OUTPUT SPSS PUSKESMAS KELURAHAN PONDOK RANGGON II

1. **Karakteristik Responden**
   a. **Jenis Kelamin**

Statistics

jenis kelamin

N	Valid	60
	Missing	0

jenis kelamin

		Frequency	Percent	Valid Percent	Cumulative Percent
	laki-laki	4	6.7	6.7	6.7
Valid	Perempuan	56	93.3	93.3	100.0
	Total	60	100.0	100.0	

   b. **Riwayat keluarga**

Statistics

riwayat keluarga menderita hipertensi

N	Valid	60
	Missing	0

riwayat keluarga menderita hipertensi

		Frequency	Percent	Valid Percent	Cumulative Percent
	ya	41	68.3	68.3	68.3
Valid	tidak	19	31.7	31.7	100.0
	Total	60	100.0	100.0	

Descriptives

			Statistic	Std. Error
usia	Mean		54.93	.829
	95% Confidence Interval for Mean	Lower Bound	53.27	
		Upper Bound	56.59	
	5% Trimmed Mean		55.07	
	Median		54.00	
	Variance		41.284	
	Std. Deviation		6.425	
	Minimum		40	
	Maximum		66	
	Range		26	
	Interquartile Range		10	
	Skewness		-.073	.309
	Kurtosis		-.761	.608

2. **Sebelum dan sesudah Sistolik & Diastolik**

Case Processing Summary

	Cases					
	Valid		Missing		Total	
	N	Percent	N	Percent	N	Percent
sistolik sebelum senam	60	100.0%	0	0.0%	60	100.0%
diastolik sebelum senam	60	100.0%	0	0.0%	60	100.0%
sistolik sesudah senam	60	100.0%	0	0.0%	60	100.0%
diastolik sesudah senam	60	100.0%	0	0.0%	60	100.0%

Descriptives

			Statistic	Std. Error
sistolik sebelum senam	Mean		137.47	2.240
	95% Confidence Interval for Mean	Lower Bound	132.98	
		Upper Bound	141.95	
	5% Trimmed Mean		137.04	
	Median		140.00	
	Variance		301.033	
	Std. Deviation		17.350	
	Minimum		100	
	Maximum		180	
	Range		80	
	Interquartile Range		20	
	Skewness		.315	.309
	Kurtosis		.084	.608
diastolik sebelum senam	Mean		89.17	1.571
	95% Confidence Interval for Mean	Lower Bound	86.02	
		Upper Bound	92.31	
	5% Trimmed Mean		89.31	
	Median		90.00	

		Variance	148.073	
		Std. Deviation	12.169	
		Minimum	60	
		Maximum	110	
		Range	50	
		Interquartile Range	10	
		Skewness	.188	.309
		Kurtosis	-.138	.608
		Mean	128.00	1.972
	95% Confidence Interval for Mean	Lower Bound	124.05	
		Upper Bound	131.95	
		5% Trimmed Mean	127.59	
		Median	130.00	
		Variance	233.220	
sistolik sesudah senam		Std. Deviation	15.272	
		Minimum	90	
		Maximum	170	
		Range	80	
		Interquartile Range	20	
		Skewness	.261	.309
		Kurtosis	-.036	.608
		Mean	82.08	1.330
	95% Confidence Interval for Mean	Lower Bound	79.42	
		Upper Bound	84.75	
		5% Trimmed Mean	82.04	
		Median	80.00	
		Variance	106.179	
diastolik sesudah senam		Std. Deviation	10.304	
		Minimum	60	
		Maximum	110	
		Range	50	
		Interquartile Range	10	
		Skewness	.075	.309
		Kurtosis	.632	.608

Tests of Normality

	Kolmogorov-Smirnov[a]			Shapiro-Wilk		
	Statistic	df	Sig.	Statistic	df	Sig.
sistolik sebelum senam	.125	60	.020	.959	60	.043
diastolik sebelum senam	.256	60	.000	.892	60	.000
sistolik sesudah senam	.183	60	.000	.939	60	.005
diastolik sesudah senam	.196	60	.000	.891	60	.000

a. Lilliefors Significance Correction

3. Tekanan Darah Sistolik

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	sistolik sebelum senam	137.47	60	17.350	2.240
	sistolik sesudah senam	128.00	60	15.272	1.972

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	sistolik sebelum senam & sistolik sesudah senam	60	.818	.000

Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	sistolik sebelum senam - sistolik sesudah senam	9.467	10.041	1.296	6.873	12.061	7.303	59	.000

4. Tekanan darah Diastolik

Paired Samples Statistics

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	diastolik sebelum senam	89.17	60	12.169	1.571
	diastolik sesudah senam	82.08	60	10.304	1.330

Paired Samples Correlations

		N	Correlation	Sig.
Pair 1	diastolik sebelum senam & diastolik sesudah senam	60	.532	.000

Paired Samples Test

		Paired Differences					t	df	Sig. (2-tailed)
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
					Lower	Upper			
Pair 1	diastolik sebelum senam - diastolik sesudah senam	7.083	10.995	1.419	4.243	9.924	4.990	59	.000

5. Wilcoxon Diastolik

Ranks

		N	Mean Rank	Sum of Ranks
diastolik sesudah senam - diastolik sebelum senam	Negative Ranks	31[a]	22.31	691.50
	Positive Ranks	8[b]	11.06	88.50
	Ties	21[c]		
	Total	60		

a. diastolik sesudah senam < diastolik sebelum senam
b. diastolik sesudah senam > diastolik sebelum senam
c. diastolik sesudah senam = diastolik sebelum senam

Test Statistics[a]

	diastolik sesudah senam - diastolik sebelum senam
Z	-4.301[b]
Asymp. Sig. (2-tailed)	.000

a. Wilcoxon Signed Ranks Test
b. Based on positive ranks.

6. Wilcoxon sistolik

Ranks

		N	Mean Rank	Sum of Ranks
sistolik sesudah senam - sistolik sebelum senam	Negative Ranks	44[a]	23.95	1054.00
	Positive Ranks	3[b]	24.67	74.00
	Ties	13[c]		
	Total	60		

a. sistolik sesudah senam < sistolik sebelum senam
b. sistolik sesudah senam > sistolik sebelum senam
c. sistolik sesudah senam = sistolik sebelum senam

Test Statistics[a]

	sistolik sesudah senam - sistolik sebelum senam
Z	-5.422[b]
Asymp. Sig. (2-tailed)	.000

a. Wilcoxon Signed Ranks Test
b. Based on positive ranks.