

## LAMPIRAN

### Lampiran 1. Data Pengambilan Sampel

| No. | Nama               | Usia<br>(tahun) | Jenis<br>Kelamin | Tinggi<br>Badan (m) | Kadar Limfosit<br>(%) |      | Berat Badan<br>(kg) |      |
|-----|--------------------|-----------------|------------------|---------------------|-----------------------|------|---------------------|------|
|     |                    |                 |                  |                     | Pre                   | Post | Pre                 | Post |
| 1.  | Pandu Adi          | 18              | Laki-laki        | 1,63                | 25                    | 30   | 43                  | 59   |
| 2.  | Sabil              | 75              | Laki-laki        | 1,65                | 42                    | 38   | 38                  | 44   |
| 3.  | Siti Mutmainah     | 19              | Perempuan        | 1,46                | 27                    | 33   | 31                  | 41   |
| 4.  | Tri Suryatiningsih | 35              | Perempuan        | 1,5                 | 15                    | 39   | 38                  | 49   |
| 5.  | Rasmi              | 60              | Perempuan        | 1,56                | 28                    | 36   | 46                  | 53   |
| 6.  | Salamun            | 60              | Laki-laki        | 1,65                | 38                    | 40   | 46                  | 54   |
| 7.  | Muntamah           | 47              | Perempuan        | 1,65                | 20                    | 32   | 36                  | 44   |
| 8.  | Suyanto            | 53              | Laki-laki        | 1,6                 | 28                    | 32   | 51                  | 62   |
| 9.  | Wagini             | 48              | Perempuan        | 1,49                | 22                    | 36   | 45                  | 52   |
| 10. | Harsono            | 34              | Laki-laki        | 1,62                | 20                    | 29   | 51                  | 60   |
| 11. | Sukardi            | 62              | Laki-laki        | 1,7                 | 31                    | 38   | 50                  | 58   |
| 12. | Kartini            | 39              | Perempuan        | 1,5                 | 12                    | 25   | 44                  | 51   |
| 13. | Siti yuliani       | 63              | Perempuan        | 1,48                | 32                    | 35   | 31                  | 40   |
| 14. | Jaenuri            | 33              | Laki-laki        | 1,68                | 27                    | 33   | 46                  | 54   |
| 15. | Dwi Retno          | 22              | Perempuan        | 1,47                | 26                    | 38   | 35                  | 43   |
| 16. | Abdul Kanan        | 57              | Laki-laki        | 1,65                | 27                    | 41   | 43                  | 50   |
| 17. | Sutinah            | 56              | Perempuan        | 1,46                | 16                    | 27   | 33                  | 41   |
| 18. | Jumari             | 37              | Laki-laki        | 1,67                | 24                    | 36   | 49                  | 56   |
| 19. | Karni              | 58              | Perempuan        | 1,51                | 29                    | 30   | 50                  | 56   |
| 20. | Eko Irwanto        | 18              | Laki-laki        | 1,65                | 25                    | 40   | 54                  | 63   |
| 21. | Sarijah            | 65              | Perempuan        | 1,46                | 40                    | 26   | 39                  | 42   |
| 22. | Nur Eni            | 28              | Perempuan        | 1,5                 | 23                    | 31   | 40                  | 49   |
| 23. | Wakijan            | 20              | Laki-laki        | 1,55                | 21                    | 30   | 35                  | 41   |
| 24. | Syeki Handoko      | 21              | Laki-laki        | 1,59                | 19                    | 37   | 55                  | 64   |
| 25. | Suparlan           | 58              | Laki-laki        | 1,59                | 23                    | 27   | 38                  | 44   |
| 26. | Meliandika         | 19              | Perempuan        | 1,53                | 25                    | 32   | 40                  | 47   |
| 27. | Kasrin             | 60              | Laki-laki        | 1,56                | 28                    | 29   | 40                  | 46   |
| 28. | Sulatun            | 75              | Perempuan        | 1,52                | 16                    | 14   | 36                  | 41   |
| 29. | Sugito             | 53              | Laki-laki        | 1,67                | 25                    | 27   | 50                  | 56   |
| 30. | Suprat             | 64              | Laki-laki        | 1,69                | 15                    | 18   | 48                  | 51   |
| 31. | Kamsi              | 53              | Perempuan        | 1,46                | 30                    | 32   | 41                  | 48   |
| 32. | Sarpan             | 59              | Laki-laki        | 1,61                | 10                    | 16   | 60                  | 64   |
| 33. | Supar              | 64              | Laki-laki        | 1,7                 | 14                    | 23   | 45                  | 55   |
| 34. | Rohmat             | 19              | Laki-laki        | 1,55                | 27                    | 37   | 43                  | 48   |
| 35. | Ismah              | 48              | Perempuan        | 1,48                | 39                    | 36   | 39                  | 46   |
| 36. | Ahmadi             | 30              | Laki-laki        | 1,61                | 18                    | 32   | 63                  | 69   |
| 37. | Nurul Hikmah       | 23              | Perempuan        | 1,57                | 18                    | 22   | 46                  | 56   |

|     |              |    |           |      |    |    |    |    |
|-----|--------------|----|-----------|------|----|----|----|----|
| 38. | Dewi Sinto   | 45 | Laki-laki | 1,52 | 14 | 38 | 47 | 53 |
| 39. | Rio Kalam    | 17 | Laki-laki | 1,47 | 35 | 37 | 32 | 39 |
| 40. | Jasmi        | 55 | Perempuan | 1,49 | 24 | 32 | 39 | 45 |
| 41. | Saijah       | 55 | Perempuan | 1,49 | 22 | 29 | 45 | 49 |
| 42. | Dini Irawati | 26 | Perempuan | 1,56 | 23 | 32 | 43 | 49 |
| 43. | Sarimo       | 61 | Laki-laki | 1,59 | 21 | 28 | 47 | 54 |
| 44. | Pasiman      | 52 | Laki-laki | 1,59 | 30 | 35 | 59 | 65 |
| 45. | Hariati      | 25 | Perempuan | 1,49 | 25 | 28 | 45 | 50 |
| 46. | Karsiman     | 65 | Laki-laki | 1,69 | 8  | 19 | 38 | 44 |
| 47. | Sugiarti     | 34 | Perempuan | 1,57 | 15 | 21 | 39 | 46 |
| 48. | Kasri        | 61 | Perempuan | 1,52 | 16 | 23 | 33 | 38 |
| 49. | Andi Eka     | 23 | Laki-laki | 1,68 | 35 | 36 | 42 | 48 |
| 50. | Supatmin     | 71 | Laki-laki | 1,63 | 24 | 26 | 46 | 49 |
| 51. | Nuryati      | 36 | Perempuan | 1,59 | 22 | 29 | 56 | 62 |
| 52. | Saripah      | 56 | Perempuan | 1,54 | 32 | 26 | 49 | 52 |
| 53. | Sularman     | 60 | Laki-laki | 1,65 | 26 | 32 | 59 | 65 |
| 54. | Siti Sundari | 40 | Perempuan | 1,56 | 12 | 35 | 42 | 46 |
| 55. | Suparno      | 26 | Laki-laki | 1,66 | 22 | 28 | 69 | 73 |
| 56. | Wahyono      | 47 | Laki-laki | 1,61 | 27 | 31 | 49 | 55 |
| 57. | Siti Aisyah  | 46 | Perempuan | 1,55 | 28 | 32 | 43 | 47 |
| 58. | Nur Kayati   | 30 | Perempuan | 1,58 | 27 | 30 | 44 | 48 |
| 59. | Ali Mas'ud   | 42 | Laki-laki | 1,61 | 29 | 30 | 41 | 46 |

## Lampiran 2. Data Hasil

### Descriptives

|                                  |                                  |             | Statistic | Std. Error |
|----------------------------------|----------------------------------|-------------|-----------|------------|
| Limfosit Pre                     | Mean                             |             | 23,8305   | ,96888     |
|                                  | 95% Confidence Interval for Mean | Lower Bound | 21,8911   |            |
|                                  |                                  | Upper Bound | 25,7699   |            |
|                                  | 5% Trimmed Mean                  |             | 23,6827   |            |
|                                  | Median                           |             | 24,0000   |            |
|                                  | Variance                         |             | 55,385    |            |
|                                  | Std. Deviation                   |             | 7,44208   |            |
|                                  | Minimum                          |             | 8,00      |            |
|                                  | Maximum                          |             | 42,00     |            |
|                                  | Range                            |             | 34,00     |            |
|                                  | Interquartile Range              |             | 9,00      |            |
|                                  | Skewness                         |             | ,250      | ,311       |
|                                  | Kurtosis                         |             | ,015      | ,613       |
|                                  | Limfosit Post                    | Mean        |           | 30,6441    |
| 95% Confidence Interval for Mean |                                  | Lower Bound | 29,0247   |            |
|                                  |                                  | Upper Bound | 32,2634   |            |
| 5% Trimmed Mean                  |                                  |             | 30,9209   |            |
| Median                           |                                  |             | 32,0000   |            |
| Variance                         |                                  |             | 38,613    |            |
| Std. Deviation                   |                                  |             | 6,21390   |            |
| Minimum                          |                                  |             | 14,00     |            |
| Maximum                          |                                  |             | 41,00     |            |
| Range                            |                                  |             | 27,00     |            |
| Interquartile Range              |                                  |             | 9,00      |            |
| Skewness                         |                                  |             | -,638     | ,311       |
| Kurtosis                         |                                  |             | ,082      | ,613       |
| Berat Badan Pre                  |                                  | Mean        |           | 44,5085    |
|                                  | 95% Confidence Interval for Mean | Lower Bound | 42,4449   |            |
|                                  |                                  | Upper Bound | 46,5720   |            |
|                                  | 5% Trimmed Mean                  |             | 44,1177   |            |
|                                  | Median                           |             | 44,0000   |            |
|                                  | Variance                         |             | 62,703    |            |
|                                  | Std. Deviation                   |             | 7,91849   |            |
|                                  | Minimum                          |             | 31,00     |            |
|                                  | Maximum                          |             | 69,00     |            |
|                                  | Range                            |             | 38,00     |            |
|                                  | Interquartile Range              |             | 10,00     |            |
|                                  | Skewness                         |             | ,789      | ,311       |
|                                  | Kurtosis                         |             | ,788      | ,613       |
|                                  | Berat Badan Post                 | Mean        |           | 51,1864    |
| 95% Confidence Interval for Mean |                                  | Lower Bound | 49,1019   |            |
|                                  |                                  | Upper Bound | 53,2710   |            |
| 5% Trimmed Mean                  |                                  |             | 50,8710   |            |
| Median                           |                                  |             | 49,0000   |            |
| Variance                         |                                  |             | 63,982    |            |
| Std. Deviation                   |                                  |             | 7,99887   |            |
| Minimum                          |                                  |             | 38,00     |            |
| Maximum                          |                                  |             | 73,00     |            |
| Range                            |                                  |             | 35,00     |            |
| Interquartile Range              |                                  |             | 10,00     |            |
| Skewness                         |                                  |             | ,628      | ,311       |
| Kurtosis                         |                                  |             | -,103     | ,613       |

### Tests of Normality

|                  | Kolmogorov-Smirnov <sup>a</sup> |    |       | Shapiro-Wilk |    |      |
|------------------|---------------------------------|----|-------|--------------|----|------|
|                  | Statistic                       | df | Sig.  | Statistic    | df | Sig. |
| Limfosit Pre     | ,081                            | 59 | ,200* | ,984         | 59 | ,650 |
| Limfosit Post    | ,095                            | 59 | ,200* | ,960         | 59 | ,050 |
| Berat Badan Pre  | ,120                            | 59 | ,033  | ,958         | 59 | ,039 |
| Berat Badan Post | ,116                            | 59 | ,046  | ,961         | 59 | ,055 |

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

a. Lilliefors Significance Correction

## T-Test

**Paired Samples Statistics**

|        |               | Mean    | N  | Std. Deviation | Std. Error Mean |
|--------|---------------|---------|----|----------------|-----------------|
| Pair 1 | Limfosit Pre  | 23,8305 | 59 | 7,44208        | ,96888          |
|        | Limfosit Post | 30,6441 | 59 | 6,21390        | ,80898          |

**Paired Samples Correlations**

|        |                              | N  | Correlation | Sig. |
|--------|------------------------------|----|-------------|------|
| Pair 1 | Limfosit Pre & Limfosit Post | 59 | ,518        | ,000 |

**Paired Samples Test**

|        |                              | Paired Differences |                |                 |   |          | t      | df | Sig. (2-tailed) |
|--------|------------------------------|--------------------|----------------|-----------------|---|----------|--------|----|-----------------|
|        |                              | Mean               | Std. Deviation | Std. Error Mean | 95% Confidence Interval of the Difference |          |        |    |                 |
|        |                              |                    |                |                 | Lower                                     | Upper    |        |    |                 |
| Pair 1 | Limfosit Pre - Limfosit Post | -6,81356           | 6,79116        | ,88413          | -8,58334                                  | -5,04377 | -7,706 | 58 | ,000            |

## Descriptive-Test

### Descriptive Statistics

|                  | Mean    | N  | Std. Deviation |
|------------------|---------|----|----------------|
| Berat Badan Pre  | 44,5085 | 59 | 7,91849        |
| Berat Badan Post | 51,1864 | 59 | 7,99887        |

## NPar Tests

### Wilcoxon Signed Ranks Test

#### Ranks

|                                   | N               | Mean Rank | Sum of Ranks |
|-----------------------------------|-----------------|-----------|--------------|
| Berat Badan Post - Negative Ranks | 0 <sup>a</sup>  | ,00       | ,00          |
| Berat Badan Pre Positive Ranks    | 59 <sup>b</sup> | 30,00     | 1770,00      |
| Ties                              | 0 <sup>c</sup>  |           |              |
| Total                             | 59              |           |              |

- a. Berat Badan Post < Berat Badan Pre
- b. Berat Badan Post > Berat Badan Pre
- c. Berat Badan Post = Berat Badan Pre

#### Test Statistics<sup>b</sup>

|                        | Berat Badan Post - Berat Badan Pre |
|------------------------|------------------------------------|
| Z                      | -6,708 <sup>a</sup>                |
| Asymp. Sig. (2-tailed) | ,000                               |

- a. Based on negative ranks.
- b. Wilcoxon Signed Ranks Test