

Lampiran 1. Frekuensi Data

Frequencies

Statistics

		pre test berat badan	post test berat badan	pre test lemak total	post test lemak total	pre test lemak perut	post test lemak perut
N	Valid	32	32	32	32	32	32
	Missing	0	0	0	0	0	0
Mean		66.0125	62.8031	33.6688	30.2156	5.4688	4.5312
Median		64.8000	61.7000	35.7000	32.8000	5.0000	4.5000
Mode		59.30 ^a	61.50 ^a	39.90	33.80	5.00	4.00
Std. Deviation		5.67131	5.61556	5.37848	5.41313	.67127	.67127
Variance		32.164	31.535	28.928	29.302	.451	.451
Minimum		58.30	54.50	23.40	19.30	4.00	3.00
Maximum		80.20	76.00	39.90	36.80	7.00	6.00

a. Multiple modes exist. The smallest value is shown

Frequency Table

pre test berat badan

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	58.3	1	3.1	3.1	3.1
	58.4	1	3.1	3.1	6.2
	59.3	2	6.2	6.2	12.5
	60.2	1	3.1	3.1	15.6
	60.5	1	3.1	3.1	18.8
	61.3	1	3.1	3.1	21.9
	61.8	1	3.1	3.1	25.0
	62.8	1	3.1	3.1	28.1
	63.1	1	3.1	3.1	31.2
	63.4	1	3.1	3.1	34.4
	63.6	1	3.1	3.1	37.5
	64.5	1	3.1	3.1	40.6
	64.6	1	3.1	3.1	43.8
	64.7	2	6.2	6.2	50.0
	64.9	1	3.1	3.1	53.1
	65	1	3.1	3.1	56.2
	65.1	1	3.1	3.1	59.4
	65.4	1	3.1	3.1	62.5
	65.9	1	3.1	3.1	65.6
	67	1	3.1	3.1	68.8
	67.4	1	3.1	3.1	71.9

68.6	1	3.1	3.1	75.0
69.7	1	3.1	3.1	78.1
70.2	1	3.1	3.1	81.2
71	1	3.1	3.1	84.4
71.3	1	3.1	3.1	87.5
75.3	1	3.1	3.1	90.6
77.4	1	3.1	3.1	93.8
77.5	1	3.1	3.1	96.9
80.2	1	3.1	3.1	100.0
Total	32	100.0	100.0	

post test berat badan

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 54.5	1	3.1	3.1	3.1
55.4	1	3.1	3.1	6.2
56.4	1	3.1	3.1	9.4
56.5	1	3.1	3.1	12.5
57.4	1	3.1	3.1	15.6
58.3	1	3.1	3.1	18.8
58.4	1	3.1	3.1	21.9
58.5	1	3.1	3.1	25.0
59.1	1	3.1	3.1	28.1
59.3	1	3.1	3.1	31.2
59.9	1	3.1	3.1	34.4
60.4	1	3.1	3.1	37.5
61.1	1	3.1	3.1	40.6
61.4	1	3.1	3.1	43.8
61.5	2	6.2	6.2	50.0
61.9	1	3.1	3.1	53.1
62.2	1	3.1	3.1	56.2
62.3	1	3.1	3.1	59.4
62.4	1	3.1	3.1	62.5
62.5	2	6.2	6.2	68.8
63.6	1	3.1	3.1	71.9
65.6	1	3.1	3.1	75.0
65.7	1	3.1	3.1	78.1
66.8	1	3.1	3.1	81.2
68.3	1	3.1	3.1	84.4
69.2	1	3.1	3.1	87.5
73	1	3.1	3.1	90.6
73.6	1	3.1	3.1	93.8
74.5	1	3.1	3.1	96.9
76	1	3.1	3.1	100.0

post test berat badan

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	54.5	1	3.1	3.1	3.1
	55.4	1	3.1	3.1	6.2
	56.4	1	3.1	3.1	9.4
	56.5	1	3.1	3.1	12.5
	57.4	1	3.1	3.1	15.6
	58.3	1	3.1	3.1	18.8
	58.4	1	3.1	3.1	21.9
	58.5	1	3.1	3.1	25.0
	59.1	1	3.1	3.1	28.1
	59.3	1	3.1	3.1	31.2
	59.9	1	3.1	3.1	34.4
	60.4	1	3.1	3.1	37.5
	61.1	1	3.1	3.1	40.6
	61.4	1	3.1	3.1	43.8
	61.5	2	6.2	6.2	50.0
	61.9	1	3.1	3.1	53.1
	62.2	1	3.1	3.1	56.2
	62.3	1	3.1	3.1	59.4
	62.4	1	3.1	3.1	62.5
	62.5	2	6.2	6.2	68.8
	63.6	1	3.1	3.1	71.9
	65.6	1	3.1	3.1	75.0
	65.7	1	3.1	3.1	78.1
	66.8	1	3.1	3.1	81.2
	68.3	1	3.1	3.1	84.4
	69.2	1	3.1	3.1	87.5
	73	1	3.1	3.1	90.6
	73.6	1	3.1	3.1	93.8
	74.5	1	3.1	3.1	96.9
	76	1	3.1	3.1	100.0
Total		32	100.0	100.0	

pre test lemak total

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	23.4	1	3.1	3.1	3.1
	23.6	1	3.1	3.1	6.2
	24.7	1	3.1	3.1	9.4
	25.7	2	6.2	6.2	15.6
	25.8	1	3.1	3.1	18.8
	25.9	1	3.1	3.1	21.9
	28.6	1	3.1	3.1	25.0

29.8	1	3.1	3.1	28.1
30.2	1	3.1	3.1	31.2
33.8	1	3.1	3.1	34.4
34.9	1	3.1	3.1	37.5
35.2	1	3.1	3.1	40.6
35.3	1	3.1	3.1	43.8
35.5	2	6.2	6.2	50.0
35.9	1	3.1	3.1	53.1
36.1	1	3.1	3.1	56.2
36.2	1	3.1	3.1	59.4
36.6	1	3.1	3.1	62.5
36.8	2	6.2	6.2	68.8
37.1	1	3.1	3.1	71.9
37.2	1	3.1	3.1	75.0
37.6	1	3.1	3.1	78.1
37.7	1	3.1	3.1	81.2
38.3	1	3.1	3.1	84.4
38.6	1	3.1	3.1	87.5
39.2	1	3.1	3.1	90.6
39.9	3	9.4	9.4	100.0
Total	32	100.0	100.0	

post test lemak total

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 19.3	1	3.1	3.1	3.1
20.5	1	3.1	3.1	6.2
21.4	2	6.2	6.2	12.5
21.5	1	3.1	3.1	15.6
22.8	1	3.1	3.1	18.8
23.7	1	3.1	3.1	21.9
24.8	1	3.1	3.1	25.0
26.7	1	3.1	3.1	28.1
26.9	1	3.1	3.1	31.2
28	1	3.1	3.1	34.4
30.8	1	3.1	3.1	37.5
32.3	1	3.1	3.1	40.6
32.5	1	3.1	3.1	43.8
32.7	2	6.2	6.2	50.0
32.9	1	3.1	3.1	53.1
33.1	2	6.2	6.2	59.4
33.7	1	3.1	3.1	62.5
33.8	3	9.4	9.4	71.9
34.2	2	6.2	6.2	78.1

34.3	1	3.1	3.1	81.2
34.4	1	3.1	3.1	84.4
34.5	2	6.2	6.2	90.6
35.2	1	3.1	3.1	93.8
36.6	1	3.1	3.1	96.9
36.8	1	3.1	3.1	100.0
Total	32	100.0	100.0	

pre test lemak perut

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	4	1	3.1	3.1	3.1
	5	17	53.1	53.1	56.2
	6	12	37.5	37.5	93.8
	7	2	6.2	6.2	100.0
Total		32	100.0	100.0	

post test lemak perut

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	3	1	3.1	3.1	3.1
	4	15	46.9	46.9	50.0
	5	14	43.8	43.8	93.8
	6	2	6.2	6.2	100.0
Total		32	100.0	100.0	

Lampiran 3. Uji t

T-Test

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	pre test berat badan	66.0125	32	5.67131	1.00255
	post test berat badan	62.8031	32	5.61556	.99270

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	pre test berat badan & post test berat badan	32	.990	.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	pre test berat badan - post test berat badan	3.20937	.79123	.13987	2.92411	3.49464	22.945	31	.000

Lampiran 4. Uji Z

NPar Tests

Wilcoxon Signed Ranks Test

Ranks

		N	Mean Rank	Sum of Ranks
post test lemak perut - pre test lemak perut	Negative Ranks	30 ^a	15.50	465.00
	Positive Ranks	0 ^b	.00	.00
	Ties	2 ^c		
	Total	32		

- a. post test lemak perut < pre test lemak perut
- b. post test lemak perut > pre test lemak perut
- c. post test lemak perut = pre test lemak perut

Test Statistics^b

	post test lemak perut - pre test lemak perut
Z	-5.477 ^a
Asymp. Sig. (2-tailed)	.000

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

Wilcoxon Signed Ranks Test

Ranks

		N	Mean Rank	Sum of Ranks
post test lemak total - pre test lemak total	Negative Ranks	32 ^a	16.50	528.00
	Positive Ranks	0 ^b	.00	.00
	Ties	0 ^c		
	Total	32		

- a. post test lemak total < pre test lemak total
- b. post test lemak total > pre test lemak total
- c. post test lemak total = pre test lemak total

Test Statistics^b

	post test lemak total - pre test lemak total
Z	-4.937 ^a
Asymp. Sig. (2-tailed)	.000

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