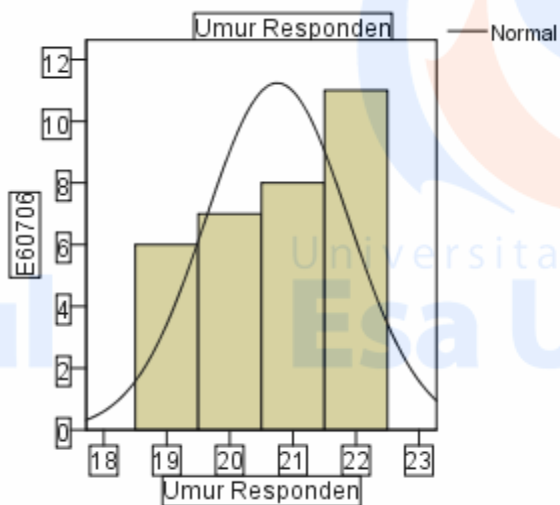


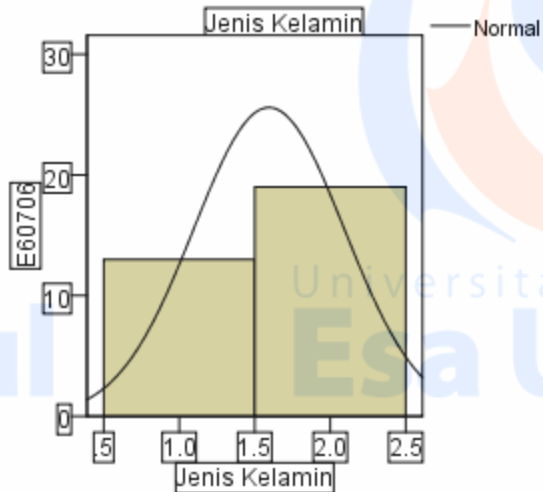
Lampiran 5
Uji Normalitas

Statistics

		Umur Responden	Jenis Kelamin
N	Valid	32	32
	Missing	0	0
Mean		20.75	1.59
Std. Error of Mean		.201	.088
Median		21.00	2.00
Std. Deviation		1.136	.499
Minimum		19	1
Maximum		22	2
Sum		664	51

Histogram





Descriptives

		Statistic	Std. Error
Rata-Rata Cairan Minuman	Mean	2612.0088	119.84366
	95% Confidence Interval for Mean		
	Lower Bound	2367.5860	
	Upper Bound	2856.4315	
	5% Trimmed Mean	2620.1647	
	Median	2654.7800	
	Variance	459600.116	
	Std. Deviation	677.93814	
	Minimum	1249.57	
	Maximum	3806.67	
	Range	2557.10	
	Interquartile Range	967.93	
	Skewness	-.044	.414
Kurtosis	-.613	.809	
Rata Rata Cairan Makanan	Mean	1957.6494	100.69089
	95% Confidence Interval for Mean		
	Lower Bound	1752.2890	
	Upper Bound	2163.0098	
	5% Trimmed Mean	1921.8125	
	Median	1838.2400	
	Variance	324436.943	
	Std. Deviation	569.59367	
	Minimum	1200.33	
	Maximum	3459.40	
Range	2259.07		

Jumlah Cairan	Interquartile Range	683.46		
	Skewness	.934	.414	
	Kurtosis	.403	.809	
	Mean	4569.6581	180.05275	
	95% Confidence Interval for Mean	Lower Bound	4202.4381	
		Upper Bound	4936.8781	
	5% Trimmed Mean	4552.1185		
	Median	4574.8500		
	Variance	1037407.819		
	Std. Deviation	1018.53219		
	Minimum	2577.16		
	Maximum	6929.75		
	Range	4352.59		
	Interquartile Range	1427.69		
	Skewness	.239	.414	
	Kurtosis	.234	.809	
	Asupan Suplemen	Mean	175.00	34.489
95% Confidence Interval for Mean		Lower Bound	104.66	
		Upper Bound	245.34	
5% Trimmed Mean		161.11		
Median		200.00		
Variance		38064.516		
Std. Deviation		195.101		
Minimum		0		
Maximum		600		
Range		600		
Interquartile Range		400		
Skewness		.709	.414	
Kurtosis		-.685	.809	

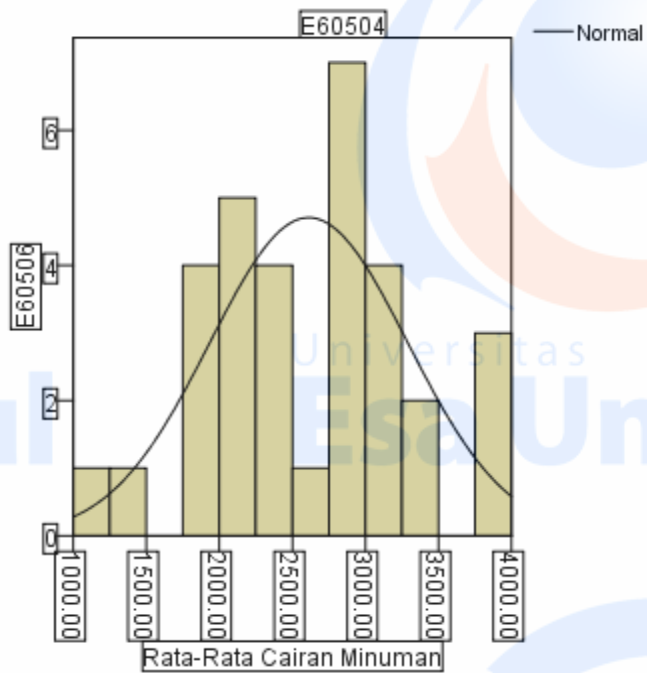
Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	df	Significance	Statistic	df	Significance
Rata-Rata Cairan Minuman	.092	32	.200 [*]	.970	32	.508
Rata Rata Cairan Makanan	.144	32	.090	.921	32	.022
Jumlah Cairan	.074	32	.200 [*]	.977	32	.722
Asupan Suplemen	.284	32	.000	.803	32	.000

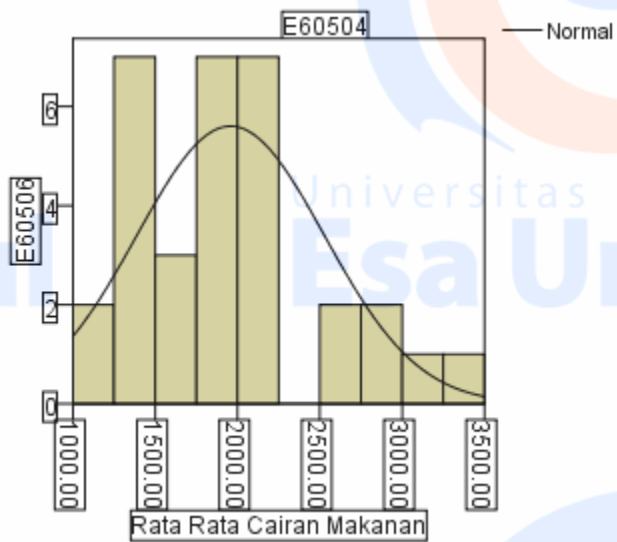
*. This is a lower bound ...

a. Lilliefors Significance Correction

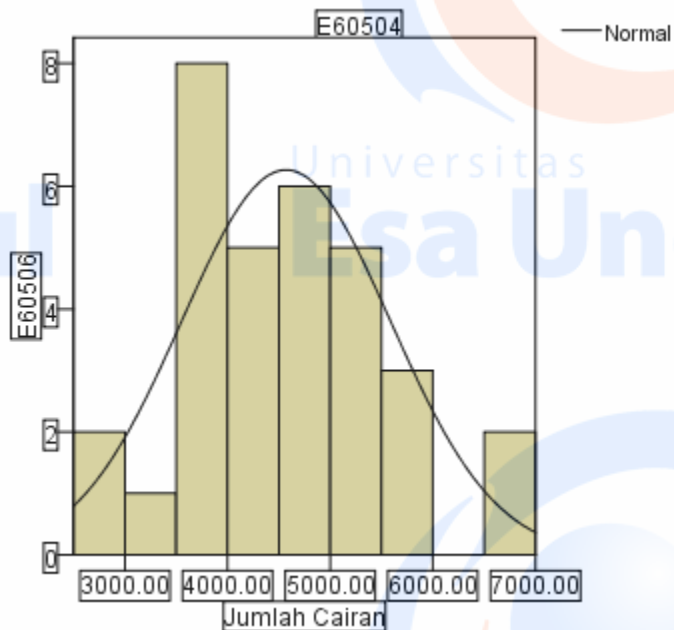
Rata-Rata Cairan Minuman



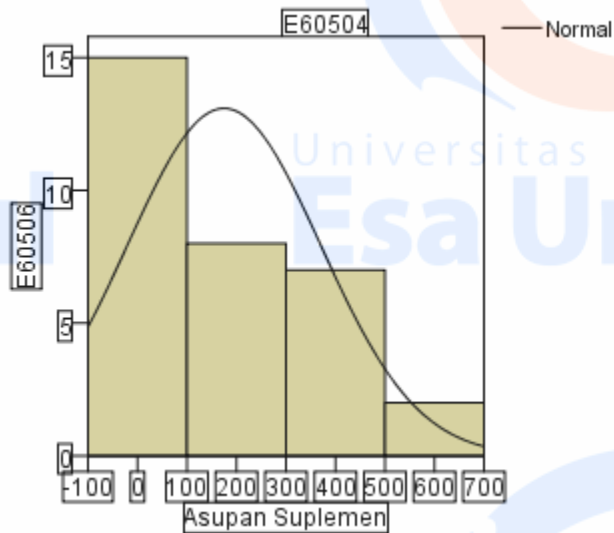
Rata Rata Cairan Makanan



Jumlah Cairan



Asupan Suplemen



Perbedaan Status Hidrasi Sebelum dan Setelah Latihan

Paired Stats...

		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Kategori Sebelum	1.5313	32	.50701	.08963
	Kategori Sesudah	1.2188	32	.42001	.07425

Paired Corr...

		N	Correlation	Significance
Pair 1	Kategori Sebelum and Kategori Sesudah ...	32	.346	.053

Paired Samples Test

		Paired Differences			
		Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference
					Lower
Pair 1	Kategori Sebelum - Kategori Sesudah31250	.53506	.09459	.11959

Paired Samples Test

	Paired Differences	t	df	Sig(2-tailed)...	
					95% Confidence Interval of the Difference
					Upper
Pair 1 Kategori Sebelum - Kategori Sesudah50541	3.304	31	.002	

Uji Korelasi Spearman Hubungan Antara Konsumsi Cairan, Asupan Suplemen dan Status Hidrasi Pada Atlet Hoki di UKM Hoki Universitas Pancasila

Group Statistics

Kategori Sebelum	N	Mean	Std. Deviation	Std. Error Mean
Rata-Rata Cairan Minuman Dehidrasi	15	2303.5513	523.35777	135.13040
Hidrasi Baik	17	2884.1771	694.91375	168.54134

Indep Test ...

	Levene Test ...		t-test for Equality...	
	F	Significance	t	df
Rata-Rata Cairan Minuman	.845	.365	Equal variances ...	30
			Not Equal variances ...	29.330

Indep Test ...

		t-test for Equality...		
		Sig(2-tailed)...	Mean Difference	Std. Error Diff...
Rata-Rata Cairan Minuman	Equal variances013	-580.62573	219.90970
	Not Equal variances012	-580.62573	216.02409

		t-test for Equality...	
		95% Confidence Interval of the Difference	
		Lower	Upper
Rata-Rata Cairan Minuman	Equal variances ...	-1029.74126	-131.51019
	Not Equal variances ...	-1022.22846	-139.02300

Group Statistics

	Kategori Sesudah	N	Mean	Std. Deviation	Std. Error Mean
Rata-Rata Cairan Minuman	Dehidrasi	25	2426.2540	627.98942	125.59788
	Hidrasi Baik	7	3275.4186	374.00933	141.36224

Indep Test ...

		Levene Test ...		t-test for Equality...	
		F	Significance	t	df
Rata-Rata Cairan Minuman	Equal variances ...	2.302	.140	-3.388	30
	Not Equal variances ...			-4.491	16.622

Indep Test ...

		t-test for Equality...		
		Sig(2-tailed)...	Mean Difference	Std. Error Diff...
Rata-Rata Cairan Minuman	Equal variances002	-849.16457	250.61229
	Not Equal variances000	-849.16457	189.09815

Indep Test ...

		t-test for Equality...	
		95% Confidence Interval of the Difference	
		Lower	Upper
Rata-Rata Cairan Minuman	Equal variances ...	-1360.98315	-337.34599
	Not Equal variances ...	-1248.81868	-449.51046

Group Statistics

Kategori Sebelum	N	Mean	Std. Deviation	Std. Error Mean
Rata Rata Cairan Makanan Dehidrasi	15	1698.6627	336.69135	86.93333
Hidrasi Baik	17	2186.1671	641.12367	155.49533

Indep Test ...

		Levene Test ...		t-test for Equality...	
		F	Significance	t	df
Rata Rata Cairan Makanan	Equal variances ...	7.056	.013	-2.638	30
	Not Equal variances ...			-2.737	24.797

		t-test for Equality...		
		Sig(2-tailed)...	Mean Difference	Std. Error Diff...
Rata Rata Cairan Makanan	Equal variances013	-487.50439	184.79383
	Not Equal variances011	-487.50439	178.14657

Indep Test ...

		t-test for Equality...	
		95% Confidence Interval of the Difference	
		Lower	Upper
Rata Rata Cairan Makanan	Equal variances ...	-864.90374	-110.10504
	Not Equal variances ...	-854.55682	-120.45196

Group Statistics

Kategori Sesudah	N	Mean	Std. Deviation	Std. Error Mean
Rata Rata Cairan Makanan Dehidrasi	25	1837.1548	463.19092	92.63818
Hidrasi Baik	7	2387.9871	735.88241	278.13741

Indep Test ...

		Levene Test ...		t-test for Equality...	
		F	Significance	t	df
Rata Rata Cairan Makanan	Equal variances ...	4.061	.053	-2.435	30
	Not Equal variances ...			-1.879	7.382

Indep Test ...

		t-test for Equality...		
		Sig(2-tailed)...	Mean Difference	Std. Error Diff...
Rata Rata Cairan Makanan	Equal variances021	-550.83234	226.25043
	Not Equal variances100	-550.83234	293.15909

Indep Test ...

		t-test for Equality...	
		95% Confidence Interval of the Difference	
		Lower	Upper
Rata Rata Cairan Makanan	Equal variances ...	-1012.89737	-88.76732
	Not Equal variances ...	-1236.83169	135.16700

Group Statistics

Kategori Sebelum		N	Mean	Std. Deviation	Std. Error Mean
Jumlah Cairan	Dehidrasi	15	4002.2140	631.22838	162.98247
	Hidrasi Baik	17	5070.3441	1045.51991	253.57583

Indep Test ...

		Levene Test ...		t-test for Equality...		
		F	Significance	t	df	Sig(2-tailed)...
Jumlah Cairan	Equal variances ...	1.298	.264	-3.439	30	.002
	Not Equal variances ...			-3.543	26.736	.001

		t-test for Equality...		
		Mean Difference	Std. Error Diff...	95% Confidence Interval of the Difference
				Lower
Jumlah Cairan	Equal variances ...	-1068.13012	310.63472	-1702.53085
	Not Equal variances ...	-1068.13012	301.43653	-1686.91314

		t-test for Equality...
		95% Confidence Interval of the Difference
		Upper
Jumlah Cairan	Equal variances ...	-433.72938
	Not Equal variances ...	-449.34709

Group Statistics					
	Kategori Sesudah	N	Mean	Std. Deviation	Std. Error Mean
Jumlah Cairan	Dehidrasi	25	4263.4088	830.02649	166.00530
	Hidrasi Baik	7	5663.4057	904.27542	341.78398

		Levene Test ...		t-test for Equality...		
		F	Significance	t	df	Sig(2-tailed)...
Jumlah Cairan	Equal variances026	.873	-3.873	30	.001
	Not Equal variances ...			-3.685	9.039	.005

		t-test for Equality...		
		Mean Difference	Std. Error Diff...	95% Confidence Interval of the Difference
				Lower
Jumlah Cairan	Equal variances ...	-1399.99691	361.50744	-2138.29361

Not Equal variances ...	-1399.99691	379.96585	-2258.97391
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Indep Test ...

		t-test for Equality...	
		95% Confidence Interval of the Difference	
		Upper	
Jumlah Cairan	Equal variances ...	-661.70022	
	Not Equal variances ...	-541.01992	

Group Statistics

Kategori Sebelum	N	Mean	Std. Deviation	Std. Error Mean
Asupan Suplemen Dehidrasi	15	186.67	192.230	49.634
Asupan Suplemen Hidrasi Baik	17	164.71	202.920	49.215

Indep Test ...

		Levene Test ...		t-test for Equality...	
		F	Significance	t	df
Asupan Suplemen	Equal variances463	.502	.313	30
	Not Equal variances314	29.831

Indep Test ...

		t-test for Equality...		
		Sig(2-tailed)...	Mean Difference	Std. Error Diff...
Asupan Suplemen	Equal variances756	21.961	70.142
	Not Equal variances756	21.961	69.897

		t-test for Equality...	
		95% Confidence Interval of the Difference	
		Lower	Upper
Asupan Suplemen	Equal variances ...	-121.288	165.209
	Not Equal variances ...	-120.823	164.744

Group Statistics

Kategori Sesudah	N	Mean	Std. Deviation	Std. Error Mean
Asupan Suplemen	Dehidrasi	25	176.00	202.649
	Hidrasi Baik	7	171.43	179.947

Indep Test ...

		Levene Test ...		t-test for Equality...	
		F	Significance	t	df
Asupan Suplemen	Equal variances253	.619	.054	30
	Not Equal variances058	10.681

Indep Test ...

		t-test for Equality...		
		Sig(2-tailed)...	Mean Difference	Std. Error Diff...
Asupan Suplemen	Equal variances957	4.571	84.804
	Not Equal variances955	4.571	79.174

Indep Test ...

		t-test for Equality...	
		95% Confidence Interval of the Difference	
		Lower	Upper
Asupan Suplemen	Equal variances ...	-168.621	177.764
	Not Equal variances ...	-170.326	179.469