

Output SPSS

1. Uji Normalitas

Tests of Normality

	Kolmogorov-Smirnov ^a			Shapiro-Wilk		
	Statistic	Df	Sig.	Statistic	df	Sig.
Skor BSQ	,143	22	,200*	,903	22	,034
Persen Lemak	,170	22	,097	,935	22	,159
Tubuh	,160	22	,146	,936	22	,165
Aktivitas Fisik	,162	22	,140	,950	22	,313
Berat Jenis Urin	,132	22	,200*	,958	22	,456
Nilai VO2max						

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

a. Lilliefors Significance Correction

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation	Skewness	
	Statistic	Statistic	Statistic	Statistic	Statistic	Statistic	Std. Error
Skor BSQ	22	42	122	77,23	27,276	,248	,491
Persen Lemak	22	14,4	33,7	23,091	4,2049	,028	,491
Tubuh	22	1,75	2,10	1,9250	,08557	,314	,491
Aktivitas Fisik	22	1010	1030	1021,45	4,925	-,251	,491
Berat Jenis Urin	22	26,80	48,35	38,6886	5,24391	,081	,491
Nilai VO2max	22						
Valid N (listwise)	22						

2. Uji Univariat

Descriptive Statistics

	N	Minimum	Maximum	Mean	Std. Deviation
Usia Responden	22	18	23	20,18	1,532
Skor BSQ	22	42	122	77,23	27,276
Persen Lemak Tubuh	22	14,4	33,7	23,091	4,2049
Aktivitas Fisik	22	1,75	2,10	1,9250	,08557
Status Hidrasi	22	1010	1030	1021,45	4,925
Tingkat Kebugaran	22	26,80	48,35	38,6886	5,24391
Valid N (listwise)	22				

3. Uji Bivariat

a. Persen Lemak Tubuh dan Tingkat Kebugaran

Correlations

		Persen Lemak Tubuh	Nilai VO2max
Persen Lemak Tubuh	Pearson Correlation	1	-,502*
	Sig. (2-tailed)		,017
	N	22	22
Nilai VO2max	Pearson Correlation	-,502*	1
	Sig. (2-tailed)	,017	
	N	22	22

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

b. Aktivitas Fisik dan Tingkat Kebugaran

Correlations

		Nilai VO2max	Aktivitas Fisik
Nilai VO2max	Pearson Correlation	1	,080

	Sig. (2-tailed)		,724
	N	22	22
Aktivitas Fisik	Pearson Correlation	,080	1
	Sig. (2-tailed)	,724	
	N	22	22

c. Status Hidrasi dan Tingkat Kebugaran

Correlations

		Nilai VO2max	Berat Urin	Jenis
Nilai VO2max	Pearson Correlation	1	-,599**	
	Sig. (2-tailed)		,003	
	N	22	22	
Berat Urin	Pearson Correlation	-,599**	1	
	Sig. (2-tailed)	,003		
	N	22	22	

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

d. Body Image dan Persen Lemak tubuh

Correlations

		Skor Body Image	Persen Lemak Tubuh
Skor Body Image	Pearson Correlation	1	,581**
	Sig. (2-tailed)		,005
	N	22	22
Persen Lemak Tubuh	Pearson Correlation	,581**	1
	Sig. (2-tailed)	,005	
	N	22	22

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

e. Body Image dan Tingkat Kebugaran

Correlations

		Skor BSQ	Nilai VO2max
Skor BSQ	Pearson Correlation	1	-,337
	Sig. (2-tailed)		,125

Nilai VO2max	N	22	22
	Pearson		
	Correlation	-,337	1
	Sig. (2-tailed)	,125	
	N	22	22

f. Analisis Regresi Linier antara Persen Lemak Tubuh dan Tingkat Kebugaran

Model Summary

Model	R	R Square	Adjusted Square	RStd. Error of the Estimate
1	,502 ^a	,252	,215	4,64740

a. Predictors: (Constant), Persen Lemak Tubuh

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	145,502	1	145,502	6,737	,017 ^b
	Residual	431,967	20	21,598		
	Total	577,470	21			

a. Dependent Variable: Nilai VO2max

b. Predictors: (Constant), Persen Lemak Tubuh

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	53,144	5,657		9,395	,000
	Persen Lemak Tubuh	-,626	,241	-,502	-2,596	,017

a. Dependent Variable: Nilai VO2max

g. Analisis Regresi Linier antara Status Hidrasi dan Tingkat Kebugaran

Model Summary

Model	R	R Square	Adjusted Square	RStd. Error of the Estimate
1	,599 ^a	,359	,327	4,30171

a. Predictors: (Constant), Berat Jenis Urin

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	207,376	1	207,376	11,207	,003 ^b
	Residual	370,094	20	18,505		
	Total	577,470	21			

a. Dependent Variable: Nilai VO2max

b. Predictors: (Constant), Berat Jenis Urin

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	690,385	194,676		3,546	,002
	Berat Jenis Urin	-,638	,191	-,599	-3,348	,003

a. Dependent Variable: Nilai VO2max

h. Analisis Regresi Linier Berganda antara Persen Lemak Tubuh,

Status Hidrasi dan Tingkat Kebugaran

Model Summary

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	,688 ^a	,473	,418	4,00211

a. Predictors: (Constant), Berat Jenis Urin, Persen Lemak Tubuh

ANOVA^a

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	273,148	2	136,574	8,527	,002 ^b
	Residual	304,321	19	16,017		
	Total	577,470	21			

a. Dependent Variable: Nilai VO2max

b. Predictors: (Constant), Berat Jenis Urin, Persen Lemak Tubuh

Coefficients^a

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	584,945	188,443		3,104	,006
	Persen Lemak Tubuh	-,441	,218	-,354	-2,026	,057
	Berat Jenis Urin	-,525	,186	-,493	-2,823	,011

a. Dependent Variable: Nilai VO2max