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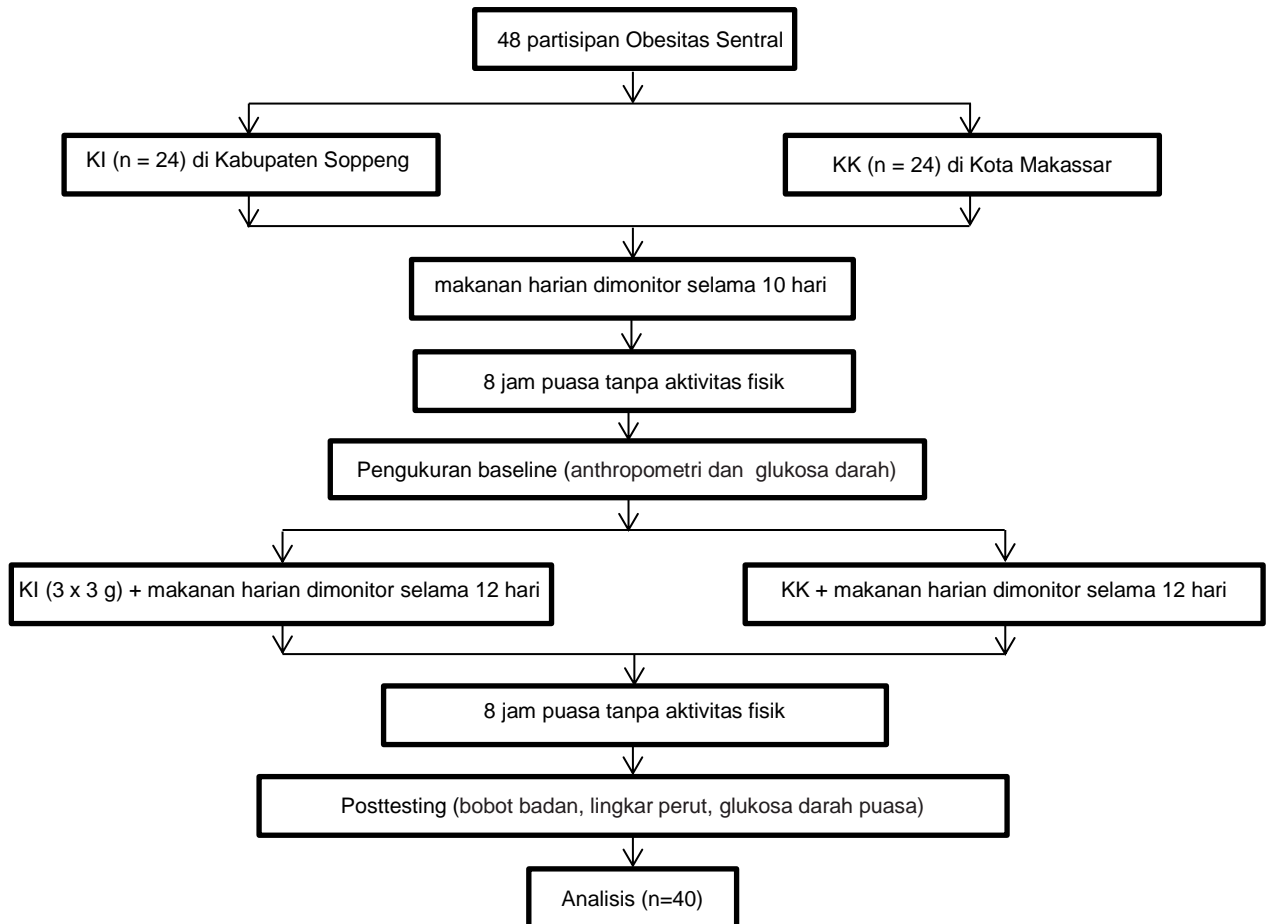
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LAMPIRAN

Lampiran 1. Diagram Alur Penelitian



Lampiran 2. Data Baseline Partisipan

Lampiran 2.1. Data Baseline Kelompok Intervensi

NO	Partisipan	Jenis Kelamin	Umur	BB (kg)	TB (m)	IMT (kg/m ²)
1	MR	P	39	68,2	1,483	31,01
2	GP	L	42	75,35	1,581	30,145
3	MRN	P	40	63,45	1,45	30,178
4	ML	P	41	75,5	1,543	31,711
5	SM	P	47	61,65	1,43	30,148
6	SN	P	48	62,55	1,437	30,291
7	IP	P	43	72,4	1,548	30,213
8	TM	P	41	69,6	1,505	30,728
9	AB	P	57	84,3	1,673	30,119
10	JL	L	58	81,95	1,675	29,209
11	UK	L	43	73,9	1,587	29,342
12	AR	P	39	63,6	1,452	30,166
13	SR	P	37	66,4	1,509	29,16
14	BT	P	47	73,8	1,544	30,957
15	JU	L	39	61,75	1,431	30,155
16	SS	P	50	73,8	1,547	30,837
17	TP	P	51	64,9	1,458	30,53
18	IR	P	45	71,65	1,568	29,142
19	AW	P	37	65,05	1,466	30,268
20	DN	P	53	71,35	1,511	31,251

Lampiran 2.2. Data Baseline Kelompok Kontrol

No	Partisipan	Jenis Kelamin	Umur	BB (kg)	Tinggi Badan (m)	IMT (kg/m ²)
1	HDB	P	57	69,0	1,555	28,536
2	AS	P	55	60,0	1,5	26,667
3	DW	P	51	86,6	1,544	36,326
4	AA	P	65	57,5	1,44	27,73
5	HB	P	55	64,2	1,45	30,535
6	MT	P	65	75,3	1,71	25,752
7	IW	P	42	55,7	1,5	24,756
8	HR	P	61	62	1,5	27,556
9	NH	P	52	57,4	1,46	26,928
10	WM	P	49	70,1	1,551	29,14
11	HM	P	50	65	1,48	29,675
12	HH	P	51	60,7	1,45	28,87
13	HHN	P	54	57,4	1,46	26,928
14	SH	P	54	64,2	1,559	26,415

15	SY	P	35	62,7	1,422	31,008
16	HW	P	51	70	1,5	31,111
17	RC	P	54	72,9	1,503	32,271
18	DR	P	55	70	1,54	29,516
19	NS	P	46	50,4	1,406	25,495
20	RW	P	49	76	1,481	34,65

Lampiran 3. Data Gula Darah Puasa, Lingkar Perut dan Bobot Badan Partisipan

Lampiran 3.1 Kelompok Intervensi

No	Partisipan	GDP (mg/dL)			Lingkar Perut (cm)			Bobot Badan (kg)		
		Hari ke-11	Hari ke-23	Selisih	Hari ke-11	Hari ke-23	Selisih	Hari ke-11	Hari ke-23	Selisih
1	MR	135	106	29	90,6	85,6	5	68,2	65,65	2,55
2	GP	138	113	25	98,3	94,3	4	75,35	73,35	2
3	MRN	124	98	26	88,4	84,2	4,2	63,45	60,3	3,15
4	ML	139	116	23	91,5	87,7	3,8	75,5	72,25	3,25
5	SM	126	102	24	88,4	84,7	3,7	61,65	60,75	0,9
6	SN	121	94	27	89,3	85,2	4,1	62,55	58,55	4
7	IP	128	103	25	88,6	84,1	4,5	72,4	69,05	3,35
8	TM	129	107	22	88,4	84,3	4,1	69,6	68,05	1,55
9	AB	137	113	24	98,3	95,1	3,2	84,3	82,45	1,85
10	JL	125	103	22	98,4	95,6	2,8	81,95	81,15	0,8
11	UK	118	95	23	88,3	84,4	3,9	73,9	72,95	0,95
12	AR	129	101	28	88,4	83,1	5,3	63,6	60,05	3,55
13	SR	115	89	26	85,4	80,2	5,2	66,4	62,65	3,75
14	BT	136	111	25	100,5	96	4,5	73,8	72,05	1,75
15	JU	128	99	29	89,6	83,8	5,8	61,75	58,05	3,7
16	SS	127	109	18	88,2	85,8	2,4	73,8	73	0,8
17	TP	129	110	19	87	84,5	2,5	64,9	64,05	0,85
18	IR	117	95	22	86,7	82	4,7	71,65	68,05	3,6
19	AW	131	102	29	90	84,2	5,8	65,05	61,5	3,55
20	DN	136	119	17	90,4	87,5	2,9	71,35	69,35	2
Rata-Rata		128,4	104,25	24,15	90,735	86,615	4,12	70,058	67,663	2,395
SD		7,096	8,012	3,514	4,416	4,728	1,016	6,507	7,072	1,17

Lampiran 3.2 Kelompok Kontrol

No	Nama Pasien	GDP (mg/dL)			Lingkar Perut (cm)			Bobot Badan (kg)		
		Hari ke-11	Hari ke-23	Selisih	Hari ke-11	Hari ke-23	Selisih	Hari ke-11	Hari ke-23	Selisih
1	HDB	132	130	2	98	97,8	0,2	69,0	68	1
2	AS	121	119	2	99	98,7	0,3	60,0	59,5	0,5
3	DW	134	132	2	110	110,0	0	86,6	86,3	0,3
4	AA	126	125	1	95,8	95,8	0	57,5	57,5	0
5	HB	119	115	4	97,5	97,4	0,1	64,2	63,8	0,4
6	MT	132	130	2	100	99,7	0,3	75,3	74,9	0,4
7	IW	120	121	-1	83	82,8	0,2	55,7	55,5	0,2
8	HR	124	123	1	94	93,8	0,2	62	61,8	0,2
9	NH	128	127	1	88	87,9	0,1	57,4	57	0,4
10	WM	130	132	-2	101,5	101,5	0	70,1	70	0,1
11	HM	123	120	3	99,3	99,2	0,1	65	64,8	0,2
12	HH	118	114	4	90,3	90,0	0,3	60,7	60,1	0,6
13	HHN	131	129	2	95	95,0	0	57,4	57,3	0,1
14	SH	127	125	2	99,3	99,0	0,3	64,2	64	0,2
15	SY	125	123	2	93,5	93,5	0	62,7	62,6	0,1
16	HW	123	122	1	96,4	96,0	0,4	70	69,3	0,7
17	RC	112	108	4	100	99,5	0,5	72,9	71	1,9
18	DR	119	117	2	96,3	96,1	0,2	70	69,5	0,5
19	NS	132	127	5	81	80,6	0,4	50,4	49,5	0,9
20	RW	122	119	3	100	99,6	0,4	76	75	1
Rata-rata		124,9	122,9	2	95,9	95,7	0,2	65,4	64,9	0,485
SD		5,857	6,439	1,654	6,5	6,6	0,159	8,51	8,407	0,449

Lampiran 4. Hasil Pengujian Statistik Baseline

Lampiran 4.1 Test Mann-Whitney Lingkar Perut menggunakan SPSS

Test Statistics^a

Lingkar Perut	
Mann-Whitney U	102,000
Wilcoxon W	312,000
Z	-2,653
Asymp. Sig. (2-tailed)	,008
Exact Sig. [2*(1-tailed Sig.)]	,007 ^b

a. Grouping Variable: Nilai

b. Not corrected for ties.

Lampiran 4.2 *Independent sample t-test* Tinggi Badan Menggunakan Microsoft Excel

t-Test: Two-Sample Assuming Equal Variances		
	TB KI (cm)	TB KK (cm)
Mean	151,99	150,055
Variance	53,45042	44,32997368
Observations	20	20
Pooled Variance	48,8902	
Hypothesized Mean Difference	0	
df	38	
t Stat	0,875125	
P(T<=t) one-tail	0,193502	
t Critical one-tail	1,685954	
P(T<=t) two-tail	0,387004	
t Critical two-tail	2,024394	

Lampiran 4.3 *Independent sample t-test* Bobot Badan Menggunakan Microsoft Excel

t-Test: Two-Sample Assuming Equal Variances (Baseline)		
	Bobot Badan KI	Bobot Badan KK
Mean	70,0575	65,355
Variance	42,34296711	72,42260526
Observations	20	20
Pooled Variance	57,38278618	
Hypothesized Mean Difference	0	
df	38	
t Stat	1,963079955	
P(T<=t) one-tail	0,028493497	
t Critical one-tail	1,68595446	
P(T<=t) two-tail	0,056986994	
t Critical two-tail	2,024394164	

Lampiran 4.4 *Independent sample t-test* IMT Menggunakan Microsoft Excel

t-Test: Two-Sample Assuming Equal Variances (IMT)		
	IMT KI	IMT KK
Mean	30,27813402	28,99316443
Variance	0,486170932	9,125293772
Observations	20	20
Pooled Variance	4,805732352	
Hypothesized Mean Difference	0	
df	38	
t Stat	1,853587362	
P(T<=t) one-tail	0,035786906	
t Critical one-tail	1,68595446	
P(T<=t) two-tail	0,071573812	
t Critical two-tail	2,024394164	

Lampiran 4.5 *Independent sample t-test* GDP Menggunakan Microsoft Excel

t-Test: Two-Sample Assuming Equal Variances		
	<i>Hari ke-11 KI</i>	<i>Hari ke-11 KK</i>
Mean	128,4	124,9
Variance	50,35789474	34,30526316
Observations	20	20
Pooled Variance	42,33157895	
Hypothesized Mean Difference	0	
df	38	
t Stat	1,701123368	
P(T<=t) one-tail	0,048545198	
t Critical one-tail	1,68595446	
P(T<=t) two-tail	0,097090397	
t Critical two-tail	2,024394164	

Lampiran 5. *Paired t-test*

Lampiran 5.1 *Paired t-test* GDP Kelompok Intervensi (mg/dL)

t-Test: Paired Two Sample for Means		
	<i>Hari ke-11</i>	<i>Hari ke-23</i>
Mean	128,75	104,35
Variance	76,40789474	90,6605263
Observations	20	20
Pearson Correlation	0,943963592	
Hypothesized Mean Difference	0	
df	19	
t Stat	34,616298698636400	
P(T<=t) one-tail	0,0000000000000000062	
t Critical one-tail	1,7291328115213700000	
P(T<=t) two-tail	0,00000000000000000125	
t Critical two-tail	2,093024054408310	

Lampiran 5.2 *Paired t-test* GDP KK (mg/dL)

t-Test: Paired Two Sample for Means		
	<i>Hari ke-11 KK</i>	<i>Hari ke-23</i>
Mean	124,9	122,9
Variance	34,30526316	41,4631579
Observations	20	20
Pearson Correlation	0,968209031	
Hypothesized Mean Difference	0	
df	19	
t Stat	5,406548736	
P(T<=t) one-tail	0,000016163353482	
t Critical one-tail	1,729132811521370	
P(T<=t) two-tail	0,000032326706965	
t Critical two-tail	2,093024054	

Lampiran 5.3 *Paired t-test* Lingkar Perut KI

t-Test: Paired Two Sample for Means		
	Hari ke-11	Hari ke-23
Mean	90,735	86,615
Variance	19,5045	22,3497632
Observations	20	20
Pearson Correlation	0,977599496	
Hypothesized Mean Difference	0	
df	19	
t Stat	18,13543896	
P(T<=t) one-tail	0,000000000000094	
t Critical one-tail	1,729132811521370	
P(T<=t) two-tail	0,000000000000187	
t Critical two-tail	2,093024054	

Lampiran 5.4 *Paired t-test* Lingkar Perut KK

t-Test: Paired Two Sample for Means		
	Hari ke-11	Hari ke-23
Mean	95,895	95,695
Variance	42,79418421	43,166816
Observations	20	20
Pearson Correlation	0,999715502	
Hypothesized Mean Difference	0	
df	19	
t Stat	5,627314339	
P(T<=t) one-tail	0,0000099881	
t Critical one-tail	1,7291328115	
P(T<=t) two-tail	0,0000199762	
t Critical two-tail	2,093024054	

Lampiran 5.5 *Paired t-test* Bobot Badan KI

t-Test: Paired Two Sample for Means		
	Hari ke-11	Hari ke-23
Mean	70,0575	67,6625
Variance	42,34296711	50,0171
Observations	20	20
Pearson Correlation	0,988596868	
Hypothesized Mean Difference	0	
df	19	
t Stat	9,154430129483630	
P(T<=t) one-tail	0,000000010707664	
t Critical one-tail	1,729132811521370	
P(T<=t) two-tail	0,000000021415328	
t Critical two-tail	2,093024054408310	

Lampiran 5.6 *Paired t-test* Bobot Badan KK

t-Test: Paired Two Sample for Means				
			Hari ke-11	Hari ke-23
Mean			65,355	64,87
Variance			72,42260526	70,678
Observations			20	20
Pearson Correlation			0,998667223	
Hypothesized Mean Difference			0	
df			19	
t Stat			4,833808419	
P(T<=t) one-tail			5,76783E-05	
t Critical one-tail			1,729132812	
P(T<=t) two-tail			0,000115357	
t Critical two-tail			2,093024054	

Lampiran 6. *Independent Sample t-test*

Lampiran 6.1 *Independent Sample t-test* gula darah puasa setelah pelakuan

t-Test: Two-Sample Assuming Equal Variances			
		Selisih Intervensi	Selisih Kontrol
Mean		24,15	2
Variance		12,34473684	2,736842105
Observations		20	20
Pooled Variance		7,540789474	
Hypothesized Mean Difference		0	
df		38	
t Stat		25,50734889	
P(T<=t) one-tail		0,000000000000000000000001	
t Critical one-tail		1,68595446016674000000	
P(T<=t) two-tail		0,000000000000000000000002	
t Critical two-tail		2,024394164	

Lampiran 6.2 *Independent Sample t-test* bobot badan setelah pelakuan

t-Test: Two-Sample Assuming Equal Variances			
		Selisih Intervensi	Selisih Kontrol
Mean		2,395	0,485
Variance		1,368921053	0,201342105
Observations		20	20
Pooled Variance		0,785131579	
Hypothesized Mean Difference		0	
df		38	
t Stat		6,816511072	
P(T<=t) one-tail		0,0000000218	
t Critical one-tail		1,6859544602	
P(T<=t) two-tail		0,0000000436	
t Critical two-tail		2,024394164	

Lampiran 7. Uji Man Whitney Lingkar Perut setelah Perlakuan

Test Statistics^a

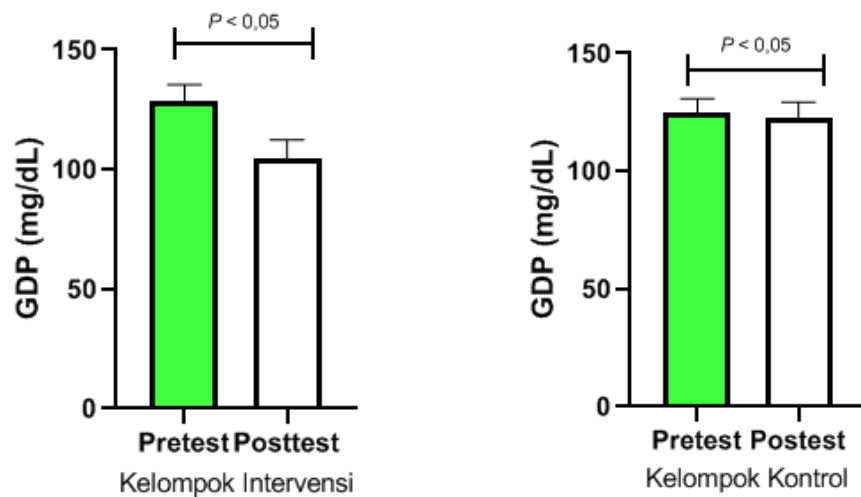
	Kelompok Intervensi
Mann-Whitney U	,000
Wilcoxon W	210,000
Z	-5,423
Asymp. Sig. (2-tailed)	,000
Exact Sig. [2*(1-tailed Sig.)]	,000 ^b

a. Grouping Variable: Kode

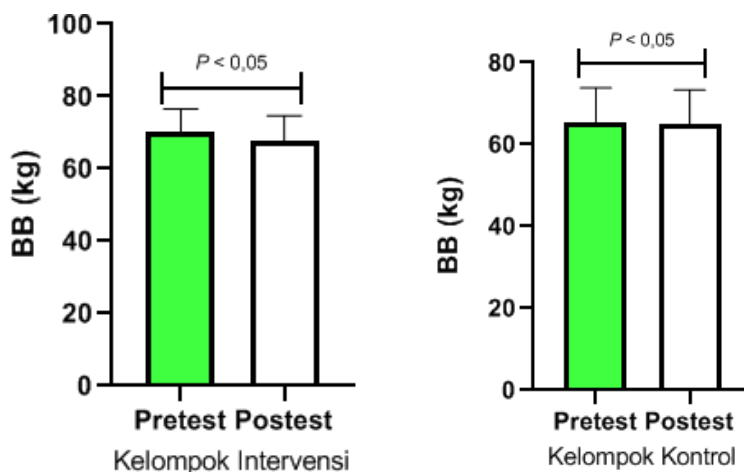
b. Not corrected for ties.

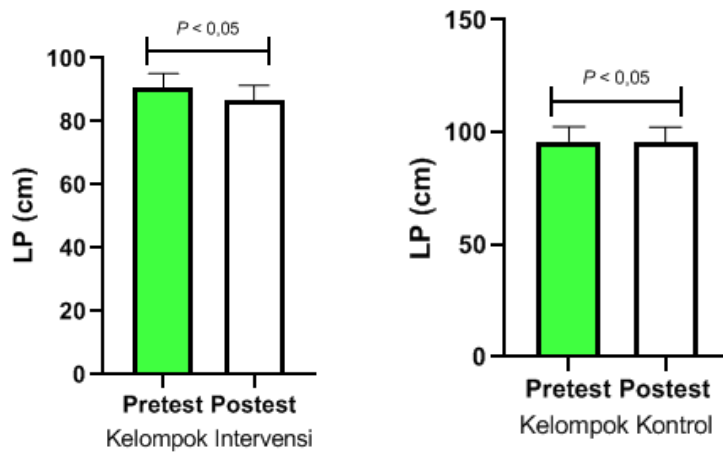
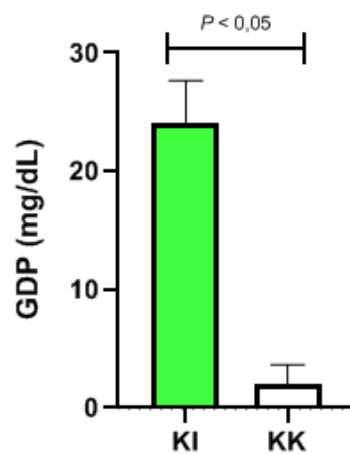
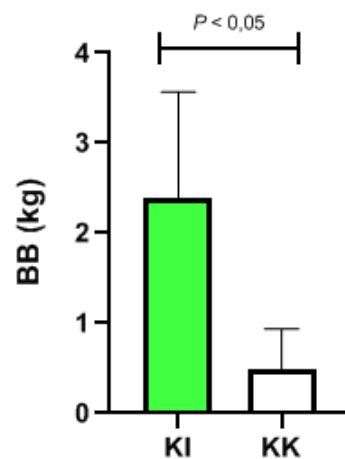
Lampiran 8. Grafik Batang *Paired t-test*

Lampiran 8.1 Grafik Batang *Paired t-test* KI dan KK Glukosa Darah Puasa



Lampiran 8.2 Grafik Batang *Paired t-test* KI dan KK Bobot Badan



Lampiran 8.3 Grafik Batang *Paired t-test* KI dan KK Lingkar PerutLampiran 9. Grafik Batang *Independent t-test*Lampiran 9.1 Grafik Batang *Independent t-test* Glukosa Darah PuasaLampiran 9.2 Grafik Batang *Independent t-test* Bobot Badan

Lampiran 9.3 Grafik Batang *Independent t-test* Lingkar Perut