

LAMPIRAN

KUISIONER

No.RM :
(diisi oleh petugas)

Pilih atau isi sesuai dengan kondisi yang sebenar-benarnya.

Hasil pengisian ini dipergunakan sebagai bank data kesehatan mahasiswa, dan tidak mempengaruhi pemberian Surat Keterangan Kesehatan

1. Nama lengkap : _____ L / P Prodi : _____
2. Apakah di keluarga Anda, ada anggota keluarga yang menderita Kencing Manis/Diabetes Mellitus (DM) ? Ada Tidak ada Tdk tahu
3. Apakah Anda pernah melakukan pemeriksaan Gula Darah ? Pernah Belum pernah Tidak tahu
 Jika pernah, apakah Anda menderita DM/kencing manis? Tidak Ya, sejak thn..... Tidak tahu
 Jika Anda penderita DM, apakah Anda rutin kontrol ke Dokter? Tidak Ya, setiapbulan sekali
4. Apakah Anda menderita gejala-gejala ini (boleh pilih >1) ?
 Sering haus Sering lapar Sering kencing dg jumlah banyak Berat badan turun
5. Berapa jarak tempat tinggal Anda di Jogja menuju kampus UMY? < 5km 5-10km > 10km
6. Alat transportasi apakah yang sering Anda gunakan sehari-harinya untuk berangkat ke kampus? Kendaraan bermotor Jalan kaki Sepeda
7. Apakah Anda melakukan aktifitas Olah raga ? Hampir tidak pernah Ya, <3x/minggu, @ durasi <30mnt Ya, >3x/minggu, @ durasi >30mnt
 Jika ya, Olah raga yang sering Anda lakukan (boleh pilih >1)
 Futsal/sepakbola Jogging Bersepeda Berenang Tenis Badminton Lain2, sebutkan.....
8. Apakah Anda merokok? Tidak Ya,batang/hari Jika ya, sejak usia.....tahun
9. Apakah Anda mengkonsumsi makanan/minuman manis > 1x per hari? Ya Tidak
 Apakah Anda mengkonsumsi makanan/minuman asin > 1x per hari? Ya Tidak
 Apakah Anda mengkonsumsi makanan/minuman berlemak > 1x per hari? Ya Tidak
 Apakah Anda mengkonsumsi buah/sayur > 1x per hari? Ya Tidak
10. Apakah Anda menderita penyakit di bawah ini ? (boleh pilih >1) Asma Penyakit jantung Kel.tulang
 Tekanan darah tinggi Gg.an pendengaran Penyakit Kelamin Kacamata, sejak usia th
 Kejang Lain-lain, sebutkan.....

Diisi oleh petugas :

Tensi : mmHg	Nadi: x/mnt	BB : kg	TB : cm	Lingkar perut cm
Konj.palpebra : Anemi / tdk anemis	Buta warna :	Dada:	Abdomen:	
Tonsil :				
Lain-lain:				
Dokter :				

HASIL ANALISIS DATA SAMPEL KEJADIAN *OVERWEIGHT*

Uji Normalitas *Kolmogorov-Smirno*, Uji Bivariat Chi-Square, Uji nilai *r* dengan Uji Regresi Linier

a. Jenis Kelamin

Tests of Normality							
	JenisKelamin	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
BMI	Pria	.508	480	.000	.441	480	.000
	Wanita	.521	434	.000	.390	434	.000

a. Lilliefors Significance Correction

Crosstab

Count		JenisKelamin		Total
		Pria	Wanita	
BMI	Tidak Overweight	403	379	782
	Overweight	77	55	132
Total		480	434	914

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	2.093 ^a	1	.148	.158	.088
Continuity Correction ^b	1.830	1	.176		
Likelihood Ratio	2.104	1	.147		
Fisher's Exact Test					
Linear-by-Linear Association	2.091	1	.148		
N of Valid Cases	914				

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 62.68.

b. Computed only for a 2x2 table

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.048 ^a	.002	.001	.351

a. Predictors: (Constant), Jenis Kelamin

b. Aktivitas Fisik

Tests of Normality^b

	Aktivitas Fisik	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
BMI	<3x/hari	.516	779	.000	.415	779	.000
	>3x/hari	.509	134	.000	.436	134	.000

a. Lilliefors Significance Correction

b. BMI is constant when AktivitasFisik = 1. It has been omitted.

BMI * AktivitasFisik Crosstabulation

Count

		AktivitasFisik		Total
		<3x/hari	>3x/hari	
BMI	Tidak Overweight	669	113	782
	Overweight	111	21	132
Total		780	134	914

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2-sided)	Exact Sig (1-sided)
Pearson Chi-Square	.192 ^a	1	.661		
Continuity Correction ^b	.093	1	.760		
Likelihood Ratio	.189	1	.664		
Fisher's Exact Test				.690	.37
Linear-by-Linear Association	.192	1	.661		
N of Valid Cases	914				

a. 0 cells (0.0%) have expected count less than 5. The minimum expected count is 19.35.

b. Computed only for a 2x2 table

Model Summary

R	R Square	Adjusted R Square	Std. Error of the Estimate
.014 ^a	.000	-.001	.352

a. Predictors: (Constant), Aktivitas Fisik

c. Kebiasaan Merokok

Tests of Normality

	Merokok	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
BMI	Tidak	.516	713	.000	.414	713	.000
	Ya	.511	201	.000	.432	201	.000

a. Lilliefors Significance Correction

Crosstab

Count

		Merokok		Total
		Tidak	Ya	
BMI	Tidak Overweight	612	170	782
	Overweight	101	31	132
Total		713	201	914

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	.201 ^a	1	.654		
Continuity Correction ^b	.112	1	.738		
Likelihood Ratio	.198	1	.656		
Fisher's Exact Test				.650	.364
Linear-by-Linear Association	.200	1	.654		
N of Valid Cases	914				

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 29.03.

b. Computed only for a 2x2 table

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.015 ^a	.000	-.001	.352

a. Predictors: (Constant), Merokok

d. Asupan Makanan/Minuman Manis

Tests of Normality

		Kolmogorov-Smirnov ^a			Shapiro-Wilk		
		Statistic	Df	Sig.	Statistic	df	Sig.
BMI	<1x/hari	.534	138	.000	.316	138	.000
	>1x/hari	.511	776	.000	.433	776	.000

a. Lilliefors Significance Correction

Crosstab

Count

		AsupanMakanan Manis		Total
		<1xhari	>1x/hari	
BMI	Tidak Overweight	126	656	782
	Overweight	12	120	132
Total		138	776	914

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	4.344 ^a	1	.037	.036	.021
Continuity Correction ^b	3.813	1	.051		
Likelihood Ratio	4.849	1	.028		
Fisher's Exact Test					
Linear-by-Linear Association	4.339	1	.037		
N of Valid Cases	914				

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 19.93.

b. Computed only for a 2x2 table

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.069 ^a	.005	.004	.351

a. Predictors: (Constant), Asupan Makanan Manis

e. Asupan Makanan/Minuman Berlemak

Tests of Normality

		Kolmogorov-Smirnov ^a			Shapiro-Wilk		
		Statistic	Df	Sig.	Statistic	df	Sig.
BMI	<1x/hari	.511	248	.000	.431	248	.000
	>1x/hari	.516	666	.000	.413	666	.000

a. Lilliefors Significance Correction

Crosstab

		AsupanMakananBerlemak		Total
		<1x/hari	>1x/hari	
BMI	Tidak Overweight	210	572	782
	Overweight	38	94	132
		248	666	914

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2- sided)	Exact Sig. (1- sided)
Pearson Chi-Square	.214 ^a	1	.644		
Continuity Correction ^b	.127	1	.722		
Likelihood Ratio	.211	1	.646		
Fisher's Exact Test				.672	.357
Linear-by- Linear Association	.213	1	.644		
N of Valid Cases	914				

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 35.82.

b. Computed only for a 2x2 table

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.015 ^a	.000	-.001	.352

a. Predictors: (Constant), Asupan Makanan Berlemak

f. Asupan Buah dan Sayuran

Tests of Normality

	AsupanBuahdanSayuran	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
		Statistic	Df	Sig.	Statistic	df	Sig.
BMI <1x/hari		.518	147	.000	.405	147	.000
>1x/hari		.514	767	.000	.420	767	.000

a. Lilliefors Significance Correction

Crosstab

Count	AsupanBuahdanSayuran		Total
	<1x/hari	>1x/hari	
E Tidak Overweight	127	655	782
N Overweight	20	112	132
I Total	147	767	914

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	.099 ^a	1	.753		
Continuity Correction ^b	.035	1	.852		
Likelihood Ratio	.101	1	.751		
Fisher's Exact Test				.898	.434
Linear-by-Linear Association	.099	1	.753		
N of Valid Cases	914				

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 21.23.

b. Computed only for a 2x2 table

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.010 ^a	.000	-.001	.352

a. Predictors: (Constant), Asupan Buah dan Sayuran

Uji Multivariat dengan Uji Regresi Logistik

Variables in the Equation							95% C.I. for EXP(B)		
		B	S.E.	Wald	df	Sig.	Exp(B)	Lower	Upper
Step 1 ^a	jk	-,273	,191	2,042	1	,153	,761	,524	1,107
	manis	,651	,318	4,178	1	,041	1,917	1,027	3,576
	Const ant	-2,604	,671	15,060	1	,000	,074		

a. Variable(s) entered on step 1: jk, manis.

HASIL ANALISIS DATA SAMPEL KEJADIAN OBESITAS

Uji Normalitas *Kolmogorov-Smirno*, Uji Bivariat Chi-Square, Uji nilai *r* dengan Uji Regresi Linier

a. Jenis Kelamin

		Tests of Normality					
		Kolmogorov-Smirnov ^a			Shapiro-Wilk		
JenisKelamin		Statistic	df	Sig.	Statistic	df	Sig.
BMI	Pria	.515	562	.000	.418	562	.000
	Wanita	.523	494	.000	.381	494	.000

a. Lilliefors Significance Correction

Crosstab

Count

		JenisKelamin		Total
		Pria	Wanita	
BMI	TidakObesitas	481	434	915
	Obesitas	81	60	141
Total		562	494	1056

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	1.168 ^a	1	.280		
Continuity Correction ^b	.980	1	.322		
Likelihood Ratio	1.173	1	.279		
Fisher's Exact Test				.319	.161
Linear-by-Linear Association	1.167	1	.280		
N of Valid Cases	1056				

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 65.96.

b. Computed only for a 2x2 table

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.033 ^a	.001	.000	.340

a. Predictors: (Constant), Jenis Kelamin

b. Aktivitas Fisik

Tests of Normality^b

	AktivitasFisik	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
BMI	<3x/hari	.519	901	.000	.402	901	.000
	>3x/hari	.520	154	.000	.395	154	.000

a. Lilliefors Significance Correction

b. BMI is constant when AktivitasFisik = 1. It has been omitted.

BMI * AktivitasFisik Crosstabulation

Count

		Aktivitas Fisik		Total
		<3x/hari	>3x/hari	
BMI	Tidak Obesitas	781	134	915
	Obesitas	121	20	141
Total		902	154	1056

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	.021 ^a	1	.885	1.000	.503
Continuity Correction ^b	.000	1	.987		
Likelihood Ratio	.021	1	.885		
Fisher's Exact Test					
Linear-by-Linear Association	.021	1	.885		
N of Valid Cases	1056				

a. 0 cells (0.0%) have expected count less than 5. The minimum expected count is 20.56.

b. Computed only for a 2x2 table

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.004 ^a	.000	-.001	.340

a. Predictors: (Constant), Aktivitas Fisik

c. Kebiasaan Merokok

Tests of Normality

		Kolmogorov-Smirnov ^a			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
BMI	tidak	.520	821	.000	.396	821	.000
	ya	.515	235	.000	.418	235	.000

a. Lilliefors Significance Correction

Crosstab

Count

		Merokok		Total
		tidak	ya	
BMI	TidakObesitas	714	201	915
	Obesitas	107	34	141
Total		821	235	1056

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	.325 ^a	1	.568		
Continuity Correction ^b	.213	1	.644		
Likelihood Ratio	.320	1	.572		
Fisher's Exact Test				.587	.318
Linear-by-Linear Association	.325	1	.569		
N of Valid Cases	1056				

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 31.38.

b. Computed only for a 2x2 table

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.018 ^a	.000	-.001	.340

a. Predictors: (Constant), Merokok

d. Asupan Makanan/Minuman Manis

Tests of Normality

		Kolmogorov-Smirnov ^a			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
BMI	<1x/hari	.498	169	.000	.470	169	.000
	>1x/hari	.523	887	.000	.386	887	.000

a. Lilliefors Significance Correction

Crosstab

Count

		AsupanMakanan Manis		Total
		<1x/hari	>1x/hari	
BMI	TidakObesitas	138	777	915
	Obesitas	31	110	141
Total		169	887	1056

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2-sided)	Exact Sig. (1-sided)
Pearson Chi-Square	4.332 ^a	1	.037		
Continuity Correction ^b	3.834	1	.050		
Likelihood Ratio	4.023	1	.045		
Fisher's Exact Test				.048	.028
Linear-by-Linear Association	4.328	1	.037		
N of Valid Cases	1056				

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 22.57.

b. Computed only for a 2x2 table

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.064 ^a	.004	.003	.340

a. Predictors: (Constant), Asupan Makanan Manis

e. Asupan Makanan/Minuman Berlemak

Tests of Normality

		Kolmogorov-Smirnov ^a			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
BMI	<1x/hari	.529	278	.000	.350	278	.000
	>1x/hari	.515	778	.000	.417	778	.000

a. Lilliefors Significance Correction

Crosstab

Count

		AsupanMakananBerlemak		Total
		<1x/hari	>1x/hari	
BMI	TidakObesitas	249	666	915
	Obesitas	29	112	141
Total		278	778	1056

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2- sided)	Exact Sig. (1- sided)
Pearson Chi-Square	2.782 ^a	1	.095		
Continuity Correction ^b	2.450	1	.118		
Likelihood Ratio	2.909	1	.088		
Fisher's Exact Test				.101	.056
Linear-by-Linear Association	2.779	1	.095		
N of Valid Cases	1056				

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 37.12.

b. Computed only for a 2x2 table

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.051 ^a	.003	.002	.340

a. Predictors: (Constant), Asupan Makanan Berlemak

f. Asupan Buah dan Sayuran

Tests of Normality

		Kolmogorov-Smirnov ^a			Shapiro-Wilk		
		Statistic	df	Sig.	Statistic	df	Sig.
BMI	<1x/hari	.537	159	.000	.290	159	.000
	>1x/hari	.515	897	.000	.417	897	.000

a. Lilliefors Significance Correction

Crosstab

Count

		AsupanBuahdanSayuran		Total
		<1x/hari	>1x/hari	
BMI	TidakObesitas	147	768	915
	Obesitas	12	129	141
Total		159	897	1056

Chi-Square Tests

	Value	df	Asymptotic Significance (2-sided)	Exact Sig. (2- sided)	Exact Sig. (1- sided)
Pearson Chi-Square	5.452 ^a	1	.020		
Continuity Correction ^b	4.878	1	.027		
Likelihood Ratio	6.177	1	.013		
Fisher's Exact Test				.022	.010
Linear-by-Linear Association	5.447	1	.020		
N of Valid Cases	1056				

a. 0 cells (.0%) have expected count less than 5. The minimum expected count is 21.23.

b. Computed only for a 2x2 table

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.072 ^a	.005	.004	.340

a. Predictors: (Constant), Asupan Buah dan Sayuran

Uji Analisis Multivariat dengan Uji Regresi Logistik

Variables in the Equation

		B	S.E.	Wald	df	Sig.	Exp(B)	95% C.I. for EXP(B)	
								Lower	Upper
Step 1 ^a	manis	-,606	,230	6,954	1	,008	,545	,348	,856
	lemak	,406	,227	3,204	1	,073	1,501	,962	2,342
	serat	,744	,319	5,454	1	,020	2,105	1,127	3,930
	Constant	-2,884	,757	14,500	1	,000	,056		

a. Variable(s) entered on step 1: manis, lemak, serat.

