekerjaan	Penghasilan	Pengaruh Aktivitas	Self-Efficacy	Hambatan Aktivitas Fisik	Manfaat Aktivitas Fisik	Dukungan Keluarga	Dukungan Teman	Peralatan Rumah	Niat	
1	9,987	1,000	,00	,00	,00	,00	,00	,00	,00	,00	,00	,00	,00	,00	,00
	,818	3,494	,00	,03	,08	,19	,00	,00	,00	,00	,00	,00	,00	,02	,00
	,381	5,117	,00	,60	,01	,08	,00	,01	,01	,00	,00	,00	,01	,07	,00
	,250	6,320	,00	,13	,20	,00	,00	,00	,00	,00	,00	,00	,01	,59	,00
	,192	7,219	,00	,08	,61	,60	,00	,00	,00	,00	,00	,00	,00	,08	,00
	,135	8,586	,00	,01	,02	,00	,00	,00	,00	,33	,00	,10	,12	,02	,00
	,093	10,345	,01	,05	,06	,05	,01	,41	,06	,01	,00	,00	,07	,08	,01
	,068	12,112	,00	,00	,00	,02	,00	,45	,45	,00	,03	,19	,05	,01	,01
	,039	16,043	,00	,00	,01	,00	,00	,03	,07	,00	,84	,53	,07	,04	,04
	,023	20,654	,03	,00	,00	,01	,03	,01	,05	,02	,02	,04	,02	,93	,00
	,008	36,485	,18	,02	,01	,03	,95	,05	,01	,15	,00	,01	,00	,00	,00
	,005	46,397	,78	,07	,01	,02	,00	,04	,01	,82	,00	,01	,01	,00	,00
2	9,089	1,000	,00	,00	,00	,00	,00	,00	,00	,00	,00		,00	,00	
	,811	3,348	,00	,04	,08	,19	,00	,00	,00	,00	,00		,02	,00	
	,372	4,944	,00	,59	,01	,08	,00	,01	,01	,00	,00		,09	,00	
	,245	6,088	,00	,17	,21	,00	,00	,00	,00	,00	,00		,57	,00	
	,192	6,889	,00	,08	,63	,62	,00	,00	,00	,00	,00		,07	,00	
	,116	8,853	,00	,00	,00	,03	,00	,02	,51	,00	,21		,04	,00	
	,085	10,318	,01	,03	,05	,01	,00	,81	,03	,00	,01		,03	,00	
	,055	12,895	,00	,01	,00	,01	,01	,07	,38	,01	,74		,14	,03	
	,024	19,488	,02	,00	,01	,00	,04	,02	,04	,02	,00		,01	,95	
	,008	34,607	,20	,02	,01	,03	,94	,04	,01	,13	,02		,00	,00	
	,005	43,966	,77	,07	,01	,01	,00	,03	,01	,83	,00		,02	,00	
3	8,379	1,000	,00	,00	,00	,00	,00	,00	,00	,00	,00		,00	,00	
	,769	3,300	,00	,03	,10	,26	,00	,00	,00	,00	,00		,00	,00	
	,350	4,896	,00	,77	,00	,05	,00	,01	,01	,00	,01		,00	,00	
	,196	6,533	,00	,03	,82	,63	,00	,00	,00	,00	,00		,00	,00	
	,120	8,364	,00	,02	,00	,01	,00	,03	,58	,00	,17		,01	,00	
	,088	9,776	,01	,05	,05	,00	,01	,67	,04	,00	,07		,00	,00	
	,061	11,694	,00	,01	,00	,00	,01	,19	,31	,00	,72		,02	,00	
	,024	18,610	,02	,00	,01	,01	,03	,03	,03	,02	,01		,96	,00	
	,008	33,203	,21	,02	,01	,03	,95	,04	,02	,13	,02		,00	,00	



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		,005	41,878	,76	,07	,01	,01	,00	,03	,00	,84	,00			,00
4		7,754	1,000	,00	,00		,00	,00	,00	,00	,00	,00			,00
		,588	3,633	,00	,04		,84	,00	,00	,00	,00	,00			,00
	3	,350	4,710	,00	,78		,07	,00	,01	,01	,00	,01			,00
	4	,120	8,041	,00	,02		,00	,00	,03	,57	,00	,17			,01
	5	,090	9,263	,01	,05		,02	,01	,65	,05	,00	,06			,00
	6	,061	11,249	,00	,01		,00	,01	,19	,32	,00	,73			,02
	7	,024	17,845	,02	,00		,04	,03	,03	,03	,02	,01			,96
	8	,008	31,845	,22	,02		,02	,94	,05	,02	,12	,02			,00
	9	,005	40,073	,74	,07		,00	,01	,03	,00	,85	,00			,00
5	1	6,782	1,000	,00	,01		,01	,00	,00	,00		,00			,00
	2	,582	3,412	,00	,05		,83	,00	,00	,00		,00			,00
	3	,345	4,431	,00	,78		,08	,00	,02	,02		,01			,00
	4	,118	7,593	,00	,01		,01	,00	,01	,57		,23			,01
	5	,085	8,953	,02	,06		,01	,01	,78	,06		,00			,01
	6	,058	10,805	,02	,03		,00	,02	,09	,31		,74			,05
	7	,023	17,248	,08	,00		,04	,09	,03	,04		,00			,92
	8	,007	30,841	,88	,06		,02	,88	,07	,01		,02			,00
6	1	5,821	1,000	,00	,01		,01		,00	,00		,00			,00
	2	,573	3,186	,00	,07		,85		,00	,00		,00			,00
	3	,339	4,146	,00	,76		,10		,02	,02		,01			,00
	4	,117	7,046	,00	,01		,01		,00	,58		,25			,01
	5	,080	8,537	,04	,05		,00		,91	,12		,02			,01
	6	,051	10,646	,10	,07		,00		,01	,21		,72			,18
	7	,019	17,632	,85	,03		,02		,05	,05		,01			,79
7	1	5,377	1,000	,00	,01				,00	,00		,00			,00
	2	,355	3,894	,00	,83				,02	,01		,01			,00
	3	,118	6,743	,00	,01				,00	,60		,24			,01
	4	,080	8,195	,04	,06				,90	,12		,02			,01



		,051	10,232	,10	,07				,01	,21		,72			,18
		,019	16,761	,85	,03				,06	,05		,00			,79
8		4,495	1,000	,00	,01				,01			,00			,00
	2	,342	3,628	,00	,84				,03			,02			,00
	3	,085	7,262	,03	,04				,91			,20			,01
	4	,058	8,785	,14	,09				,03			,78			,12
	5	,020	14,998	,83	,02				,03			,00			,86

a. Dependent Variable: Aktifitas Fisik



Excluded Variables^a

Model		Beta In	t	Sig.	Partial Correlation	Collinearity Statistics		
						Tolerance	VIF	Minimum Tolerance
2	TEMANNEW	,008 ^b	,079	,937	,008	,522	1,917	,519
3	TEMANNEW	,009 ^c	,086	,931	,009	,522	1,915	,522
	Peralatan Rumah	-,019 ^c	-,202	,841	-,021	,588	1,701	,532
4	TEMANNEW	,012 ^d	,117	,907	,012	,531	1,882	,531
	Peralatan Rumah	-,018 ^d	-,190	,850	-,020	,589	1,697	,589
	Pekerjaan	,023 ^d	,235	,815	,024	,547	1,828	,547
5	TEMANNEW	,009 ^e	,095	,925	,010	,533	1,875	,533
	Peralatan Rumah	-,016 ^e	-,165	,870	-,017	,592	1,688	,592
	Pekerjaan	,025 ^e	,257	,798	,026	,549	1,822	,549
	Manfaat Aktivitas Fisik	,033 ^e	,365	,716	,037	,666	1,501	,632
6	TEMANNEW	,015 ^f	,152	,880	,016	,542	1,845	,542
	Peralatan Rumah	-,016 ^f	-,175	,862	-,018	,593	1,687	,593
	Pekerjaan	,022 ^f	,222	,825	,023	,552	1,811	,552
	Manfaat Aktivitas Fisik	,014 ^f	,173	,863	,018	,772	1,295	,656
	Pengaruh Aktivitas	-,038 ^f	-,452	,653	-,046	,740	1,351	,639
7	TEMANNEW	,002 ^g	,023	,982	,002	,548	1,826	,548
	Peralatan Rumah	,029 ^g	,331	,741	,034	,696	1,438	,678
	Pekerjaan	,074 ^g	,931	,354	,094	,839	1,191	,667
	Manfaat Aktivitas Fisik	,008 ^g	,091	,928	,009	,775	1,290	,660
	Pengaruh Aktivitas	-,056 ^g	-,672	,503	-,068	,764	1,308	,646
	Penghasilan	,097 ^g	1,288	,201	,130	,918	1,090	,681
8	TEMANNEW	,010 ^h	,099	,921	,010	,549	1,822	,549
	Peralatan Rumah	,067 ^h	,804	,423	,081	,772	1,295	,754
	Pekerjaan	,080 ^h	1,008	,316	,101	,842	1,188	,761
	Manfaat Aktivitas Fisik	,016 ^h	,187	,852	,019	,778	1,285	,750
	Pengaruh Aktivitas	-,027 ^h	-,325	,746	-,033	,800	1,251	,709
	Penghasilan	,099 ^h	1,310	,193	,131	,918	1,089	,780
	Hambatan Aktivitas Fisik	,124 ^h	1,573	,119	,157	,843	1,186	,684

a. Dependent Variable: AKTIFITASNEW

b. Predictors in the Model: (Constant), Niat , Lama Menderita PJK, Hambatan Aktivitas Fisik, Penghasilan, Dukungan Keluarga, Manfaat Aktivitas Fisik, Pengaruh Aktivitas, Self-Efficacy, Peralatan Rumah, Pekerjaan

c. Predictors in the Model: (Constant), Niat , Lama Menderita PJK, Hambatan Aktivitas Fisik, Penghasilan, Dukungan Keluarga, Manfaat Aktivitas Fisik, Pengaruh Aktivitas, Self-Efficacy, Pekerjaan

d. Predictors in the Model: (Constant), Niat , Lama Menderita PJK, Hambatan Aktivitas Fisik, Penghasilan, Dukungan Keluarga, Manfaat Aktivitas Fisik, Pengaruh Aktivitas, Self-Efficacy

e. Predictors in the Model: (Constant), Niat , Lama Menderita PJK, Hambatan Aktivitas Fisik, Penghasilan, Dukungan Keluarga, Pengaruh Aktivitas, Self-Efficacy

f. Predictors in the Model: (Constant), Niat , Lama Menderita PJK, Hambatan Aktivitas Fisik, Penghasilan, Dukungan Keluarga, Self-Efficacy

g. Predictors in the Model: (Constant), Niat , Lama Menderita PJK, Hambatan Aktivitas Fisik, Dukungan Keluarga, Self-Efficacy

h. Predictors in the Model: (Constant), Niat , Lama Menderita PJK, Dukungan Keluarga, Self-Efficacy

Residuals Statistics^a

	Minimum	Maximum	Mean	Std. Deviation	N
Predicted Value	5,55	21,41	14,13	2,823	104
Residual	-6,528	6,825	,000	2,983	104
Std. Predicted Value	-3,037	2,581	,000	1,000	104
Std. Residual	-2,145	2,243	,000	,980	104

a. Dependent Variable: AKTIFITASNEW