

### LAMPIRAN

Kode	Abs	T Colesterol	Abs	T Colesterol	Abs	T Colesterol
		mg/dl		mg/dl		mg/dl
1.1	0.136	90.97	0.122	83.56	0.120	91.95
1.2	0.138	92.31	0.118	80.82	0.118	90.42
1.3	0.131	87.63	0.120	82.19	0.115	88.12
1.4	0.129	86.29	0.125	85.62	0.109	83.52
1.5	0.138	92.31	0.118	80.82	0.114	87.36
				<b>82.60</b>		<b>88.28</b>
2.1	0.133	88.96	0.282	193.15	0.253	193.87
2.2	0.136	90.97	0.278	190.41	0.247	189.27
2.3	0.134	89.63	0.286	195.89	0.257	196.93
2.4	0.132	88.29	0.274	187.67	0.255	195.40
2.5	0.130	86.96	0.272	186.30	0.251	192.34
				<b>190.68</b>		<b>193.56</b>
3.1	0.126	84.28	0.271	185.62	0.170	130.27
3.2	0.128	85.62	0.270	184.93	0.169	129.50
3.3	0.123	82.27	0.275	188.36	0.158	121.07
3.4	0.129	86.29	0.281	192.47	0.157	120.31
3.5	0.126	84.28	0.278	190.41	0.166	127.20
				<b>188.36</b>		<b>125.67</b>
4.1	0.133	88.96	0.272	186.30	0.156	119.54
4.2	0.130	86.96	0.273	186.99	0.159	121.84
4.3	0.126	84.28	0.280	191.78	0.160	122.61
4.4	0.131	87.63	0.268	183.56	0.159	121.84
4.5	0.132	88.29	0.275	188.36	0.154	118.01
				<b>187.40</b>		<b>120.77</b>
5.1	0.129	86.29	0.279	191.10	0.141	108.05
5.2	0.130	86.96	0.274	187.67	0.137	104.98
5.3	0.138	92.31	0.268	183.56	0.142	108.81
5.4	0.134	89.63	0.270	184.93	0.140	107.28
5.5	0.132	88.29	0.273	186.99	0.139	106.51
				<b>186.85</b>		<b>107.13</b>

## Analisa data

### T-Test (K-)

**Paired Samples Statistics**

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	pre_Knegatif	89.9020	5	2.78146	1.24391
	post_Knegatif	88.2740	5	3.22405	1.44184

**Paired Samples Correlations**

		N	Correlation	Sig.
Pair 1	pre_Knegatif & post_Knegatif	5	.681	.206

**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_Knegatif - post_Knegatif	1.62800	2.43393	1.08849	-1.39412	4.65012	1.496	4	.209

### T-Test (K+)

**Paired Samples Statistics**

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	pre_Kpositif	88.9620	5	1.49481	.66850
	post_Kpositif	193.5620	5	2.94665	1.31778

**Paired Samples Correlations**

		N	Correlation	Sig.
Pair 1	pre_Kpositif & post_Kpositif	5	-.293	.633

**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_Kpositif - post_Kpositif	-104.60000	3.67371	1.64293	-109.16151	-100.03849	-63.667	4	.000

## T-Test (uji 1)

**Paired Samples Statistics**

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	pre_uji1	84.5480	5	1.54246	.68981
	post_uji1	125.6700	5	4.69200	2.09833

**Paired Samples Correlations**

		N	Correlation	Sig.
Pair 1	pre_uji1 & post_uji1	5	.125	.842

**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_uji1 - post_uji1	-41.12200	4.75307	2.12564	-47.02372	-35.22028	-19.346	4	.000

## T-Test (uji 2)

**Paired Samples Statistics**

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	pre_uji2	87.2240	5	1.80636	.80783
	post_uji2	120.7680	5	1.92392	.86040

**Paired Samples Correlations**

		N	Correlation	Sig.
Pair 1	pre_uji2 & post_uji2	5	-.744	.149

**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_uji2 - post_uji2	-33.54400	3.48362	1.55792	-37.86949	-29.21851	-21.531	4	.000

**T-Test (uji 3)****Paired Samples Statistics**

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	pre_uji3	88.6960	5	2.39273	1.07006
	post_uji3	107.1260	5	1.47463	.65947

**Paired Samples Correlations**

		N	Correlation	Sig.
Pair 1	pre_uji3 & post_uji3	5	.566	.320

**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_uji3 - post_uji3	-18.43000	1.97702	.88415	-20.88479	-15.97521	-20.845	4	.000

### Oneway (pre)

Descriptives								
pre	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
					Lower Bound	Upper Bound		
Kontrol -	5	89.9020	2.78146	1.24391	86.4484	93.3556	86.29	92.31
Kontrol +	5	88.9620	1.49481	.66850	87.1059	90.8181	86.96	90.97
Uji 1	5	84.5480	1.54246	.68981	82.6328	86.4632	82.27	86.29
Uji 2	5	87.2240	1.80636	.80783	84.9811	89.4669	84.28	88.96
Uji 3	5	88.6960	2.39273	1.07006	85.7250	91.6670	86.29	92.31
Total	25	87.8664	2.68201	.53640	86.7593	88.9735	82.27	92.31

ANOVA					
pre	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	87.283	4	21.821	5.113	.005
Within Groups	85.353	20	4.268		
Total	172.637	24			

### Oneway (post)

Descriptives								
post	N	Mean	Std. Deviation	Std. Error	95% Confidence Interval for Mean		Minimum	Maximum
					Lower Bound	Upper Bound		
Kontrol -	5	88.2740	3.22405	1.44184	84.2708	92.2772	83.52	91.95
Kontrol +	5	193.5620	2.94665	1.31778	189.9032	197.2208	189.27	196.93
Uji 1	5	125.6700	4.69200	2.09833	119.8441	131.4959	120.31	130.27
Uji 2	5	120.7680	1.92392	.86040	118.3791	123.1569	118.01	122.61
Uji 3	5	107.1260	1.47463	.65947	105.2950	108.9570	104.98	108.81
Total	25	127.0800	36.52433	7.30487	112.0035	142.1565	83.52	196.93

ANOVA					
post	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	31828.768	4	7957.192	847.085	.000
Within Groups	187.872	20	9.394		
Total	32016.640	24			

Tabel 1. Rata-rata colesterol

Perlakuan	Rata-rata colesterol	
	Sebelum	Sesudah
K-	89.902±2.781	88.274±3.224
K+	88.962±1.495	193.562±2.947
Uji 1	84.548±1.542	125.670±4.692
Uji 2	87.224±1.806	120.768±1.924
Uji 3	88.696±2.393	107.126±1.475
Anova	0.005	0.000

Tabel 2. Hasil analisis data paired sample t-test

Perlakuan	Paired samples t-test sebelum dan sesudah perlakuan ( $p=0,05$ )
K-	0.633
K+	0.000
Uji 1	0.000
Uji 2	0.000
Uji 3	0.000



