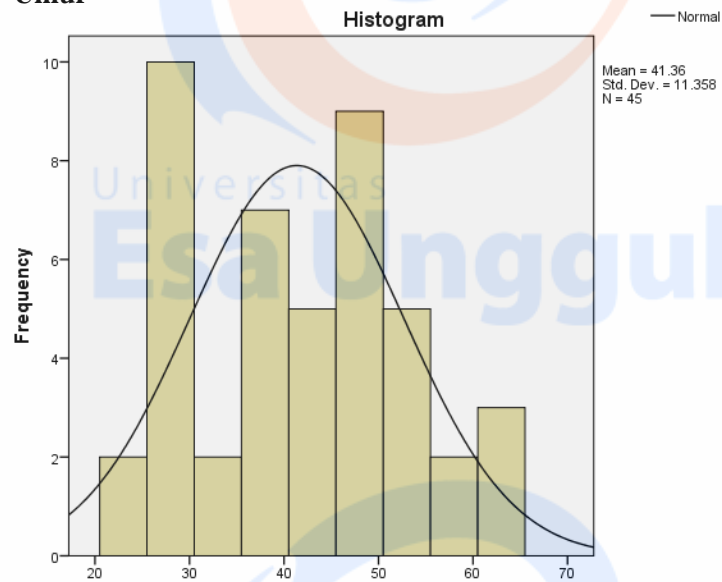


A. Uji Normalitas

1. Umur



Descriptives

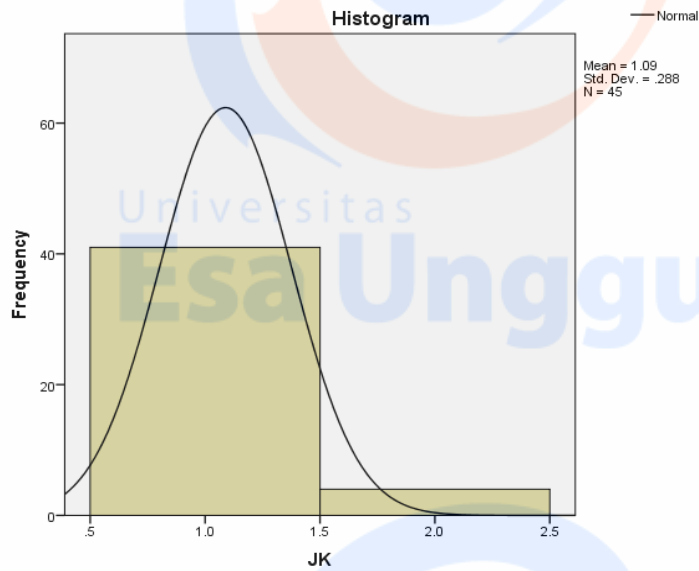
	Statistic	Std. Error
Mean	41.36	1.693
95% Confidence Interval for Mean	Lower Bound 44.77	
	Upper Bound 37.94	
5% Trimmed Mean	41.16	
Median	41.00	
Variance	129.007	
Umur Std. Deviation	11.358	
Minimum	23	
Maximum	63	
Range	40	
Interquartile Range	20	
Skewness	.129	.354
Kurtosis	-.950	.695

Tests of Normality

	Shapiro-Wilk		
	Statistic	df	Sig.
Umur	.955	45	.079

Data Berdistribusi Normal

2. Jenis Kelamin



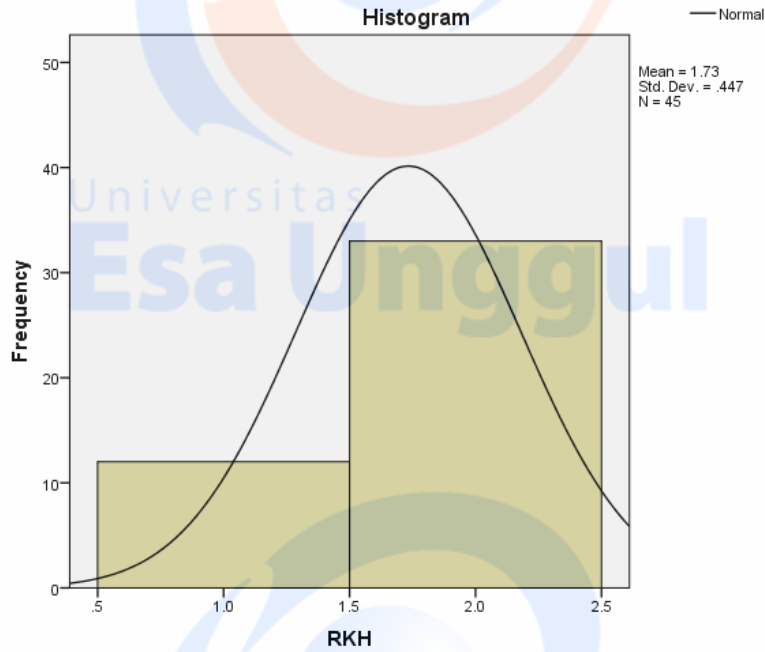
	Statistic	Std. Error
Mean	1.09	.043
95% Confidence Interval for Mean	Lower Bound Upper Bound	1.00 1.18
5% Trimmed Mean	1.04	
Median	1.00	
Variance	.083	
JK Std. Deviation	.288	
Minimum	1	
Maximum	2	
Range	1	
Interquartile Range	0	
Skewness	2.990	.354
Kurtosis	7.260	.695

Tests of Normality

	Shapiro-Wilk		
	Statistic	df	Sig.
JK	.322	45	.000

Data Berdistribusi
Tidak Normal

3. Riwayat Keturunan Hiperkolesterol



Descriptives

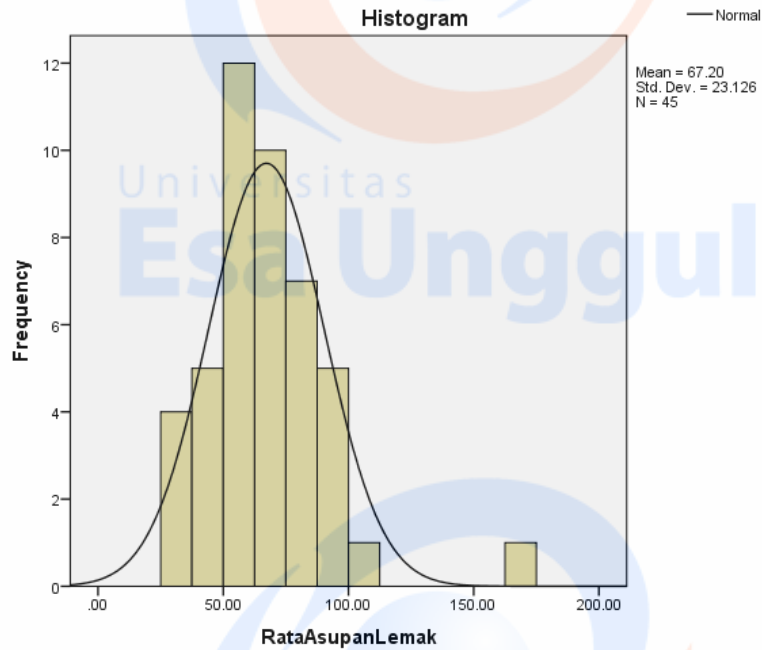
		Statistic	Std. Error
	Mean	1.733	.0667
	95% Confidence Interval for Mean	Lower Bound 1.599 Upper Bound 1.868	
	5% Trimmed Mean	1.759	
	Median	2.000	
	Variance	.200	
RKH	Std. Deviation	.4472	
	Minimum	1.0	
	Maximum	2.0	
	Range	1.0	
	Interquartile Range	1.0	
	Skewness	-1.092	.354
	Kurtosis	-.847	.695

Tests of Normality

	Shapiro-Wilk		
	Statistic	df	Sig.
RKH	.553	45	.000

Data Berdistribusi
Tidak Normal

4. Asupan Lemak



Descriptives

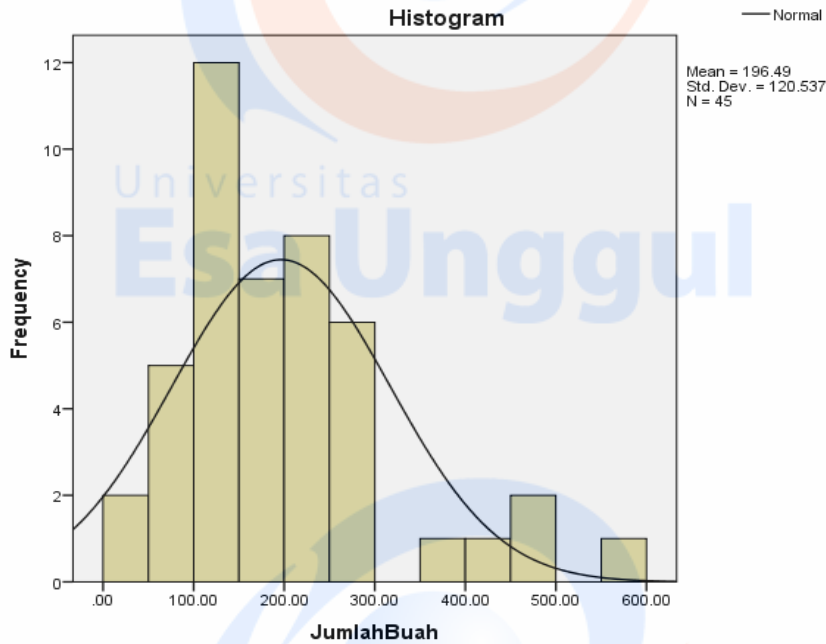
	Statistic	Std. Error
Mean	67.1984	3.44741
95% Confidence Interval for Mean	Lower Bound: 60.2506 Upper Bound: 74.1462	
5% Trimmed Mean	65.7619	
Median	66.3000	
Variance	534.809	
RataAsupanLemak Std. Deviation	23.12594	
Minimum	31.90	
Maximum	163.40	
Range	131.50	
Interquartile Range	26.80	
Skewness	1.521	.354
Kurtosis	5.553	.695

Tests of Normality

	Shapiro-Wilk		
	Statistic	df	Sig.
RataAsupanLemak	.895	45	.001

Data Berdistribusi
Tidak Normal

5. Konsumsi Buah



Descriptives

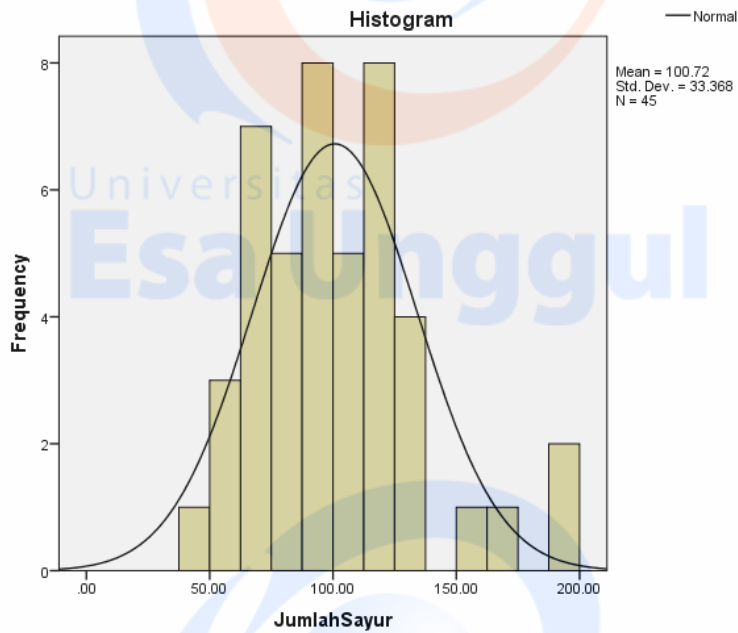
	Statistic	Std. Error
Mean	196.4860	17.96857
95% Confidence Interval for Mean	Lower Bound: 160.2727 Upper Bound: 232.6993	
5% Trimmed Mean	186.2042	
Median	161.3000	
Variance	14529.130	
JumlahBuah Std. Deviation	120.53684	
Minimum	32.80	
Maximum	595.20	
Range	562.40	
Interquartile Range	136.35	
Skewness	1.430	.354
Kurtosis	2.305	.695

Tests of Normality

	Shapiro-Wilk		
	Statistic	df	Sig.
JumlahBuah	.883	45	.000

Data Berdistribusi
Tidak Normal

6. Konsumsi Sayur



Descriptives

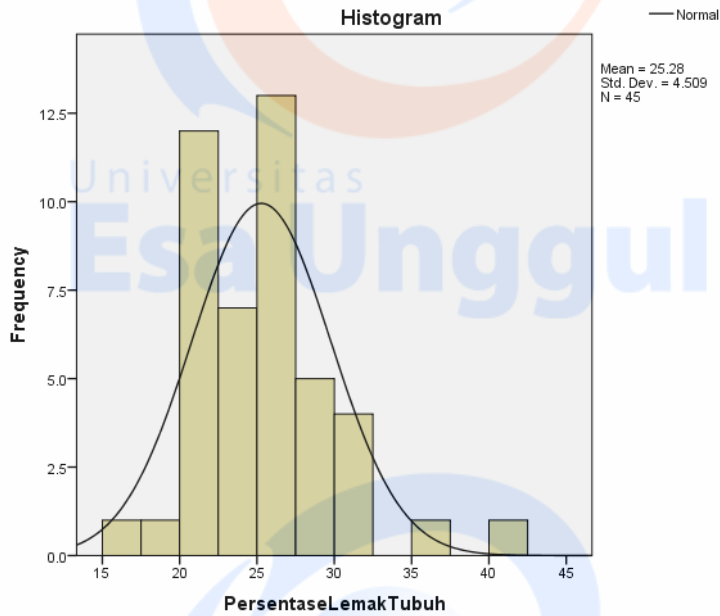
	Statistic	Std. Error
Mean	100.7156	4.97415
95% Confidence Interval for Mean	Lower Bound: 90.6908 Upper Bound: 110.7403	
5% Trimmed Mean	98.8802	
Median	98.2000	
Variance	1113.399	
JumlahSayur Std. Deviation	33.36763	
Minimum	38.40	
Maximum	192.20	
Range	153.80	
Interquartile Range	46.20	
Skewness	.796	.354
Kurtosis	.878	.695

Tests of Normality

	Shapiro-Wilk		
	Statistic	df	Sig.
JumlahSayur	.954	45	.072

Data Berdistribusi Normal

7. Persentase Lemak Tubuh



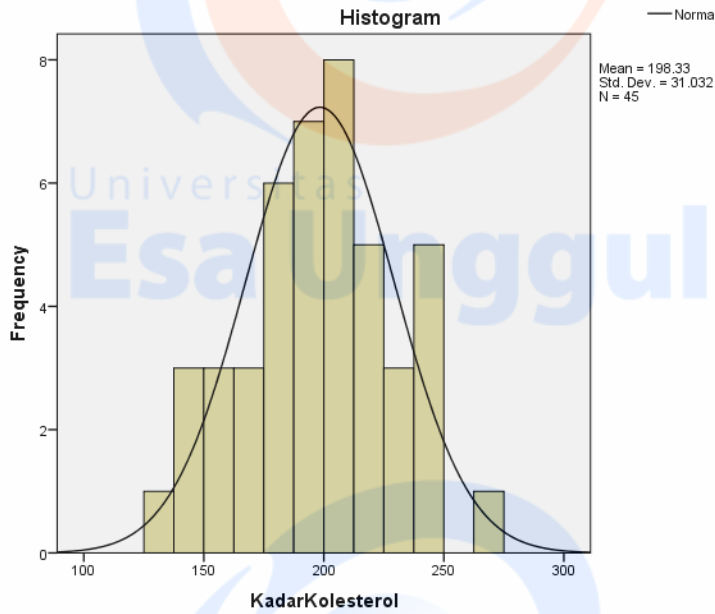
	Statistic	Std. Error
Mean	25.28	.672
95% Confidence Interval for Mean	Lower Bound: 23.92 Upper Bound: 26.63	
5% Trimmed Mean	25.03	
Median	25.20	
Variance	20.331	
Std. Deviation	4.509	
Minimum	16	
Maximum	40	
Range	24	
Interquartile Range	6	
Skewness	.854	.354
Kurtosis	1.810	.695

Tests of Normality

	Shapiro-Wilk		
	Statistic	df	Sig.
PersentaseLemakTubuh	.953	45	.067

Data Berdistribusi Normal

8. Kadar Kolesterol Total



Descriptives

	Statistic	Std. Error
Mean	198.33	4.626
95% Confidence Interval for Mean	Lower Bound Upper Bound	189.01 207.66
5% Trimmed Mean	198.38	
Median	198.00	
Variance	962.955	
KadarKolesterol Std. Deviation	31.032	
Minimum	136	
Maximum	265	
Range	129	
Interquartile Range	44	
Skewness	-.029	.354
Kurtosis	-.478	.695

Tests of Normality

	Shapiro-Wilk		
	Statistic	df	Sig.
KadarKolesterol	.986	45	.844

Data Berdistribusi Normal

JK

	Frequency	Percent	Valid Percent	Cumulative Percent
Laki-laki	41	91.1	91.1	91.1
Valid Perempuan	4	8.9	8.9	100.0
Total	45	100.0	100.0	

RKH

	Frequency	Percent	Valid Percent	Cumulative Percent
Ya	12	26.7	26.7	26.7
Valid Tidak	33	73.3	73.3	100.0
Total	45	100.0	100.0	

U_Kategori

	Frequency	Percent	Valid Percent	Cumulative Percent
<30	12	26.7	26.7	26.7
Valid Standar (30-49)	22	48.9	48.9	75.6
Tua (50-64)	11	24.4	24.4	100.0
Total	45	100.0	100.0	

KategoriKadarKolesterol(3tingkat)

	Frequency	Percent	Valid Percent	Cumulative Percent
Tinggi (>240)	6	13.3	13.3	13.3
Valid Ambang Batas (200-239)	15	33.3	33.3	46.7
Normal (<200)	24	53.3	53.3	100.0
Total	45	100.0	100.0	

Buah_Kate

	Frequency	Percent	Valid Percent	Cumulative Percent
Kurang	26	57.8	57.8	57.8
Valid Cukup	19	42.2	42.2	100.0
Total	45	100.0	100.0	

Sayur_Kategori

	Frequency	Percent	Valid Percent	Cumulative Percent
Kurang	41	91.1	91.1	91.1
Valid Cukup	4	8.9	8.9	100.0
Total	45	100.0	100.0	

Kategori_Laki2_PersentaseLemakTubuh

	Frequency	Percent	Valid Percent	Cumulative Percent
Berlebih (>24%)	22	53.7	53.7	53.7
Valid Normal (24%)	19	46.3	46.3	100.0
Total	41	100.0	100.0	

Kategori_Perempuan_PersentaseLemakTubuh

	Frequency	Percent	Valid Percent	Cumulative Percent
Berlebih (>35%)	2	50.0	50.0	50.0
Valid Normal (35%)	2	50.0	50.0	100.0
Total	4	100.0	100.0	

KategoriPersentaseLemakTubuh_Laki-Laki * KadarKolesterolTotal

Crosstabulation

		Kadar Kolesterol Total Kategori			Total
		Tinggi (>240)	Ambang Batas (200-239)	Normal (<200)	
Kategori_Laki2	Berlebih (>24%)	5	9	8	22
_PLT	Normal (24%)	0	6	13	19
Total		5	15	21	41

KategoriPersentaseLemakTubuh_Laki-Laki * KadarKolesterolTotal Crosstabulation

		kategori...3		Total
		Tinggi (>240)	Normal (<200)	
Kategori_Perempuan	Berlebih (>35%)	1	1	2
_PLT	Normal (35%)	0	2	2
Total		1	3	4

B. Analisis Bivariat

1. Hubungan Asupan Lemak dengan Kadar Kolesterol Total

			RataAsupanLemak	KadarKolesterol
Spearman's rho	Rata	Correlation Coefficient	1.000	.586**
	Asupan	Sig. (2-tailed)	.	.000
	Lemak	N	45	45
	Kadar	Correlation Coefficient	.586**	1.000
	Kolesterol	Sig. (2-tailed)	.000	.
		N	45	45

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

2. Hubungan Konsumsi Buah dengan Kadar Kolesterol Total

			KadarKolesterol	JumlahBuah
Spearman's rho	Kadar	Correlation Coefficient	1.000	-.255
	Kolesterol	Sig. (2-tailed)	.	.091
		N	45	45
	Jumlah	Correlation Coefficient	-.255	1.000
	Buah	Sig. (2-tailed)	.091	.
		N	45	45

3. Hubungan Konsumsi Sayur dengan Kadar Kolesterol Total

			KadarKolesterol	JumlahSayur
KadarKolesterol	Pearson Correlation		1	-.165
	Sig. (2-tailed)			.279
	N		45	45
JumlahSayur	Pearson Correlation		-.165	1
	Sig. (2-tailed)		.279	
	N		45	45

4. Hubungan Persentase Lemak Tubuh dengan Kadar Kolesterol Total

Correlations

		KadarKolesterol	PersentaseLemakTubuh
KadarKolesterol	Pearson Correlation	1	.277
	Sig. (2-tailed)		.065
	N	45	45
PersentaseLemakTubuh	Pearson Correlation	.277	1
	Sig. (2-tailed)	.065	
	N	45	45

