

Uji Normalitas

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
Selisih	30	100.0%	0	.0%	30	100.0%

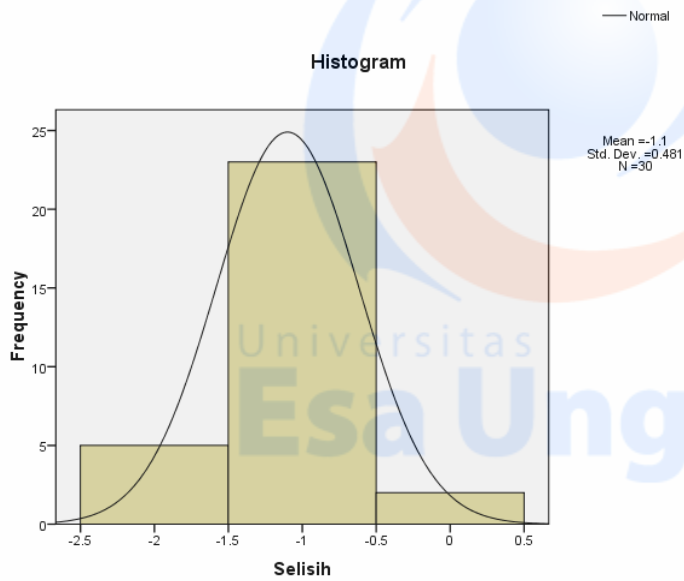
Descriptives

		Statistic	Std. Error
Selisih	Mean	-1.10	.088
	95% Confidence Interval for Mean		
	Lower Bound	-1.28	
	Upper Bound	-.92	
	5% Trimmed Mean	-1.11	
	Median	-1.00	
	Variance	.231	
	Std. Deviation	.481	
	Minimum	-2	
	Maximum	0	
	Range	2	
	Interquartile Range	0	
	Skewness	-.319	.427
	Kurtosis	1.599	.833

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
Selisih	.416	30	.000	.652	30	.000

a. Lilliefors Significance Correction



Frekuensi (Kelompok Perlakuan)

Statistics

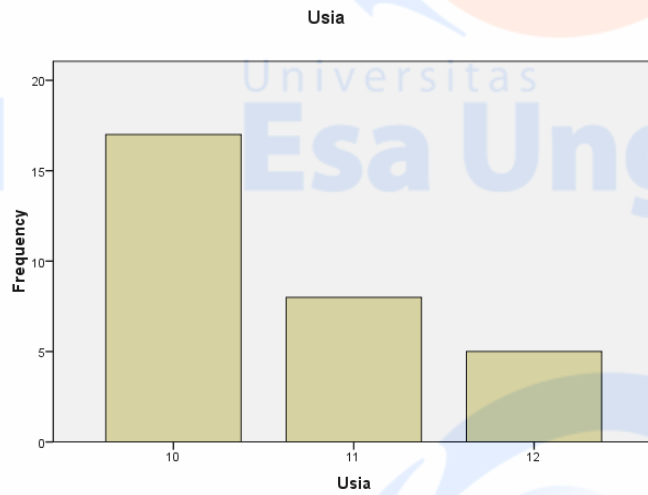
		Usia	Jenis_kelamin	Pretest (kebugaran kelompok_senam)	Posttest (Kebugaran kelompok_senam)	Status_gizi	PersenLe mak
N	Valid	30	30	30	30	30	30
	Missing	0	0	0	0	0	0
Mean		10.60	.77	14.47	15.57	-.2403	16.100
Std. Error of Mean		.141	.079	.345	.386	.21810	1.0044
Median		10.00	1.00	14.00	15.00	-.0850	15.650
Mode		10	1	14	15	-2.56 ^a	6.8 ^a
Std. Deviation		.770	.430	1.889	2.112	1.19457	5.5015
Minimum		10	0	11	12	-2.56	6.8
Maximum		12	1	18	19	2.53	30.4

a. Multiple modes exist. The smallest value is shown

Usia

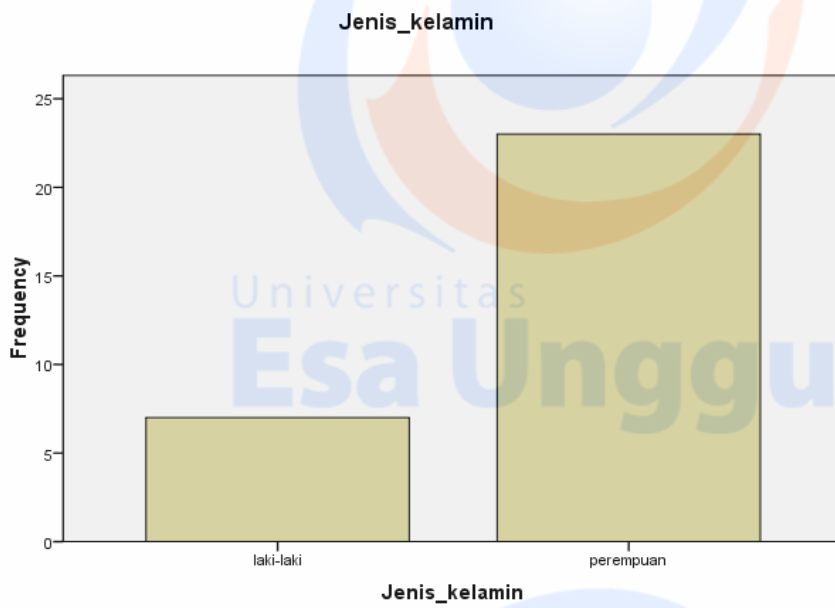
	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 10	17	56.7	56.7	56.7

11	8	26.7	26.7	83.3
12	5	16.6	16.7	100.0
Total	30	100.0	100.0	



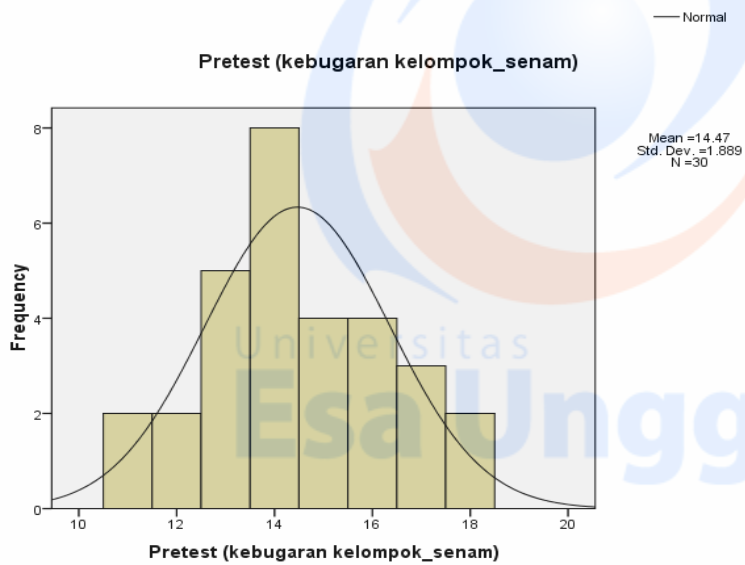
Jenis_kelamin

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid laki-laki	7	23.3	23.3	23.3
perempuan	23	76.7	76.7	100.0
Total	30	100.0	100.0	



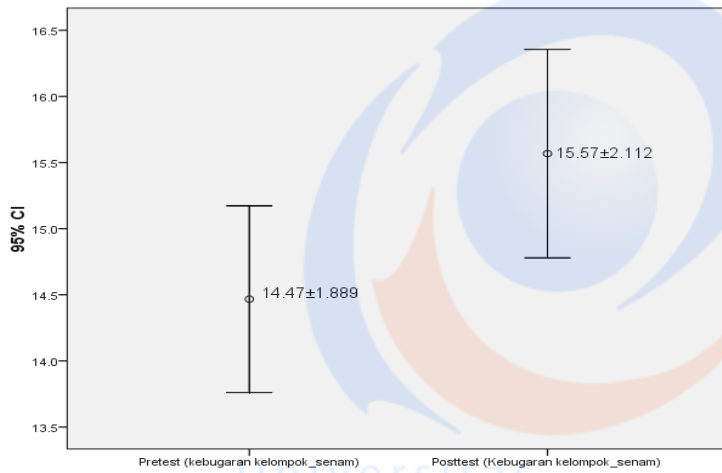
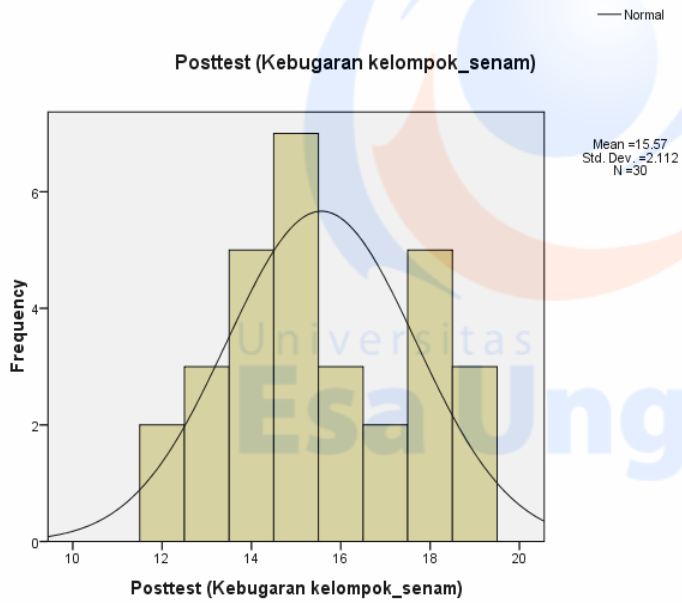
Pretest (kebugaran kelompok_senam)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	11	2	6.7	6.7	6.7
	12	2	6.7	6.7	13.3
	13	5	16.7	16.7	30.0
	14	8	26.7	26.7	56.7
	15	4	13.3	13.3	70.0
	16	4	13.3	13.3	83.3
	17	3	10.0	10.0	93.3
	18	2	6.7	6.7	100.0
	Total	30	100.0	100.0	



Posttest (Kebugaran kelompok_senam)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	12	2	6.7	6.7	6.7
	13	3	10.0	10.0	16.7
	14	5	16.7	16.7	33.3
	15	7	23.3	23.3	56.7
	16	3	10.0	10.0	66.7
	17	2	6.7	6.7	73.3
	18	5	16.7	16.7	90.0
	19	3	10.0	10.0	100.0
	Total	30	100.0	100.0	

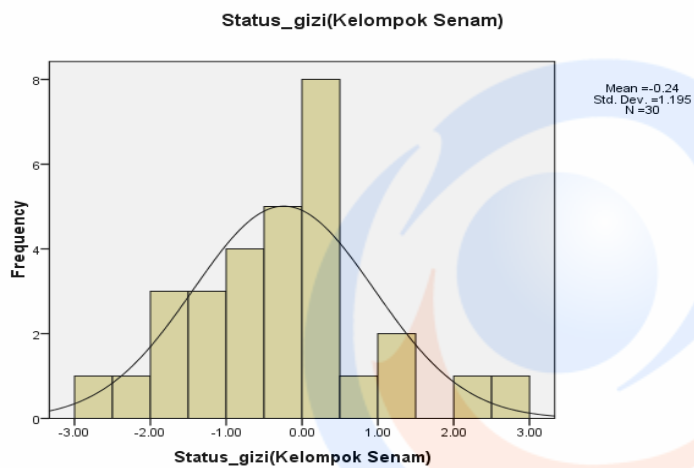


Status_gizi(Kelompok Senam)

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid -2.56	1	3.3	3.3	3.3
-2.05	1	3.3	3.3	6.7
-1.92	1	3.3	3.3	10.0
-1.88	1	3.3	3.3	13.3
-1.66	1	3.3	3.3	16.7
-1.43	1	3.3	3.3	20.0
-1.15	1	3.3	3.3	23.3
-1.12	1	3.3	3.3	26.7
-0.84	1	3.3	3.3	30.0

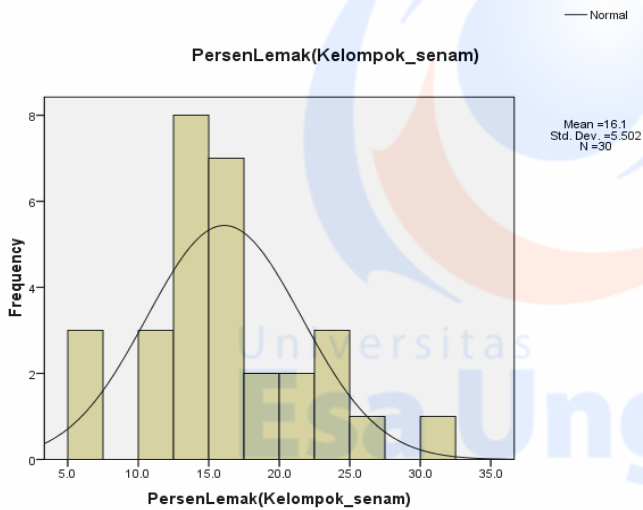
-0.77	1	3.3	3.3	33.3
-0.62	1	3.3	3.3	36.7
-0.51	1	3.3	3.3	40.0
-0.36	1	3.3	3.3	43.3
-0.13	1	3.3	3.3	46.7
-0.11	1	3.3	3.3	50.0
-0.06	1	3.3	3.3	53.3
-0.02	1	3.3	3.3	56.7
0.03	1	3.3	3.3	60.0
0.14	1	3.3	3.3	63.3
0.21	1	3.3	3.3	66.7
0.22	1	3.3	3.3	70.0
0.28	1	3.3	3.3	73.3
0.32	1	3.3	3.3	76.7
0.39	1	3.3	3.3	80.0
0.42	1	3.3	3.3	83.3
0.52	1	3.3	3.3	86.7
1.38	1	3.3	3.3	90.0
1.46	1	3.3	3.3	93.3
2.08	1	3.3	3.3	96.7
2.53	1	3.3	3.3	100.0
Total	30	100.0	100.0	

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PersenLemak(Kelompok_senam)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	6.8	2	6.7	6.7	6.7
	7.3	1	3.3	3.3	10.0
	10.8	1	3.3	3.3	13.3
	10.9	1	3.3	3.3	16.7
	11.4	1	3.3	3.3	20.0
	12.7	1	3.3	3.3	23.3
	12.8	1	3.3	3.3	26.7
	13.5	1	3.3	3.3	30.0
	13.8	1	3.3	3.3	33.3
	14.3	1	3.3	3.3	36.7
	14.5	1	3.3	3.3	40.0
	14.9	2	6.7	6.7	46.7
	15.6	1	3.3	3.3	50.0
	15.7	1	3.3	3.3	53.3
	15.8	1	3.3	3.3	56.7
	15.9	1	3.3	3.3	60.0
	16.4	1	3.3	3.3	63.3
	16.6	1	3.3	3.3	66.7
	17.4	1	3.3	3.3	70.0
	18.4	1	3.3	3.3	73.3
	18.9	1	3.3	3.3	76.7
	20	1	3.3	3.3	80.0
	20.7	1	3.3	3.3	83.3
	23.2	2	6.7	6.7	90.0
	23.8	1	3.3	3.3	93.3
	25.6	1	3.3	3.3	96.7
	30.4	1	3.3	3.3	100.0
	Total	30	100.0	100.0	



Uji Wilcoxon Test

Ranks

		N	Mean Rank	Sum of Ranks
Posttest (Kebugaran kelompok_senam) - Pretest (kebugaran kelompok_senam)	Negative Ranks	0 ^a	.00	.00
	Positive Ranks	28 ^b	14.50	406.00
	Ties	2 ^c		
	Total	30		

a. Posttest (Kebugaran kelompok_senam) < Pretest (kebugaran kelompok_senam)

b. Posttest (Kebugaran kelompok_senam) > Pretest (kebugaran kelompok_senam)

c. Posttest (Kebugaran kelompok_senam) = Pretest (kebugaran kelompok_senam)

Test Statistics^b

	Posttest (Kebugaran kelompok_senam) - Pretest (kebugaran kelompok_senam)
Z	-4.963 ^a
Asymp. Sig. (2-tailed)	.000

a. Based on negative ranks.

b. Wilcoxon Signed Ranks Test

Frekuensi (Kelompok Kontrol)

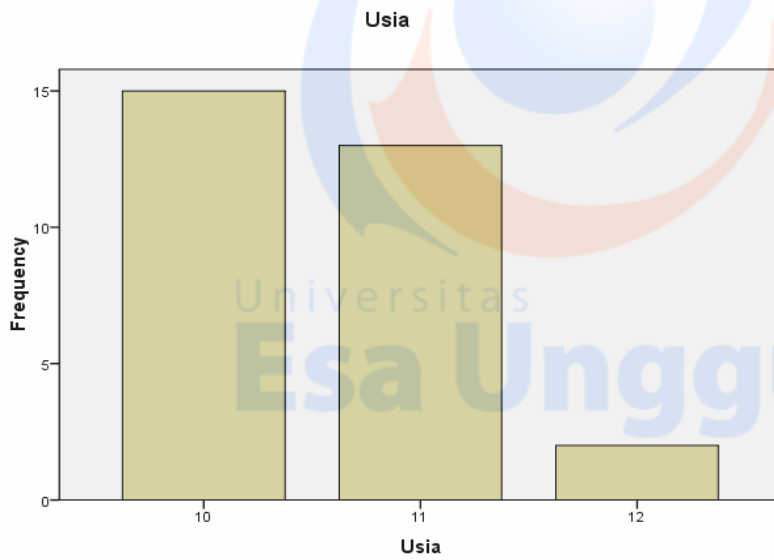
Statistics

		Usia	Jenis_Kelamin	Pretest Kebugaran	Posttest (Kelompok_Kontrol)	StatusGizi	Persen Lemak
N	Valid	30	30	30	30	30	30
	Missing	0	0	0	0	0	0
Mean		10.57	.47	14.33	14.23	-.1307	17.353
Std. Error of Mean		.114	.093	.305	.294	.25066	1.1704
Median		10.50	.00	14.00	14.00	-.2300	15.350
Mode		10	0	14	14	-2.13 ^a	9.8 ^a
Std. Deviation		.626	.507	1.668	1.612	1.37292	6.4103
Minimum		10	0	10	10	-2.13	9.8
Maximum		12	1	18	18	2.81	35.4

a. Multiple modes exist. The smallest value is shown

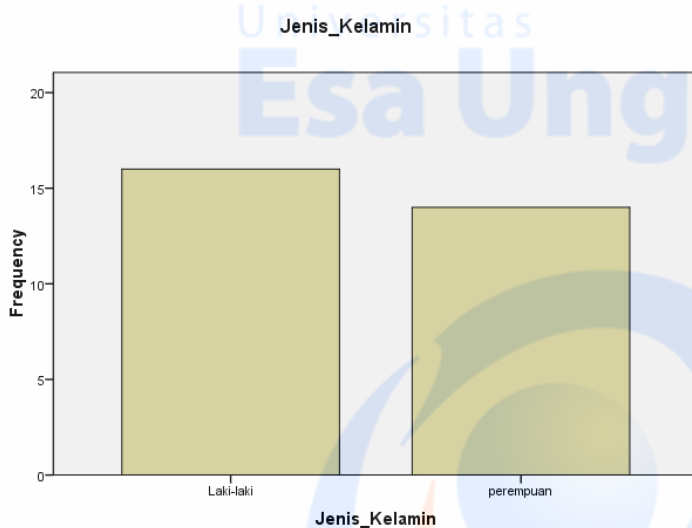
Usia

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	10	15	50.0	50.0	50.0
	11	13	43.3	43.3	93.3
	12	2	6.7	6.7	100.0
Total		30	100.0	100.0	



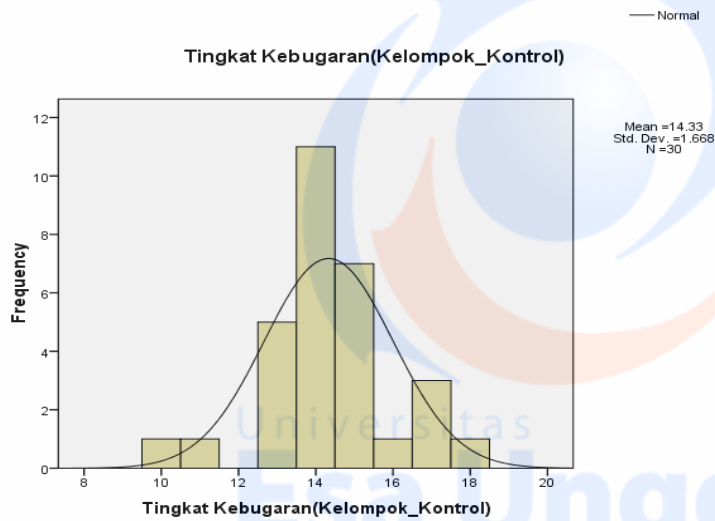
Jenis_Kelamin

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Laki-laki	16	53.3	53.3	53.3
	perempuan	14	46.7	46.7	100.0
	Total	30	100.0	100.0	



Tingkat Kebugaran(Kelompok_Kontrol)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	10	1	3.3	3.3	3.3
	11	1	3.3	3.3	6.7
	13	5	16.7	16.7	23.3
	14	11	36.7	36.7	60.0
	15	7	23.3	23.3	83.3
	16	1	3.3	3.3	86.7
	17	3	10.0	10.0	96.7
	18	1	3.3	3.3	100.0
Total		30	100.0	100.0	



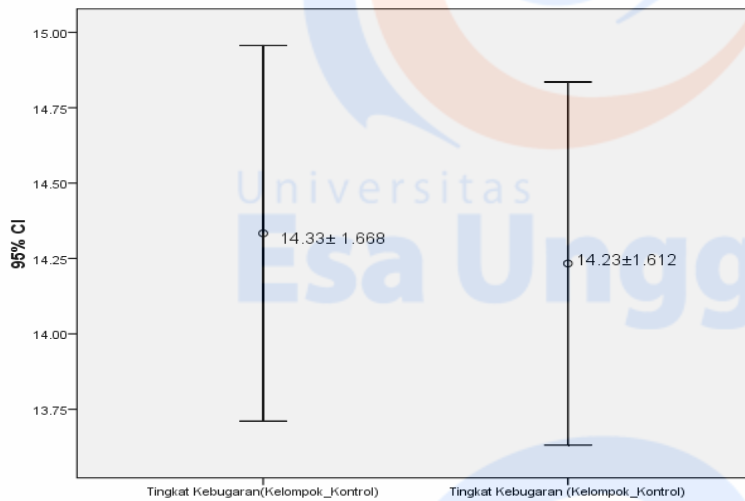
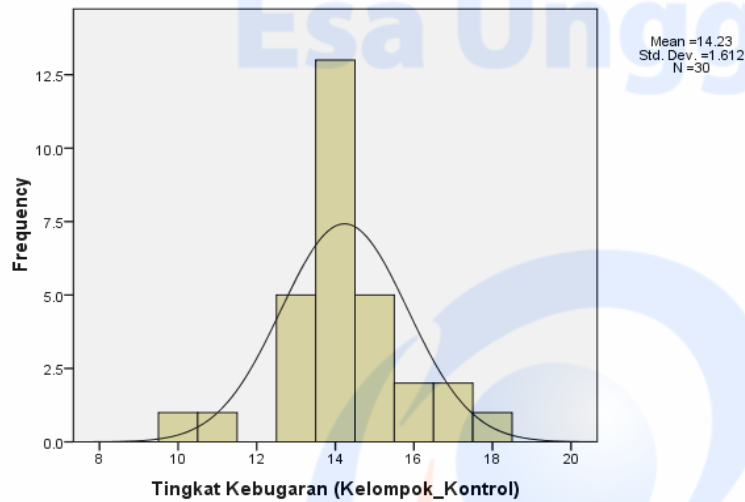
Tingkat Kebugaran (Kelompok_Kontrol)

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	10	1	3.3	3.3	3.3
	11	1	3.3	3.3	6.7
	13	5	16.7	16.7	23.3
	14	13	43.3	43.3	66.7
	15	5	16.7	16.7	83.3

16	2	6.7	6.7	90.0
17	2	6.7	6.7	96.7
18	1	3.3	3.3	100.0
Total	30	100.0	100.0	

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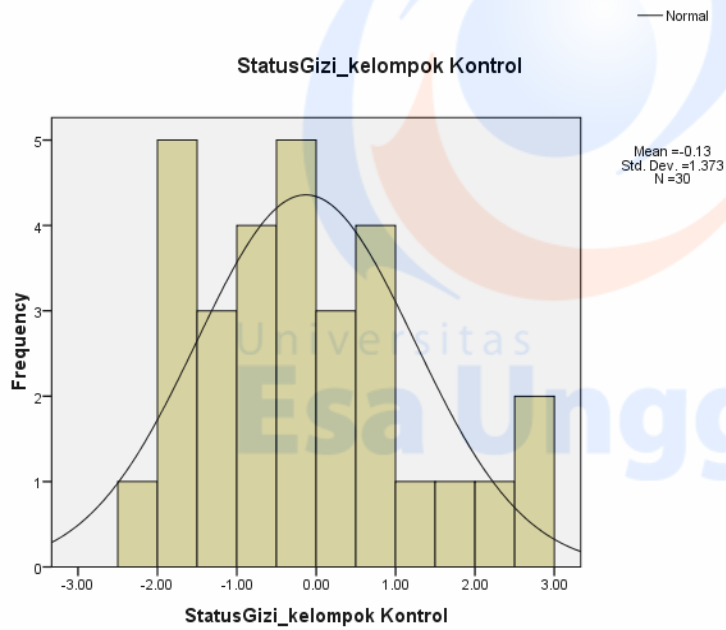
Tingkat Kebugaran (Kelompok_Kontrol)



StatusGizi

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid -2.13	1	3.3	3.3	3.3
-1.94	1	3.3	3.3	6.7
-1.81	1	3.3	3.3	10.0

-1.79	1	3.3	3.3	13.3
-1.65	1	3.3	3.3	16.7
-1.59	1	3.3	3.3	20.0
-1.4	1	3.3	3.3	23.3
-1.33	1	3.3	3.3	26.7
-1.03	1	3.3	3.3	30.0
-0.9	1	3.3	3.3	33.3
-0.74	1	3.3	3.3	36.7
-0.53	1	3.3	3.3	40.0
-0.51	1	3.3	3.3	43.3
-0.46	1	3.3	3.3	46.7
-0.39	1	3.3	3.3	50.0
-0.07	1	3.3	3.3	53.3
-0.05	1	3.3	3.3	56.7
-0.02	1	3.3	3.3	60.0
0.06	1	3.3	3.3	63.3
0.16	1	3.3	3.3	66.7
0.45	1	3.3	3.3	70.0
0.57	1	3.3	3.3	73.3
0.67	1	3.3	3.3	76.7
0.71	1	3.3	3.3	80.0
0.92	1	3.3	3.3	83.3
1.07	1	3.3	3.3	86.7
1.91	1	3.3	3.3	90.0
2.34	1	3.3	3.3	93.3
2.75	1	3.3	3.3	96.7
2.81	1	3.3	3.3	100.0
Total	30	100.0	100.0	



Persen Lemak_Kelompok Kontrol

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	9.8	1	3.3	3.3	3.3
	10	1	3.3	3.3	6.7
	10.4	1	3.3	3.3	10.0
	11.3	1	3.3	3.3	13.3
	12.2	1	3.3	3.3	16.7
	12.5	1	3.3	3.3	20.0
	12.7	1	3.3	3.3	23.3
	12.9	1	3.3	3.3	26.7
	13.3	1	3.3	3.3	30.0
	13.8	1	3.3	3.3	33.3
	13.9	1	3.3	3.3	36.7
	14.3	1	3.3	3.3	40.0
	14.5	1	3.3	3.3	43.3
	14.6	1	3.3	3.3	46.7
	15.3	1	3.3	3.3	50.0
	15.4	1	3.3	3.3	53.3
	15.5	1	3.3	3.3	56.7

16.9	1	3.3	3.3	60.0
17	1	3.3	3.3	63.3
17.4	1	3.3	3.3	66.7
18.6	1	3.3	3.3	70.0
19.6	1	3.3	3.3	73.3
20.7	1	3.3	3.3	76.7
21.1	1	3.3	3.3	80.0
22.1	1	3.3	3.3	83.3
22.2	1	3.3	3.3	86.7
26.4	1	3.3	3.3	90.0
30	1	3.3	3.3	93.3
30.8	1	3.3	3.3	96.7
35.4	1	3.3	3.3	100.0
Total	30	100.0	100.0	

