

Output SPSS

1. Uji Homogenitas

Test of Homogeneity of Variances

Skor Pengetahuan Gizi

Levene Statistic	df1	df2	Sig.
1,643	2	15	,226

ANOVA

Skor Pengetahuan Gizi

	Sum of Squares	df	Mean Square	F	Sig.
Between Groups	3,150	2	1,575	1,253	,314
Within Groups	18,850	15	1,257		
Total	22,000	17			

2. Uji Validitas Kuesioner

Case Processing Summary

	N	%
Valid	30	100,0
Cases Excluded ^a	0	,0
Total	30	100,0

a. Listwise deletion based on all variables in the procedure.

Reliability Statistics

Cronbach's Alpha	N of Items
,846	17

Item-Total Statistics

	Scale Mean if Item Deleted	Scale Variance if Item Deleted	Corrected Item-Total Correlation	Cronbach's Alpha if Item Deleted
Kebugaran	12,30	13,045	,475	,837
Zat Gizi Utama	12,60	12,317	,503	,835
Tujuan pemberian karbohidrat	12,57	12,392	,488	,836
Sumber KH	12,40	12,938	,397	,840
Pangan tinggi lemak	12,30	13,114	,446	,838
Derajat kesehatan dan kebugaran	12,40	12,938	,397	,840
Tujuan konsumsi makanan sebelum pertandingan	12,30	13,390	,333	,843
Contoh makanan tinggi protein tinggi lemak	12,37	12,585	,554	,832
Makanan ringan yang memiliki kandungan gizi padat	12,40	13,145	,327	,844
Kekurangan cairan selama latihan menyebabkan	12,33	13,195	,367	,841
Tujuan pemberian cairan atlet	12,27	13,099	,525	,836
Konsumsi cairan sebaiknya dilakukan pada	12,37	13,068	,380	,841
Memastikan tidak kekurangan cairan	12,40	12,386	,588	,830
Tingkatan warna urin menunjukkan	12,40	12,800	,444	,838
Menonsumsi cairan akan bermanfaat untuk	12,33	12,575	,607	,830
Minuman untuk mengganti cairan yang hilang	12,50	12,397	,511	,834
Fungsi air bagi tubuh manusia	12,43	12,806	,417	,839

3. Uji Normalitas

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Nilai VO2max	,135	18	,200*	,960	18	,597
Rata-rata Asupan Protein	,133	18	,200*	,947	18	,379
Rata-rata Asupan Lemak	,147	18	,200*	,950	18	,420
Rata-rata Asupan KH	,124	18	,200*	,942	18	,317
Rata-rata Berat Jenis Urin	,171	18	,178	,971	18	,809
Skor PG	,236	18	,009	,875	18	,021

*. This is a lower bound of the true significance.

a. Lilliefors Significance Correction

4. Uji Univariat

Statistics

	Usia Responden	Nilai VO2max	Rata-rata Asupan Energi	Rata-rata Asupan Protein	Rata-rata Asupan Lemak	Rata-rata Asupan KH	Rata-rata Berat Jenis Urin	Skor PG
Valid N	18	18	18	18	18	18	18	18
Missing	0	0	0	0	0	0	0	0
Mean	19,06	49,889	1642,0261	56,1076	54,3387	233,1702	1,01794	12,28
Median	19,00	50,950	1673,4333	56,6000	55,8667	232,4833	1,01700	13,00
Std. Deviation	,802	5,5587	169,11531	7,77126	8,06765	23,00519	,006310	2,270
Minimum	18	40,8	1371,27	44,90	40,00	203,47	1,007	6
Maximum	21	59,0	1919,77	70,87	71,13	278,73	1,030	15

5. Uji Bivariat

a. Asupan Energi dan Kebugaran

Correlations

		Nilai VO2max	Rata-rata Asupan Energi
Nilai VO2max	Pearson Correlation	1	,291
	Sig. (2-tailed)		,241
	N	18	18
Rata-rata Asupan Energi	Pearson Correlation	,291	1
	Sig. (2-tailed)	,241	
	N	18	18

Group Statistics

	Kategori Kebugaran	N	Mean	Std. Deviation	Std. Error Mean
Rata-rata Asupan Energi	Standar	7	1612,7857	180,90854	68,37700
	Baik	11	1660,6336	167,34359	50,45599

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means							
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference		
								Lower	Upper	
Rata-rata Asupan Energi										
Equal variances assumed	,017	,897	-,574	16	,574	-47,84792	83,42949	224,71054	129,01469	
Equal variances not assumed			-,563	12,151	,584	-47,84792	84,97777	232,74306	137,04721	

b. Asupan Protein dan Kebugaran

Correlations

	Nilai VO2max	Rata-rata Asupan Protein
Nilai VO2max	Pearson Correlation	1
	Sig. (2-tailed)	,496*
	N	18
Rata-rata Asupan Protein	Pearson Correlation	,496*
	Sig. (2-tailed)	,036
	N	18

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

Group Statistics

	Kategori Kebugaran	N	Mean	Std. Deviation	Std. Error Mean
	1				
Rata-rata Asupan Protein	Standar Baik	7	52,5905	7,37121	2,78605
		11	58,3458	7,47643	2,25423

Independent Samples Test

	Levene's Test for Equality of Variances	t-test for Equality of Means								
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Rata-rata Asupan Protein	Equal variances assumed	,006	,937	-1,601	16	,129	-5,75528	3,59581	13,37807	1,86750
	Equal variances not assumed			-1,606	13,067	,132	-5,75528	3,58380	13,49357	1,98301

c. Asupan Lemak dan Kebugaran

Correlations

		Nilai VO2max	Rata-rata Asupan Lemak
Nilai VO2max	Pearson Correlation	1	,219
	Sig. (2-tailed)		,383
	N	18	18
Rata-rata Asupan Lemak	Pearson Correlation	,219	1
	Sig. (2-tailed)	,383	
	N	18	18

Group Statistics

	Kategori Kebugaran	N	Mean	Std. Deviation	Std. Error Mean
Rata-rata Asupan Lemak	Standar Baik	7 11	53,4571 54,8997	7,34980 8,79466	2,77796 2,65169

Independent Samples Test

	Levene's Test for Equality of Variances	t-test for Equality of Means								
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Rata-rata Asupan Lemak	Equal variances assumed	,655	,430	-,360	16	,723	-1,44255	4,00450	9,93172	7,04661
	Equal variances not assumed			-,376	14,628	,713	-1,44255	3,84038	9,64628	6,76118

d. Asupan Karbohidrat dan Kebugaran

Correlations

		Nilai VO2max	Rata-rata Asupan KH
Nilai VO2max	Pearson Correlation	1	,237
	Sig. (2-tailed)		,344
	N	18	18
Rata-rata Asupan KH	Pearson Correlation	,237	1
	Sig. (2-tailed)	,344	
	N	18	18

Group Statistics

	Kategori Kebugaran	N	Mean	Std. Deviation	Std. Error Mean
Rata-rata Asupan KH	Standar Baik	7 11	230,5476 234,8391	24,16684 23,26813	9,13421 7,01561

Independent Samples Test

	Levene's Test for Equality of Variances		t-test for Equality of Means						
	F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
								Lower	Upper
Rata-rata Asupan KH	,198	,662	-,376	16	,712	-4,29147	11,41488	28,48994	19,90699
			-,373	12,547	,716	-4,29147	11,51749	29,26509	20,68214

e. Status Hidrasi dan Kebugaran

Correlations

		Nilai VO2max	Rata-rata Berat Jenis Urin
Nilai VO2max	Pearson Correlation	1	-,572*
	Sig. (2-tailed)		,013
	N	18	18
Rata-rata Berat Jenis Urin	Pearson Correlation	-,572*	1
	Sig. (2-tailed)	,013	
	N	18	18

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

Group Statistics

	Kategori Kebugaran	N	Mean	Std. Deviation	Std. Error Mean
Rata-rata Berat Jenis Urin	Standar Baik	7	1,02200	,006683	,002526
		11	1,01536	,004696	,001416

Independent Samples Test

	Levene's Test for Equality of Variances	t-test for Equality of Means								
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Rata-rata Berat Jenis Urin	Equal variances assumed	,677	,423	2,484	16	,024	,006636	,002672	,000973	,012300
	Equal variances not assumed			2,292	9,783	,045	,006636	,002896	,000165	,013108

f. Pengetahuan Gizi berdasarkan Status Kebugaran

Correlations

		Nilai VO2max	Skor PG
Spearman's rho	Nilai VO2max	Correlation Coefficient	1,000
		Sig. (2-tailed)	,297
		N	,231
Skor PG		Correlation Coefficient	,297
		Sig. (2-tailed)	1,000
		N	,231
		18	18

Ranks				
	Kategori Kebugaran 1	N	Mean Rank	Sum of Ranks
Skor PG	Standar	7	7,14	50,00
	Baik	11	11,00	121,00
	Total	18		

Test Statistics ^a	
	Skor PG
Mann-Whitney U	22,000
Wilcoxon W	50,000
Z	-1,545
Asymp. Sig. (2-tailed)	,122
Exact Sig. [2*(1-tailed Sig.)]	,151 ^b

a. Grouping Variable: Kategori Kebugaran 1

b. Not corrected for ties.

g. Analisis Regresi Linear antara Asupan Protein dan Kebugaran

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	,496 ^a	,246	,199	4,975

a. Predictors: (Constant), RataProtein

ANOVA ^a						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	129,203	1	129,203	5,219	,036 ^b
	Residual	396,075	16	24,755		
	Total	525,278	17			

a. Dependent Variable: Nilai VO2max

b. Predictors: (Constant), RataProtein

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	29,984	8,791		3,411	,004
	RataProtein	,355	,155	,496	2,285	,036

a. Dependent Variable: Nilai VO2max

h. Analisis Regresi Linear antara Status Hidrasi dan Kebugaran

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	,572 ^a	,327	,285	4,701

a. Predictors: (Constant), RataBJU

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	171,684	1	171,684	7,769	,013 ^b
	Residual	353,594	16	22,100		
	Total	525,278	17			

a. Dependent Variable: Nilai VO2max

b. Predictors: (Constant), RataBJU

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	562,529	183,928		3,058	,008
	RataBJU	-503,603	180,682	-,572	-2,787	,013

a. Dependent Variable: Nilai VO2max

- i. Analisis Regresi Linear Berganda antara Asupan Protein, Status Hidrasi dan Kebugaran

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	,721 ^a	,520	,456	4,102

a. Predictors: (Constant), RataBJU, RataProtein

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	272,939	2	136,469	8,112	,004 ^b
	Residual	252,339	15	16,823		
	Total	525,278	17			

a. Dependent Variable: Nilai VO2max

b. Predictors: (Constant), RataBJU, RataProtein

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	503,777	162,250		3,105	,007
	RataProtein	,316	,129	,441	2,453	,027
	RataBJU	-463,290	158,495	-,526	-2,923	,010

a. Dependent Variable: Nilai VO2max