

LAMPIRAN 2
ASUPAN GIZI MAKRO DAN SERAT
(RECALL 24 JAM)

HUBUNGAN ASUPAN ZAT GIZI MAKRO DAN SERAT DENGAN PERSEN
LEMAK TUBUH PADA ATLET *SOFTBALL* KONI BANTEN
TAHUN 2016

Nomor Responden : _____

Nama Responden : _____

Waktu makan	Menu Makanan	Bahan Makanan	Hari I	
			URT	Gr
Pagi				
Selingan				
Siang				
Selingan				
Malam				
Selingan				

Lampiran 3
Hasil Uji Statistik

Correlations

		karbohidra	protein	lemak	serat	persenlemak
		t				
karbohidrat	Pearson	1	.452**	.727**	-.474**	.679**
	Correlation					
	Sig. (2-tailed)		.009	.000	.006	.000
	N	32	32	32	32	32
protein	Pearson	.452**	1	.452**	-.022	.140
	Correlation					
	Sig. (2-tailed)	.009		.009	.904	.445
	N	32	32	32	32	32
lemak	Pearson	.727**	.452**	1	-.327	.697**
	Correlation					
	Sig. (2-tailed)	.000	.009		.068	.000
	N	32	32	32	32	32
serat	Pearson	-.474**	-.022	-.327	1	-.727**
	Correlation					
	Sig. (2-tailed)	.006	.904	.068		.000
	N	32	32	32	32	32
persenlemak	Pearson	.679**	.140	.697**	-.727**	1
	Correlation					
	Sig. (2-tailed)	.000	.445	.000	.000	
	N	32	32	32	32	32

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

Statistics

		karbohidra t	protein	lemak	serat	persenlemak
N	Valid	16	16	16	16	16
	Missing	0	0	0	0	0
	Mean	421.5375	120.4563	153.2438	16.6437	23.7438
	Median	431.4000	119.3500	157.1000	17.2000	24.0000
	Std. Deviation	52.89866	28.61018	26.51259	4.07283	3.49189
	Minimum	323.40	72.30	113.90	9.80	18.30
	Maximum	495.60	167.70	187.30	23.30	33.60

Statistics

		karbohidrat	protein	lemak	serat	persenlemak
N	Valid	16	16	16	16	16
	Missing	0	0	0	0	0
	Mean	405.8312	122.0312	156.3938	14.0688	24.7125
	Median	415.2000	111.6500	161.0500	12.6500	24.6000
	Std. Deviation	58.85514	38.92978	27.30095	5.29348	4.04407
	Minimum	284.20	61.00	102.30	7.40	17.10
	Maximum	469.80	212.10	192.30	26.40	33.20