

Lampiran

1. Uji normalitas

Case Processing Summary

| | Cases | | | | | |
|-------------|-------|---------|---------|---------|-------|---------|
| | Valid | | Missing | | Total | |
| | N | Percent | N | Percent | N | Percent |
| Energi | 84 | 100,0% | 0 | 0,0% | 84 | 100,0% |
| Protein | 84 | 100,0% | 0 | 0,0% | 84 | 100,0% |
| Lemak | 84 | 100,0% | 0 | 0,0% | 84 | 100,0% |
| Karbohidrat | 84 | 100,0% | 0 | 0,0% | 84 | 100,0% |
| DED | 84 | 100,0% | 0 | 0,0% | 84 | 100,0% |
| NRF | 84 | 100,0% | 0 | 0,0% | 84 | 100,0% |
| IMT | 84 | 100,0% | 0 | 0,0% | 84 | 100,0% |

Descriptives

| | | Statistic | Std. Error |
|----------|----------------------------------|------------|------------|
| Energi | Mean | 1661,907 | 47,1068 |
| | 95% Confidence Interval for Mean | | |
| | Lower Bound | 1568,213 | |
| | Upper Bound | 1755,600 | |
| | 5% Trimmed Mean | 1651,349 | |
| | Median | 1616,975 | |
| | Variance | 186399,977 | |
| | Std. Deviation | 431,7406 | |
| | Minimum | 719,5 | |
| | Maximum | 3112,5 | |
| | Range | 2393,0 | |
| | Interquartile Range | 601,9 | |
| | Skewness | ,424 | ,263 |
| Kurtosis | ,380 | ,520 | |
| Protein | Mean | 59,774 | 1,8441 |
| | 95% Confidence Interval for Mean | | |
| | Lower Bound | 56,106 | |
| | Upper Bound | 63,442 | |
| | 5% Trimmed Mean | 59,480 | |
| | Median | 61,225 | |
| | Variance | 285,647 | |
| | Std. Deviation | 16,9011 | |
| | Minimum | 21,1 | |
| | Maximum | 123,9 | |

| | | | | |
|----------------------------------|----------------------------------|---------------------|---------|------|
| Lemak | Range | 102,8 | | |
| | Interquartile Range | 23,4 | | |
| | Skewness | ,471 | ,263 | |
| | Kurtosis | 1,327 | ,520 | |
| | Mean | 63,584 | 1,9794 | |
| | 95% Confidence Interval for Mean | Lower Bound | 59,647 | |
| | | Upper Bound | 67,521 | |
| | 5% Trimmed Mean | 63,096 | | |
| | Median | 62,400 | | |
| | Variance | 329,103 | | |
| | Std. Deviation | 18,1412 | | |
| | Minimum | 26,2 | | |
| | Maximum | 113,9 | | |
| | Range | 87,7 | | |
| | Karbohidrat | Interquartile Range | 22,3 | |
| Skewness | | ,480 | ,263 | |
| Kurtosis | | ,006 | ,520 | |
| Mean | | 213,143 | 7,2949 | |
| 95% Confidence Interval for Mean | | Lower Bound | 198,634 | |
| | | Upper Bound | 227,652 | |
| 5% Trimmed Mean | | 211,246 | | |
| Median | | 206,900 | | |
| Variance | | 4470,047 | | |
| Std. Deviation | | 66,8584 | | |
| Minimum | | 88,1 | | |
| Maximum | | 390,7 | | |
| Range | | 302,6 | | |
| Interquartile Range | | 93,2 | | |
| DED | | Skewness | ,468 | ,263 |
| | Kurtosis | -,386 | ,520 | |
| | Mean | 1,814 | ,0352 | |
| | 95% Confidence Interval for Mean | Lower Bound | 1,744 | |
| | | Upper Bound | 1,884 | |
| | 5% Trimmed Mean | 1,803 | | |
| | Median | 1,800 | | |
| | Variance | ,104 | | |
| | Std. Deviation | ,3224 | | |
| | Minimum | 1,2 | | |
| | Maximum | 2,9 | | |
| | Range | 1,7 | | |
| | Interquartile Range | ,4 | | |

| | | | |
|-----|---|--------|-------|
| NRF | Skewness | ,517 | ,263 |
| | Kurtosis | ,822 | ,520 |
| | Mean | 4,434 | ,2953 |
| | 95% Confidence Interval for Lower Bound | 3,846 | |
| | Mean Upper Bound | 5,021 | |
| | 5% Trimmed Mean | 4,591 | |
| | Median | 4,369 | |
| | Variance | 7,326 | |
| | Std. Deviation | 2,7066 | |
| | Minimum | -9,9 | |
| | Maximum | 11,2 | |
| | Range | 21,1 | |
| | Interquartile Range | 1,9 | |
| | Skewness | -2,425 | ,263 |
| IMT | Kurtosis | 12,917 | ,520 |
| | Mean | 22,915 | ,4142 |
| | 95% Confidence Interval for Lower Bound | 22,091 | |
| | Mean Upper Bound | 23,739 | |
| | 5% Trimmed Mean | 22,642 | |
| | Median | 21,800 | |
| | Variance | 14,414 | |
| | Std. Deviation | 3,7966 | |
| | Minimum | 17,4 | |
| | Maximum | 34,9 | |
| | Range | 17,5 | |
| | Interquartile Range | 5,4 | |
| | Skewness | 1,082 | ,263 |
| | Kurtosis | 1,013 | ,520 |

2. Frekuensi Jenis Kelamin dan Umur

Jenis_Kelamin

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|-----------------|-----------|---------|---------------|--------------------|
| Laki-laki | 5 | 6,0 | 6,0 | 6,0 |
| Valid Perempuan | 79 | 94,0 | 94,0 | 100,0 |
| Total | 84 | 100,0 | 100,0 | |

Kategori umur

| | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------------------|-----------|---------|---------------|--------------------|
| 21-29 tahun | 58 | 69,0 | 69,0 | 69,0 |
| Valid 30-45 tahun | 26 | 31,0 | 31,0 | 100,0 |
| Total | 84 | 100,0 | 100,0 | |

3. Frekuensi Asupan zat gizi, DED, NRF, dan IMT

Statistics

| | Umur | Jenis_Kelamin | Energi | Protein | Lemak | Karbohidrat | DED | NRF | IMT |
|--------------------|---------|---------------|----------|---------|---------|-------------|-------|--------|--------|
| N | Valid | 84 | 84 | 84 | 84 | 84 | 84 | 84 | 84 |
| | Missing | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Mean | 27,40 | 1,94 | 1661,907 | 59,774 | 63,584 | 213,143 | 1,814 | 4,434 | 22,915 |
| Std. Error of Mean | ,531 | ,026 | 47,1068 | 1,8441 | 1,9794 | 7,2949 | ,0352 | ,2953 | ,4142 |
| Median | 26,00 | 2,00 | 1616,975 | 61,225 | 62,400 | 206,900 | 1,800 | 4,369 | 21,800 |
| Std. Deviation | 4,862 | ,238 | 431,7406 | 16,9011 | 18,1412 | 66,8584 | ,3224 | 2,7066 | 3,7966 |
| Minimum | 21 | 1 | 719,5 | 21,1 | 26,2 | 88,1 | 1,2 | -9,9 | 17,4 |
| Maximum | 45 | 2 | 3112,5 | 123,9 | 113,9 | 390,7 | 2,9 | 11,2 | 34,9 |

4. Uji Bivariat

Correlations

| | | Energi | Protein | Lemak | Karbohidrat | DED | NRF | IMT |
|-------------|-------------------------|--------|---------|--------|-------------|--------|--------|-------|
| Energi | Correlation Coefficient | 1,000 | ,792** | ,827** | ,917** | ,027 | ,302** | -,017 |
| | Sig. (2-tailed) | . | ,000 | ,000 | ,000 | ,807 | ,005 | ,877 |
| | N | 84 | 84 | 84 | 84 | 84 | 84 | 84 |
| Protein | Correlation Coefficient | ,792** | 1,000 | ,707** | ,583** | -,104 | ,477** | ,043 |
| | Sig. (2-tailed) | ,000 | . | ,000 | ,000 | ,349 | ,000 | ,700 |
| | N | 84 | 84 | 84 | 84 | 84 | 84 | 84 |
| Lemak | Correlation Coefficient | ,827** | ,707** | 1,000 | ,601** | ,200 | ,274* | ,023 |
| | Sig. (2-tailed) | ,000 | ,000 | . | ,000 | ,068 | ,012 | ,833 |
| | N | 84 | 84 | 84 | 84 | 84 | 84 | 84 |
| Karbohidrat | Correlation Coefficient | ,917** | ,583** | ,601** | 1,000 | -,052 | ,183 | -,042 |
| | Sig. (2-tailed) | ,000 | ,000 | ,000 | . | ,637 | ,096 | ,705 |
| | N | 84 | 84 | 84 | 84 | 84 | 84 | 84 |
| DED | Correlation Coefficient | ,027 | -,104 | ,200 | -,052 | 1,000 | -,221* | ,183 |
| | Sig. (2-tailed) | ,807 | ,349 | ,068 | ,637 | . | ,044 | ,096 |
| | N | 84 | 84 | 84 | 84 | 84 | 84 | 84 |
| NRF | Correlation Coefficient | ,302** | ,477** | ,274* | ,183 | -,221* | 1,000 | ,016 |
| | Sig. (2-tailed) | ,005 | ,000 | ,012 | ,096 | ,044 | . | ,887 |
| | N | 84 | 84 | 84 | 84 | 84 | 84 | 84 |

| | | | | | | | | |
|-----|-------------------------|-------|------|------|-------|------|------|-------|
| | Correlation Coefficient | -,017 | ,043 | ,023 | -,042 | ,183 | ,016 | 1,000 |
| IMT | Sig. (2-tailed) | ,877 | ,700 | ,833 | ,705 | ,096 | ,887 | . |
| | N | 84 | 84 | 84 | 84 | 84 | 84 | 84 |

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

* . Correlation is significant at the 0.05 level (2-tailed).