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LAMPIRAN

Lampiran 1. Data Penelitian

Kode	Jenis Kelamin	Usia	TB	BB	IMT	HOMA-IR	Aktivitas Fisik	Asupan Protein	
A1	L	35	170	130	45	5.87	Sedang	88.054	Cukup
A2	L	20	168	86.4	30.6	9.53	Berat	44.107	Kurang
A3	P	30	157	62.2	25.2	1.70	Sedang	45.9105	Cukup
A4	P	30	155	62.9	26.2	2.39	Sedang	63.2825	Lebih Dari Cukup
A5	L	40	156	78	32.1	0.13	Ringan	70.75125	Lebih Dari Cukup
A6	P	40	157	63	25.6	0.91	Sedang	62.30475	Lebih Dari Cukup
A7	P	37	150	60	26.7	3.34	Berat	49.832	Cukup
A8	P	35	154	81.1	34	2.01	Berat	66.2536	Lebih Dari Cukup
A9	L	38	160	76.4	29.8	15.92	Sedang	83.8315	Lebih Dari Cukup
A10	L	22	172	80.2	27.1	4.86	Berat	79.56	Lebih Dari Cukup
A11	L	30	184	121	35.7	10.36	Berat	87.14325	Cukup
A12	P	37	147	65.5	30.3	4.73	Ringan	49.38	Cukup
A13	P	35	156	66.8	27.4	2.07	Sedang	48.3645	Cukup
A14	P	37	157	64.3	26.1	3.69	Sedang	31.694	Kurang
A15	P	37	155	73.5	30.6	2.45	Ringan	69.9111	Lebih Dari Cukup
A16	P	39	153	64.8	27.7	2.36	Berat	53.94333	Lebih Dari Cukup
A17	L	32	178	83.3	26.3	1.45	Berat	77.6895	Lebih Dari Cukup
A18	L	36	165	93.1	34.2	6.67	Berat	67.36575	Cukup
A19	L	36	157	74.4	30.2	12.08	Berat	65.727	Cukup
A20	P	31	157	66.7	27.2	3.91	Berat	52.1475	Cukup
A21	L	30	166	71.6	26	1.43	Berat	68.764	Lebih Dari Cukup
A22	L	23	168	87.6	31	4.84	Sedang	65.309	Cukup
A23	P	34	151	57.8	25.3	3.20	Ringan	45.702	Cukup
A24	L	32	170	76.6	26.5	9.69	Sedang	37.34725	Kurang
A25	P	34	149	73.6	33.2	3.75	Ringan	69.61125	Lebih Dari Cukup
A26	P	31	158	63.8	25.6	2.65	Berat	47.064	Cukup
A27	P	37	151	61.3	26.9	0.11	Sedang	49.65	Cukup
A28	L	32	170	97	33.9	1.76	Berat	78.7514	Lebih Dari Cukup
A29	P	39	154	70.7	29.8	2.43	Berat	69.672	Lebih Dari Cukup
A30	L	20	159	68.6	27.1	1.76	Ringan	30.383	Kurang
A31	L	31	173	105	34.9	4.71	Berat	72.891	Cukup
A32	L	34	164	81.3	30.2	3.12	Berat	81.54385	Lebih Dari

									Cukup
A33	P	28	150	51.2	27.2	1.25	Berat	41.16225	Cukup
A34	P	35	145	70	26	3.46	Ringan	65.8766	Lebih Dari Cukup
A35	P	39	153	78.1	33.4	4.38	Sedang	56.373	Cukup
A36	P	35	154	61.4	25.9	2.97	Ringan	61.50875	Lebih Dari Cukup
A37	L	35	177	84.7	27	6.25	Berat	81.3275	Lebih Dari Cukup
A38	P	27	168	121	42.9	15.09	Sedang	110.5903	Lebih Dari Cukup
A39	P	30	155	73.3	30.5	5.77	Sedang	53.1775	Cukup
A40	P	32	163	73.2	27.6	1.89	Berat	53.28	Cukup
A41	L	27	178	83.1	26.2	2.80	Ringan	59.9675	Cukup
A42	P	34	156	76.8	31.6	4.73	Sedang	56.6715	Cukup
A43	P	33	148	62.1	28.4	6.50	Ringan	61.979	Lebih Dari Cukup
A44	L	35	167	74.5	26.7	3.82	Ringan	53.668	Cukup
A45	L	32	167	92	33.1	4.54	Ringan	84.59575	Lebih Dari Cukup
A46	P	36	155	69.1	28.8	1.87	Sedang	54.209	Cukup
A47	P	26	162	70.3	26.8	4.76	Ringan	75.05158	Lebih Dari Cukup
A48	P	33	163	89.9	33.6	3.11	Berat	63.64125	Cukup
A49	P	37	157	72.8	29.5	2.14	Ringan	72.739	Lebih Dari Cukup
A50	P	35	162	70.9	27	4.02	Ringan	54.719	Cukup
A51	P	29	155	76.1	32.5	3.43	Ringan	54.9875	Cukup
A52	P	38	147	55.3	25.6	3.31	Ringan	43.566	Cukup
A53	P	38	159	67.7	26.8	1.96	Sedang	49.062	Cukup
A54	P	37	143	70	34.2	3.66	Sedang	35.86725	Kurang
A55	P	27	140	59	30.2	1.76	Sedang	58.20655	Lebih Dari Cukup
A56	L	34	158	67.7	27.1	19.19	Ringan	33.5805	Kurang
A57	P	37	160	67	26	3.64	Sedang	49.56675	Cukup
A58	P	36	153	71.8	30.9	25.47	Sedang	35.248	Kurang
A59	P	33	146	61.4	28.1	2.87	Ringan	63.57918	Lebih Dari Cukup
A60	P	34	148	57.8	26.4	2.07	Ringan	58.26685	Lebih Dari Cukup
A61	L	37	171	92	31.5	7.37	Berat	66.18825	Cukup
A62	P	35	154	60.4	25.5	2.79	Berat	44.457	Cukup
A63	P	39	151	61.4	26.6	4.82	Berat	31.2045	Kurang
A64	L	32	161	84.7	32.6	6.47	Berat	62.3775	Cukup
A65	P	36	150	64.5	28.7	4.33	Berat	49.0675	Cukup
A66	P	31	158	66.9	26.8	4.78	Sedang	63.465	Lebih Dari Cukup
A67	L	39	173	92.7	31	9.78	Ringan	70.866	Cukup
A68	P	37	153	66.3	28.3	1.08	Berat	51.75	Cukup

A69	P	35	159	67.1	26.5	3.25	Sedang	67.841	Lebih Dari Cukup
A70	L	38	158	82.9	33.2	13.39	Sedang	80.928	Lebih Dari Cukup
A71	P	31	146	55.1	25.8	2.61	Sedang	45.17333	Lebih Dari Cukup
A72	L	32	165	73.2	26.9	4.85	Ringan	55.90575	Cukup
A73	L	33	180	128	39.4	9.51	Sedang	69.585	Kurang
A74	L	26	166	83.6	30.3	10.80	Sedang	42.9925	Kurang
A75	P	32	162	72.2	27.5	9.93	Sedang	35.247	Kurang
A76	P	29	153	66.4	26.2	9.55	Ringan	30.324	Kurang
A77	L	31	163	81.7	30.7	4.30	Ringan	57.897	Cukup
A78	P	32	163	74.3	28	2.79	Sedang	33.8875	Kurang
A79	P	29	156	63.7	26.3	4.25	Ringan	48.76625	Cukup
A80	P	30	150	70.7	31.4	3.08	Ringan	32.904	Kurang
A81	P	33	154	67.1	28.3	1.27	Sedang	49.242	Cukup
A82	L	35	170	77	26.6	1.56	Berat	55.65	Cukup

Lampiran 2. Analisis Data Penelitian

Jenis Kelamin

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Perempuan	52	63.4	63.4	63.4
	Laki-laki	30	36.6	36.6	100.0
	Total	82	100.0	100.0	

Aktivitas Fisik

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Ringan	26	31.7	31.7	31.7
	Sedang	29	35.4	35.4	67.1
	Berat	27	32.9	32.9	100.0
	Total	82	100.0	100.0	

Asupan Protein_K

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Kurang	14	17.1	17.1	17.1
	Cukup	39	47.6	47.6	64.6
	> Cukup	29	35.4	35.4	100.0
	Total	82	100.0	100.0	

Indeks Massa Tubuh_K

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Obese 1	50	61.0	61.0	61.0
	Obese 2	32	39.0	39.0	100.0
	Total	82	100.0	100.0	

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EXAMINE VARIABLES=Age TB BB IMT_N AF_MET AP_N HOMAIR
/PLOT NPLOT
/PERCENTILES(5,10,25,50,75,90,95) HAVERAGE
/STATISTICS DESCRIPTIVES
/CINTERVAL 95
/MISSING LISTWISE
/NOTOTAL.

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Case Processing Summary

	Valid		Cases Missing		Total	
	N	Percent	N	Percent	N	Percent
Usia	82	100.0%	0	0.0%	82	100.0%
Tinggi Badan	82	100.0%	0	0.0%	82	100.0%
Berat Badan	82	100.0%	0	0.0%	82	100.0%
Indeks Massa Tubuh_N	82	100.0%	0	0.0%	82	100.0%
Total MET	82	100.0%	0	0.0%	82	100.0%
Asupan Protein_N	82	100.0%	0	0.0%	82	100.0%
HOMA-IR	82	100.0%	0	0.0%	82	100.0%

Descriptives

		Statistic	Std. Error
Usia	Mean	33.15	.484
	95% Confidence Interval for Mean	Lower Bound	32.18
		Upper Bound	34.11
	5% Trimmed Mean	33.45	
	Median	34.00	
	Variance	19.213	
	Std. Deviation	4.383	
	Minimum	20	
	Maximum	40	
	Range	20	
	Interquartile Range	6	
	Skewness	-.923	.266
	Kurtosis	.947	.526
Tinggi Badan	Mean	159.08	1.006
	95% Confidence Interval for Mean	Lower Bound	157.08
		Upper Bound	161.08
	5% Trimmed Mean	158.78	
	Median	157.00	
	Variance	82.978	
	Std. Deviation	9.109	
	Minimum	140	
	Maximum	184	
	Range	44	

Descriptives

		Statistic	Std. Error
	Interquartile Range	12	
	Skewness	.510	.266
	Kurtosis	-.053	.526
Berat Badan	Mean	74.97	1.706
	95% Confidence Interval for Mean	Lower Bound	71.58
		Upper Bound	78.37
	5% Trimmed Mean	73.34	
	Median	71.70	
	Variance	238.717	
	Std. Deviation	15.450	
	Minimum	51	
	Maximum	130	
	Range	79	
	Interquartile Range	17	
	Skewness	1.708	.266
	Kurtosis	3.593	.526
Indeks Massa Tubuh_N	Mean	29.3476	.42109
	95% Confidence Interval for Mean	Lower Bound	28.5097
		Upper Bound	30.1854
	5% Trimmed Mean	28.9411	
	Median	28.0500	
	Variance	14.540	
	Std. Deviation	3.81311	
	Minimum	25.20	
	Maximum	45.00	
	Range	19.80	
	Interquartile Range	4.52	
	Skewness	1.727	.266
	Kurtosis	4.032	.526
Total MET	Mean	2478.99	563.303
	95% Confidence Interval for Mean	Lower Bound	1358.20
		Upper Bound	3599.79
	5% Trimmed Mean	1624.92	
	Median	1015.00	
	Variance	26019468.86	

Descriptives

			Statistic	Std. Error
	Std. Deviation		5100.928	
	Minimum		132	
	Maximum		40680	
	Range		40548	
	Interquartile Range		2228	
	Skewness		5.723	.266
	Kurtosis		39.695	.526
Asupan Protein_N	Mean		58.0747	1.75588
	95% Confidence Interval for Mean	Lower Bound	54.5811	
		Upper Bound	61.5684	
	5% Trimmed Mean		57.6757	
	Median		56.5223	
	Variance		252.815	
	Std. Deviation		15.90015	
	Minimum		30.32	
	Maximum		110.59	
	Range		80.27	
	Interquartile Range		20.93	
	Skewness		.390	.266
	Kurtosis		.316	.526
HOMA-IR	Mean		4.9574	.47772
	95% Confidence Interval for Mean	Lower Bound	4.0069	
		Upper Bound	5.9080	
	5% Trimmed Mean		4.4329	
	Median		3.6500	
	Variance		18.714	
	Std. Deviation		4.32598	
	Minimum		.11	
	Maximum		25.47	
	Range		25.36	
	Interquartile Range		3.41	
	Skewness		2.311	.266
	Kurtosis		6.734	.526

Percentiles

		Percentiles			
		5	10	25	50
Weighted Average (Definition 1)	Usia	23.45	27.00	31.00	34.00
	Tinggi Badan	146.00	148.00	153.00	157.00
	Berat Badan	57.80	60.67	64.72	71.70
	Indeks Massa Tubuh_N	25.6000	25.9300	26.5750	28.0500
	Total MET	292.00	324.45	495.00	1015.00
	Asupan Protein_N	31.8755	35.2473	48.0394	56.5223
	HOMA-IR	1.1055	1.4830	2.3825	3.6500
Tukey's Hinges	Usia			31.00	34.00
	Tinggi Badan			153.00	157.00
	Berat Badan			64.80	71.70
	Indeks Massa Tubuh_N			26.6000	28.0500
	Total MET			495.00	1015.00
	Asupan Protein_N			48.3645	56.5223
	HOMA-IR			2.3900	3.6500

Percentiles

		Percentiles		
		75	90	95
Weighted Average (Definition 1)	Usia	37.00	38.00	39.00
	Tinggi Badan	165.25	171.70	177.85
	Berat Badan	81.40	92.49	118.37
	Indeks Massa Tubuh_N	31.1000	33.9700	35.5800
	Total MET	2722.50	4944.00	12022.20
	Asupan Protein_N	68.9692	80.5176	84.4811
	HOMA-IR	5.7950	10.2310	14.8350
Tukey's Hinges	Usia	37.00		
	Tinggi Badan	165.00		
	Berat Badan	81.30		
	Indeks Massa Tubuh_N	31.0000		
	Total MET	2706.00		
	Asupan Protein_N	68.7640		
	HOMA-IR	5.7700		

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Usia	.115	82	.009	.938	82	.001
Tinggi Badan	.108	82	.019	.976	82	.125
Berat Badan	.146	82	.000	.853	82	.000
Indeks Massa Tubuh_N	.155	82	.000	.834	82	.000
Total MET	.323	82	.000	.408	82	.000
Asupan Protein_N	.052	82	.200 [*]	.978	82	.166
HOMA-IR	.253	82	.000	.764	82	.000

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

a. Lilliefors Significance Correction

```
EXAMINE VARIABLES=HOMAIR BY AF_K AP_K
/PLOT NONE
/PERCENTILES(5,10,25,50,75,90,95) HAVERAGE
/STATISTICS DESCRIPTIVES
/CINTERVAL 95
/MISSING LISTWISE
/NOTOTAL.
```

Explore

Case Processing Summary

		Valid		Cases Missing		Total	
Aktivitas Fisik		N	Percent	N	Percent	N	Percent
HOMA-IR	Ringan	26	100.0%	0	0.0%	26	100.0%
	Sedang	29	100.0%	0	0.0%	29	100.0%
	Berat	27	100.0%	0	0.0%	27	100.0%

Descriptives

Aktivitas Fisik			Statistic	Std. Error
HOMA-IR	Ringan	Mean	4.5796	.70877
		95% Confidence Interval for Mean	Lower Bound	3.1199
			Upper Bound	6.0394
		5% Trimmed Mean	4.1109	
		Median	3.6050	
		Variance	13.061	
		Std. Deviation	3.61403	
		Minimum	.13	
		Maximum	19.19	
		Range	19.06	
		Interquartile Range	1.79	
		Skewness	2.966	.456
		Kurtosis	10.754	.887
	Sedang	Mean	5.9948	1.06056
		95% Confidence Interval for Mean	Lower Bound	3.8224
			Upper Bound	8.1673
		5% Trimmed Mean	5.3907	
		Median	3.6900	
		Variance	32.619	
		Std. Deviation	5.71128	
		Minimum	.11	
		Maximum	25.47	
		Range	25.36	
		Interquartile Range	7.59	
		Skewness	1.814	.434
		Kurtosis	3.675	.845
	Berat	Mean	4.2070	.56723

Descriptives

Aktivitas Fisik			Statistic	Std. Error
	95% Confidence Interval for Mean	Lower Bound	3.0411	
		Upper Bound	5.3730	
	5% Trimmed Mean		3.9657	
	Median		3.1200	
	Variance		8.687	
	Std. Deviation		2.94739	
	Minimum		1.08	
	Maximum		12.08	
	Range		11.00	
	Interquartile Range		4.36	
	Skewness		1.237	.448
	Kurtosis		.936	.872

Percentiles

			Percentiles			
Aktivitas Fisik			5	10	25	50
Weighted Average (Definition 1)	HOMA-IR	Ringan	.8090	2.1190	2.9450	3.6050
		Sedang	.5100	1.2700	2.0150	3.6900
		Berat	1.1480	1.3940	1.8900	3.1200
Tukey's Hinges	HOMA-IR	Ringan			2.9700	3.6050
		Sedang			2.0700	3.6900
		Berat			1.9500	3.1200

Percentiles

			Percentiles		
Aktivitas Fisik			75	90	95
Weighted Average (Definition 1)	HOMA-IR	Ringan	4.7375	9.6190	15.8965
		Sedang	9.6000	15.0900	20.6950
		Berat	6.2500	9.6960	11.3920
Tukey's Hinges	HOMA-IR	Ringan	4.7300		
		Sedang	9.5100		
		Berat	5.5550		

Asupan Protein_K

Case Processing Summary

		Valid		Cases Missing		Total	
Asupan Protein_K		N	Percent	N	Percent	N	Percent
HOMA-IR	Kurang	14	100.0%	0	0.0%	14	100.0%
	Cukup	39	100.0%	0	0.0%	39	100.0%
	> Cukup	29	100.0%	0	0.0%	29	100.0%

Descriptives

Asupan Protein_K			Statistic	Std. Error
HOMA-IR	Kurang	Mean	8.9164	1.75848
		95% Confidence Interval for Mean	Lower Bound	5.1175
			Upper Bound	12.7154
		5% Trimmed Mean	8.3371	
		Median	9.5200	
		Variance	43.292	
		Std. Deviation	6.57965	
		Minimum	2.79	
		Maximum	25.47	
		Range	22.68	
		Interquartile Range	6.62	
		Skewness	1.465	.597
		Kurtosis	2.149	1.154
	Cukup	Mean	4.1095	.40879
		95% Confidence Interval for Mean	Lower Bound	3.2819
			Upper Bound	4.9370
		5% Trimmed Mean	3.9092	
		Median	3.8200	
		Variance	6.517	
		Std. Deviation	2.55289	
		Minimum	.11	
		Maximum	12.08	
		Range	11.97	
		Interquartile Range	2.77	
		Skewness	1.315	.378
		Kurtosis	2.154	.741
	> Cukup	Mean	4.1866	.73670

Descriptives

Asupan Protein_K			Statistic	Std. Error
	95% Confidence Interval for Mean	Lower Bound	2.6775	
		Upper Bound	5.6956	
	5% Trimmed Mean		3.7609	
	Median		2.8700	
	Variance		15.739	
	Std. Deviation		3.96723	
	Minimum		.13	
	Maximum		15.92	
	Range		15.79	
	Interquartile Range		2.73	
	Skewness		2.138	.434
	Kurtosis		3.974	.845

Percentiles

			Percentiles			
Asupan Protein_K			5	10	25	50
Weighted Average (Definition 1)	HOMA-IR	Kurang	2.7900	2.9350	3.5250	9.5200
		Cukup	1.0800	1.2700	2.0700	3.8200
		> Cukup	.5200	1.4300	2.0400	2.8700
Tukey's Hinges	HOMA-IR	Kurang			3.6600	9.5200
		Cukup			2.3600	3.8200
		> Cukup			2.0700	2.8700

Percentiles

			Percentiles		
Asupan Protein_K			75	90	95
Weighted Average (Definition 1)	HOMA-IR	Kurang	10.1475	22.3300	.
		Cukup	4.8400	7.3700	10.3600
		> Cukup	4.7700	13.3900	15.5050
Tukey's Hinges	HOMA-IR	Kurang	9.9300		
		Cukup	4.7850		
		> Cukup	4.7600		

NPAR TESTS

Ranks

	Aktivitas Fisik	N	Mean Rank
Tinggi Badan	Ringan	26	34.46
	Sedang	29	40.97
	Berat	27	48.85
	Total	82	
Berat Badan	Ringan	26	36.60
	Sedang	29	40.45
	Berat	27	47.35
	Total	82	
Indeks Massa Tubuh_N	Ringan	26	37.12
	Sedang	29	42.60
	Berat	27	44.54
	Total	82	
HOMA-IR	Ringan	26	42.71
	Sedang	29	43.69
	Berat	27	37.98
	Total	82	

Test Statistics^{a,b}

	Tinggi Badan	Berat Badan	Indeks Massa Tubuh_N	HOMA-IR
Kruskal-Wallis H	4.866	2.790	1.383	.902
df	2	2	2	2
Asymp. Sig.	.088	.248	.501	.637

a. Kruskal Wallis Test

b. Grouping Variable: Aktivitas Fisik

NPAR TESTS

/K-W=TB BB IMT_N HOMAIR BY AP_K(1 3)

/MISSING ANALYSIS.

NPar Tests

Ranks

	Asupan Protein_K	N	Mean Rank
Tinggi Badan	Kurang	14	42.64
	Cukup	39	43.41
	> Cukup	29	38.38
	Total	82	
Berat Badan	Kurang	14	42.89
	Cukup	39	41.78
	> Cukup	29	40.45
	Total	82	
Indeks Massa Tubuh_N	Kurang	14	43.11
	Cukup	39	41.91
	> Cukup	29	40.17
	Total	82	
HOMA-IR	Kurang	14	59.21
	Cukup	39	40.08
	> Cukup	29	34.86
	Total	82	

Test Statistics^{a,b}

	Tinggi Badan	Berat Badan	Indeks Massa Tubuh_N	HOMA-IR
Kruskal-Wallis H	.782	.110	.166	10.139
df	2	2	2	2
Asymp. Sig.	.676	.947	.921	.006

a. Kruskal Wallis Test

b. Grouping Variable: Asupan Protein_K

NONPAR CORR

/VARIABLES=TB BB IMT_N IMT_K AF_MET AF_K AP_N AP_K HOMAIR

/PRINT=SPEARMAN TWOTAIL NOSIG

/MISSING=PAIRWISE.

Nonparametric Correlations

Correlations

		Tinggi Badan		Berat Badan
Spearman's rho	Tinggi Badan	Correlation Coefficient	1.000	.773**
		Sig. (2-tailed)	.	.000
		N	82	82
	Berat Badan	Correlation Coefficient	.773**	1.000
		Sig. (2-tailed)	.000	.
		N	82	82
	Indeks Massa Tubuh_N	Correlation Coefficient	.200	.692**
		Sig. (2-tailed)	.072	.000
		N	82	82
	Indeks Massa Tubuh_K	Correlation Coefficient	.176	.645**
		Sig. (2-tailed)	.114	.000
		N	82	82
	Total MET	Correlation Coefficient	.242*	.185
		Sig. (2-tailed)	.029	.097
		N	82	82
	Aktivitas Fisik	Correlation Coefficient	.245*	.183
		Sig. (2-tailed)	.027	.100
		N	82	82
	Asupan Protein_N	Correlation Coefficient	.425**	.571**
		Sig. (2-tailed)	.000	.000
		N	82	82
	Asupan Protein_K	Correlation Coefficient	-.083	-.037
		Sig. (2-tailed)	.458	.743
		N	82	82
	HOMA-IR	Correlation Coefficient	.306**	.428**
		Sig. (2-tailed)	.005	.000
		N	82	82

Correlations

			Indeks Massa Tubuh_N	Indeks Massa Tubuh_K
Spearman's rho	Tinggi Badan	Correlation Coefficient	.200	.176
		Sig. (2-tailed)	.072	.114
		N	82	82
	Berat Badan	Correlation Coefficient	.692**	.645**
		Sig. (2-tailed)	.000	.000
		N	82	82
	Indeks Massa Tubuh_N	Correlation Coefficient	1.000	.845**
		Sig. (2-tailed)	.	.000
		N	82	82
	Indeks Massa Tubuh_K	Correlation Coefficient	.845**	1.000
		Sig. (2-tailed)	.000	.
		N	82	82
	Total MET	Correlation Coefficient	.154	.068
		Sig. (2-tailed)	.167	.546
		N	82	82
	Aktivitas Fisik	Correlation Coefficient	.125	.050
		Sig. (2-tailed)	.261	.656
		N	82	82
	Asupan Protein_N	Correlation Coefficient	.419**	.345**
		Sig. (2-tailed)	.000	.001
		N	82	82
	Asupan Protein_K	Correlation Coefficient	-.045	-.068
		Sig. (2-tailed)	.687	.545
		N	82	82
	HOMA-IR	Correlation Coefficient	.346**	.353**
		Sig. (2-tailed)	.001	.001
		N	82	82

Correlations

			Total MET	Aktivitas Fisik
Spearman's rho	Tinggi Badan	Correlation Coefficient	.242 [*]	.245 [*]
		Sig. (2-tailed)	.029	.027
		N	82	82
	Berat Badan	Correlation Coefficient	.185	.183
		Sig. (2-tailed)	.097	.100
		N	82	82
	Indeks Massa Tubuh_N	Correlation Coefficient	.154	.125
		Sig. (2-tailed)	.167	.261
		N	82	82
	Indeks Massa Tubuh_K	Correlation Coefficient	.068	.050
		Sig. (2-tailed)	.546	.656
		N	82	82
	Total MET	Correlation Coefficient	1.000	.943 ^{**}
		Sig. (2-tailed)	.	.000
		N	82	82
	Aktivitas Fisik	Correlation Coefficient	.943 ^{**}	1.000
		Sig. (2-tailed)	.000	.
		N	82	82
	Asupan Protein_N	Correlation Coefficient	.092	.107
		Sig. (2-tailed)	.413	.339
		N	82	82
	Asupan Protein_K	Correlation Coefficient	-.030	-.015
		Sig. (2-tailed)	.791	.894
		N	82	82
	HOMA-IR	Correlation Coefficient	-.014	-.081
		Sig. (2-tailed)	.902	.467
		N	82	82

Correlations

			Asupan Protein_N	Asupan Protein_K
Spearman's rho	Tinggi Badan	Correlation Coefficient	.425**	-.083
		Sig. (2-tailed)	.000	.458
		N	82	82
	Berat Badan	Correlation Coefficient	.571**	-.037
		Sig. (2-tailed)	.000	.743
		N	82	82
	Indeks Massa Tubuh_N	Correlation Coefficient	.419**	-.045
		Sig. (2-tailed)	.000	.687
		N	82	82
	Indeks Massa Tubuh_K	Correlation Coefficient	.345**	-.068
		Sig. (2-tailed)	.001	.545
		N	82	82
	Total MET	Correlation Coefficient	.092	-.030
		Sig. (2-tailed)	.413	.791
		N	82	82
	Aktivitas Fisik	Correlation Coefficient	.107	-.015
		Sig. (2-tailed)	.339	.894
		N	82	82
	Asupan Protein_N	Correlation Coefficient	1.000	.721**
		Sig. (2-tailed)	.	.000
		N	82	82
	Asupan Protein_K	Correlation Coefficient	.721**	1.000
		Sig. (2-tailed)	.000	.
		N	82	82
	HOMA-IR	Correlation Coefficient	.085	-.311**
		Sig. (2-tailed)	.447	.004
		N	82	82

Correlations

			HOMA-IR
Spearman's rho	Tinggi Badan	Correlation Coefficient	.306**
		Sig. (2-tailed)	.005
		N	82
	Berat Badan	Correlation Coefficient	.428**
		Sig. (2-tailed)	.000
		N	82
	Indeks Massa Tubuh_N	Correlation Coefficient	.346**
		Sig. (2-tailed)	.001
		N	82
	Indeks Massa Tubuh_K	Correlation Coefficient	.353**
		Sig. (2-tailed)	.001
		N	82
	Total MET	Correlation Coefficient	-.014
		Sig. (2-tailed)	.902
		N	82
	Aktivitas Fisik	Correlation Coefficient	-.081
		Sig. (2-tailed)	.467
		N	82
	Asupan Protein_N	Correlation Coefficient	.085
		Sig. (2-tailed)	.447
		N	82
	Asupan Protein_K	Correlation Coefficient	-.311**
		Sig. (2-tailed)	.004
		N	82
	HOMA-IR	Correlation Coefficient	1.000
		Sig. (2-tailed)	.
		N	82

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

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

NPAR TESTS

/M-W= HOMAIR BY AP_K(1 2)

Mann-Whitney Test

		Ranks		
	Asupan Protein_K	N	Mean Rank	Sum of Ranks
HOMA-IR	Kurang	14	36.25	507.50
	Cukup	39	23.68	923.50
	Total	53		

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Test Statistics^a

	HOMA-IR
Mann-Whitney U	143.500
Wilcoxon W	923.500
Z	-2.613
Asymp. Sig. (2-tailed)	.009

a. Grouping Variable: Asupan Protein_K

NPAR TESTS

```

/M-W= HOMAIR BY AP_K(1 3)
/MISSING ANALYSIS.

```

NPar Tests

Notes

Resources	Processor Time	00:00:00.03
	Elapsed Time	00:00:00.05
	Number of Cases Allowed ^a	449389

a. Based on availability of workspace memory.

Mann-Whitney Test**Ranks**

Asupan Protein_K		N	Mean Rank	Sum of Ranks
HOMA-IR	Kurang	14	30.46	426.50
	> Cukup	29	17.91	519.50
	Total	43		

Test Statistics^a

HOMA-IR	
Mann-Whitney U	84.500
Wilcoxon W	519.500
Z	-3.072
Asymp. Sig. (2-tailed)	.002

a. Grouping Variable: Asupan Protein_K

NPAR TESTS

```
/M-W= HOMAIR BY AP_K(2 3)
/MISSING ANALYSIS.
```

NPar Tests

Mann-Whitney Test

Ranks				
Asupan Protein_K		N	Mean Rank	Sum of Ranks
HOMA-IR	Cukup	39	36.40	1419.50
	> Cukup	29	31.95	926.50
	Total	68		

Test Statistics^a

	HOMA-IR
Mann-Whitney U	491.500
Wilcoxon W	926.500
Z	-.918
Asymp. Sig. (2-tailed)	.359

a. Grouping Variable: Asupan Protein_K